



# Class schedule July 2026

Please note: No admittance to group exercise classes 5 minutes after class has started.

Group fitness studio 
  Aquatic arena 
  Cycling studio 
  Rock Steady Boxing 
  Tai Chi 
 \*fee based

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am (45m) <b>Cycling</b> Amy W. <i>No class 7/6</i>	7:00 am (45m) <b>Cycling</b> Amy W.	8:00 am <b>Deep Water Blast</b> Amy W. <i>No class 7/8,15,22</i>	8:00 am <b>Aqua Step &amp; Strength</b> Amy W. <i>No class 7/9,16,23</i>	7:00 am <b>Full Body Strength</b> Gwen <i>No class July 3</i>	9:00 am <b>Aqua Bata Bing</b> Sharon
9:00 am <b>Wake Up &amp; Walk</b> Sharon	8:00 am <b>Aqua Step &amp; Strength</b> Amy W. <i>No class 7/7</i>	9:00 am <b>Aqua Blaze</b> Amy W. <i>No class 7/8,15,22</i>	9:00 am <b>Aqua Volleyball</b>	9:00 am <b>Aqua Bata Bing</b> Sharon	10:00 am <b>Practical Pilates</b> Sharon
9:00 am <b>Aqua Blaze</b> Amy W. <i>No class 7/6</i>	9:00 am <b>FUNctional Strength</b> Katie	9:00 am <b>Fortify Your Frame</b> Sharon	9:00 am <b>STEP</b> Sharon	9:00 am (60m) <b>Cycling</b> Amy W.	2:00-4:00 pm <b>Family Swim</b>
10:00 am <b>Fortify Your Frame</b> Sharon	9:00 am <b>Aqua Boot Camp</b> Amy W. <i>No class 7/7</i>	10:00 am <b>Fluid Pilates</b> Sharon	10:00 am <b>FUNctional Strength</b> Katie	9:45 am <b>Functional Flow Yoga</b> -Annette	
10:00 am <b>River Motion</b> Amy W. <i>No class 7/6</i>	9:00 am <b>Aqua Volleyball</b>	10:00 am (45m) <b>Cycling</b> Amy W. <i>No class 7/8,15,22</i>	11:00 am <b>Senior Strength</b> Katie	10:00 am <b>Fluid Pilates</b> Sharon	<b>SUNDAY</b>
11:00 am <b>Joint Juice</b> Amy W.	10:00 am <b>Balance &amp; Stability</b> Katie	11:00 am <b>Tranquil Moves™ Yoga</b> -Annette	11:00 am <b>Liquid Silver</b> Sharon	11:00 am <b>Arthritis Mobility Essentials</b> Sharon	12:00-2:00 pm <b>Family Swim</b>
11:00 am <b>Seated Yoga</b> Annette	11:00 am <b>Senior Strength</b> Katie	12:10 pm <b>Seated Dance &amp; Strength</b> Katie	12:00 pm <b>POUND®</b> Karen	12:00 pm <b>3 Mile Walk</b> Sharon	4:30-5:30 pm <b>Aqua Volleyball</b>
12:10 pm <b>Seated Dance &amp; Strength</b> Katie	11:00 am <b>Liquid Silver</b> Sharon	1:00 pm * <b>Rock Steady Boxing</b> Bobby	1:00 pm * <b>Rock Steady Boxing</b> Bobby	4:00-7:00 pm <b>Family Swim</b>	
1:00 pm * <b>Rock Steady Boxing</b> Bobby	1:00 pm * <b>Rock Steady Boxing</b> Bobby	5:30 pm (60m) <b>Cycling</b> Mary Ellen	5:00-8:00 pm <b>Family Swim</b>		
4:00-5:15 pm <b>Water Yoga</b> Kristie	5:00-7:00 pm <b>Family Swim</b>	5:30-6:45 pm <b>Water Yoga</b> Kristie	5:30 pm (75m) <b>Gentle Yoga &amp; Meditation</b> Amy B.	 <p><b>PWC &amp; PRFC will be closed</b></p>	
4:30 pm <b>Zumba®</b> Kelly	5:30 pm (75m) <b>Gentle Flow Yoga</b> Amy B.	6:00 pm * 8-class <b>Tai Chi</b> <i>New session 8/12</i>			
5:30 pm (60m) <b>Cycling</b> Gwen	7:00-8:00 pm <b>River Swim</b>	7:30-8:30 pm <b>Aqua Volleyball</b>			



