



POWELL WELLNESS CENTER
Culpeper Wellness Foundation

Class schedule November 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. No class 11/23	7:00 am (45m) Cycling Gwen No class 11/10	8:00 am Deep Water Blast Amy W. No class 11/18	9:00 am Aqua Volleyball no lap swim	7:00 am Full Body Strength Gwen	9:00 am Aqua Bata Bing Sharon
9:00 am Wake Up & Walk Sharon	9:00 am FUNctional Strength Katie	9:00 am Aqua Blaze Amy W. No class 11/18	9:00 am STEP Sharon	9:00 am Aqua Bata Bing Sharon	10:00 am Practical Pilates Sharon
9:00 am Aqua Blaze Amy W. No class 11/23	9:00 am Aqua Volleyball no lap swim	9:00 am Fortify Your Frame Sharon	10:00 am FUNctional Strength Katie	9:00 am (60m) Cycling Amy W.	2:00-4:00 pm Family Swim
10:00 am Fortify Your Frame Sharon	10:00 am Balance & Stability Katie	10:00 am Fluid Pilates Sharon	11:00 am Senior Strength Katie	9:45 am Functional Flow Yoga -Annette	
10:00 am River Motion Amy W. No class 11/23	11:00 am Senior Strength Katie	10:00 am (45m) Cycling Amy W. No class 11/18	11:00 am Liquid Silver Sharon	10:00 am Fluid Pilates Sharon	SUNDAY
11:00 am Joint Juice Amy W. No class 11/23	11:00 am Liquid Silver Sharon	11:00 am Tranquil Moves™ Yoga -Annette	12:00 pm POUND® Karen No class 11/19	11:00 am Arthritis Mobility Essentials Sharon	12:00-2:00 pm Family Swim
11:00 am Seated Yoga Annette	1:00 pm * Rock Steady Boxing Bobby	12:10 pm Seated Dance & Strength Katie	1:00 pm * Rock Steady Boxing Bobby	12:00 pm 3 Mile Walk Sharon	4:30-5:30 pm Aqua Volleyball no lap swim
12:00 pm Fit Swim 101 Kim	4:00 pm TRX® Lisa	1:00 pm * Rock Steady Boxing Bobby	5:00-8:00 pm Family Swim	4:00-7:00 pm Family Swim	
12:10 pm Seated Dance & Strength Katie	5:00-7:00 pm Family Swim	4:30 pm Zumba® Kelly NEW!	5:30 pm (75m) Gentle Yoga & Meditation Amy B.		
1:00 pm * Rock Steady Boxing Bobby	5:30 pm (75m) Gentle Flow Yoga Amy B.	5:30 pm (60m) Cycling Mary Ellen			
4:30-5:45 pm Water Yoga Kristie	7:00-8:00 pm River Swim	5:30-6:45 pm Water Yoga Kristie			
4:30 pm Zumba® Kelly		6:00 pm * Tai Chi - Taste of Fundamentals see reverse			
5:30 pm (60m) Cycling Gwen		7:30-8:30 pm Aqua Volleyball no lap swim			
6:00-7:00 pm Strength Lab Michael					



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

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



THANKSGIVING HOURS
Wednesday 11/25: Regular hours
Thursday 11/26: Closed
Friday 11/27: 8:00 am - 8:00 pm



11/9 10:00 am - 2:00 pm
Free hearing screening; please register

11/11 Veterans Day salute.
Free coffee, hot chocolate 9:00 am
-12:00 noon.
Share your gratitude by signing
large lobby card

11/17 10:00 am - 2:00 pm
Free blood pressure screening

11/26 Turkey Trot 5K
& Fun Run
Race start 8:00 am
Scan to register!



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 & standing exercise included. All levels. Modifications offered.

Step: Choreographed movement incorporating a platform that delivers a full body workout, cardio conditioning, agility & FUN!

Strength Lab: Whether you're looking to stay active, get more athletic, or simply ensure your body stays resilient, this session provides you with the tools to get there! One-hour session designed to build explosive power & durable strength through a structured approach that integrates plyometrics, resistance training & mobility.

***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. Current session runs through 12/2026; watch for new dates. 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.

TRX®: Total body resistance training. Use your own body weight with TRX straps while engaging your core, strengthening areas that are weak or injured while stretching or creating lean muscle. All levels welcome.

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

Zumba ®: Fusing upbeat rhythms & 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 (which are 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.

Deep Water Blast (pool): Grab an aqua belt & plunge into the deep water for 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.

Fit Swim 101 (lap lane): Make a splash in your fitness routine! Beginner-friendly lap swimming class emphasizes stroke efficiency over speed - helping you learn proper techniques, master essential strokes and build cardiovascular stamina. It's the perfect full-body, joint-friendly routine to reach your fitness goals.

Fluid Pilates (pool): This aquatic workout features standing Pilates choreography. 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 varied 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.