



POWELL WELLNESS CENTER
Culpeper Wellness Foundation

Class schedule August 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) Cycling Amy W.	7:00 am (45m) Cycling Amy W. No class 8/4, 8/11	8:00 am Deep Water Blast Amy W.	8:00 am Aqua Step & Strength Amy W.	7:00 am Full Body Strength Gwen No class 8/7	9:00 am Aqua Bata Bing Sharon
9:00 am Wake Up & Walk Sharon	8:00 am Aqua Step & Strength Amy W. No class 8/4, 8/11	9:00 am Aqua Blaze Amy W.	9:00 am Aqua Volleyball	9:00 am Aqua Bata Bing Sharon	10:00 am Practical Pilates Sharon
9:00 am Aqua Blaze Amy W.	9:00 am FUNctional Strength Katie	9:00 am Fortify Your Frame Sharon	9:00 am STEP Sharon	9:00 am (60m) Cycling Amy W. No class 8/21	2:00-4:00 pm Family Swim
10:00 am Fortify Your Frame Sharon	9:00 am Aqua Boot Camp Amy W. No class 8/4, 8/11	10:00 am Fluid Pilates Sharon	10:00 am FUNctional Strength Katie	9:45 am Functional Flow Yoga -Annette	
10:00 am River Motion Amy W.	9:00 am Aqua Volleyball	10:00 am (45m) Cycling Amy W.	11:00 am Senior Strength Katie	10:00 am Fluid Pilates Sharon	SUNDAY
11:00 am Joint Juice Amy W. No class 8/3	10:00 am Balance & Stability Katie	11:00 am Tranquil Moves™ Yoga -Annette	11:00 am Liquid Silver Sharon	11:00 am Arthritis Mobility Essentials Sharon	12:00-2:00 pm Family Swim
11:00 am Seated Yoga Annette	11:00 am Senior Strength Katie	12:10 pm Seated Dance & Strength Katie	12:00 pm POUND® Karen	12:00 pm 3 Mile Walk Sharon	4:30-5:30 pm Aqua Volleyball
12:10 pm Seated Dance & Strength Katie	11:00 am Liquid Silver Sharon	1:00 pm * Rock Steady Boxing Bobby	1:00 pm * Rock Steady Boxing Bobby	4:00-7:00 pm Family Swim	
1:00 pm * Rock Steady Boxing Bobby	1:00 pm * Rock Steady Boxing Bobby	5:30 pm (60m) Cycling Mary Ellen	5:00-8:00 pm Family Swim		
4:30-5:45 pm Water Yoga Kristie No class 8/3	5:00-7:00 pm Family Swim	5:30-6:45 pm Water Yoga Kristie	5:30 pm (75m) Gentle Yoga & Meditation Amy B.		
4:30 pm Zumba® Kelly No class 8/3	5:30 pm (75m) Gentle Flow Yoga Amy B.	6:00 pm * 8-class Tai Chi New session 8/12			
5:30 pm (60m) Cycling Gwen	7:00-8:00 pm River Swim	7:30-8:30 pm Aqua Volleyball			



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

TAI CHI

Taste of Tai Chi sample class
August 5, 6-7 pm
Free to members!

Tai Chi Fundamentals
8-week session
August 12-September 30, 6-7 pm
\$90/members

**Lap lanes unavailable
to swimmers 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