SCAN to sign up for text updates for PWC & PRFC fitness classes schedule changes

**Lap lane availability**  
One of our two lap lanes will be available to lap swimmers during the following days & times due to swim lesson use of the other lane.  
**Through current swim lesson session ending 7/22:**  
**Tuesdays 5:40-7:10 pm**  
**Wednesdays 12:10 - 12:50 pm**  
**Lap lanes unavailable during Aqua Volleyball**

# Fitness class descriptions

## CLASSROOM & CYCLING

**3 Mile Walk:** Constant movement in this low impact, cardio boosting workout will ensure lots of steps that add up to 3 miles.

**Arthritis Mobility Essentials:** For anyone with arthritis, & all activity levels. Class begins with joint check & warm up, then stretching & range of motion, followed by strengthening, cardiovascular endurance, balance & coordination. Class wraps up with joint check and relaxation & breathing techniques.

**Balance & Stability:** Explore exercises that will help improve balance & stability in everyday life. Through use of various equipment, participants will practice exercises that safely help challenge & improve balance. Participants must be able to stand. 45-minute class.

**Cycling:** Saddle up for a great workout to increase muscular strength & cardiovascular endurance without heavy impact on the joints. A motivating soundtrack helps you tackle hills, flats, sprints & mountains.

**Fortify Your Frame:** This is a challenging but safe muscle conditioning workout. Designed for all ages & fitness levels to build strength in support of injury resistance & overall functionality. The workout targets every major muscle group with a progressive approach to utilizing the powerful force of gravity.

**Full Body Strength:** A full-body HIIT workout with exercises such as squats, deadlifts, push ups, crunches, lunges & more performed in intervals of 40 seconds activity, 20 seconds rest.

**Functional Flow Yoga:** Increase balance, flexibility & nervous system resilience in this more challenging class. Functional postures flow with movement & breath, followed by deep rest. Previous yoga experience preferred.

**Functional Strength:** A dynamic & challenging strength workout focusing on movements that support activities of daily living, balance & coordination. Participants will explore modalities & equipment such as kettlebell, TRX, resistance bands & dumbbells.

**Gentle Flow:** Increase muscular strength, endurance, & overall flexibility, while learning relaxation techniques utilizing Hatha, Iyengar, & YogaFit postures. Gentle Flow refines the basics learned in Beginners' Yoga.

**Gentle Yoga and Meditation:** Classes combine gentle postures with easy movement, breathwork & guided meditation. Blanket or covering recommended for comfort.

**POUND®:** This class uses Ripstix®, lightly weighted drumsticks engineered specifically for exercising. POUND is an effective way of working out with strength & cardio benefits. POUND is designed for all fitness levels.

**Practical Pilates:** This class on the mat incorporates movement with guided breathing & proper alignment to develop strength & endurance. Participants should be comfortable on the floor.

**\*Rock Steady Boxing:** Fee based. Rock Steady Boxing is a non-contact boxing based fitness curriculum designed to improve the quality of life for people with Parkinson's disease. Registration required. Monthly pricing (2 classes/week): \$50 for members, \$100 for non-members (includes access to the facility).

**Seated Dance & Strength:** A balance of seated aerobics and seated strength training in a 45-minute workout. Standing progressions available to allow participants to challenge themselves as desired. A gentle warm-up will prepare participants to raise their heart rates with intervals of chair based cardio exercises & build total body strength from a seated position. Finish with a relaxing seated stretch. For all fitness levels & abilities.

**Seated Yoga:** Practice mindful movement combined with the breath to improve flexibility, focus, balance & nervous system resilience all while sitting in a chair. Open to all levels seeking a gentle and relaxing experience.

**Senior Strength:** This class includes exercises to improve muscular strength and ward off age-related muscle loss as well as keep bones strong, improve mobility, prevent falls and combat depression. Seated and standing exercise included. Open to all levels. Modifications offered.

**Step:** Choreographed movement incorporating a platform that delivers a full body workout, cardio conditioning, agility & FUN! (class available 7/2 - 9/24)

**\*Tai Chi:** Combining relaxation with precision of movement, Taste of Tai Chi intro classes (free to members) & 8-week Fundamentals fee-based session (\$90/members. \$165/nonmembers) are offered regularly. Taste of Tai Chi: Wed 8/5; Fundamentals: Wed 8/12-9/30. The Yang-style form is taught with all movements done from a standing position. Details: <https://powellwellnesscenter.org/tai-chi-program/>

**Tranquil Moves Yoga™:** An accessible, adaptable practice that connects mindful movement & breath to support your journey to wellness & nervous system resilience. This class also increases interoceptive awareness which is important for emotional regulation, physical health, & self-awareness. Perfect for all levels. Can be done either in a chair or on the mat.

**Wake Up & Walk:** Constant movement in this low impact, cardio boosting workout will ensure lots of steps that add up to 3 miles.

**Zumba ®:** This class fuses upbeat rhythms and music with easy-to-follow dance-style moves to create a fun, engaging & dynamic workout.

## AQUATIC CLASSES & ACTIVITIES

**Aqua Basketball & Aqua Volleyball:** Playing in the water makes these games more gentle on your joints; come have some fun! Aqua Volleyball is held in the lap lanes (closed during Aqua VB times). Aqua Basketball is in the pool.

**Aqua Bata Bing (pool):** This high-energy HITT program is six rounds of FUN! The intense workout is perfect for all fitness levels. Water shoes are suggested & webbed gloves would enhance your workout, but are not required.

**Aqua Blaze (river):** A grab bag of interval training & Tabata workouts with surprise suspended moves tossed in, making your body a calorie burning machine after class.

**Aqua Boot Camp (river):** High intensity water fitness with travel combinations interspersed with stationary exercises. Incorporating pyramid & interval training, power drills, speed bursts & kickboxing drills. Requires no coordination but lots of stamina.

**Aqua Step (pool pocket):** Step in the water incorporates large dynamic moves that will improve your cardiovascular endurance levels & muscle strength. Water provides the perfect safe environment for a fun, low impact class that takes your fitness to the next level.

**Deep Water Blast (pool):** Grab an aqua belt & plunge into the deep water. This class provides an intense, impact free workout targeting large muscle groups while improving core, strength & stability.

**Family Swim:** PWC offers a safe & enjoyable swimming environment for families to gather for swimming.

**Fluid Pilates (pool):** This aquatic workout features standing Pilates choreography that includes both isolated & sequenced movements which engage the POWERHOUSE through rhythmic arm & leg patterning.

**Joint Juice (pool):** Gentle exercises to stretch & relax every joint. Improves balance & flexibility.

**Liquid Silver (pool):** This class will cover functional fitness with cardio, strength, balance & stretching! No equipment needed. This class moves to your beat!

**River Motion:** Focusing on balance, strength & flexibility, participants use a variety of movements & exercises while traveling around the river. For beginner & intermediate fitness levels.

**River Swim:** Swim laps in the river! (Swimmers have right of way)

**Water Yoga (pool):** Move, breathe & flow with intention while the water supports & challenges your body. Yoga-inspired movements, balance work & strengthening flows. No yoga experience needed.

## CENTER HOURS

Saturday & Sunday: 8:00 am - 6:00 pm

Monday-Thursday: 5:30 am - 9:00 pm

Friday: 5:30 am - 8:00 pm

1005 Golf Drive, Culpeper

540-445-5406