

# Culpeper Sport & Fitness Group Fitness Schedule July 2018

**Reminders:** There is no admittance to group exercise class 5 minutes after the class has started. Please bring a towel and water to all cycling classes. During inclement weather, classes are subject to change due to instructor availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				6:00–7:00am <b>Next Level Bootcamp</b> Marcus	
8:00–8:30am <b>Get Fit Fast</b> Marcus	8:30–9:00am <b>HIIT Calories Hard</b> Marcus	8:00–8:30am <b>Get Fit Fast</b> Marcus	8:30–9:00am <b>HIIT Calories Hard</b> Marcus	7:30–8:00am <b>Get Fit Fast</b> Marcus	
8:30–9:00am <b>Total Core</b> Marcus		8:30–9:00am <b>Total Core</b> Marcus		8:00–9:00am <b>Next Level Bootcamp</b> Marcus	
8:30–9:15am <b>Step &amp; Core</b> Lou Ellen	9:00–10:00am <b>P90X</b> Christine	8:30–9:15am <b>Step &amp; Core</b> Lou Ellen	9:00–10:00am <b>Kettlebell &amp; Abs</b> Ada	8:30–9:15am <b>Step &amp; Core</b> Lou Ellen	
9:20–9:55am <b>Core De Force EX</b> Christine		9:20–10:15am <b>Core De Force</b> Christine		9:10–9:40am <b>Total Core</b> Marcus	
10:00–10:55am <b>Yoga</b> Jeanne				9:30–10:30am <b>P90X</b> Christine	
	11:15am–12:15pm <b>Transform</b> Jodi	10:45–11:45am <b>Yoga</b> Jeanne	11:15am–12:15pm <b>Transform</b> Jodi	10:30–11:00am <b>Mobility/Stability + Balance</b> Marcus	
12:15–12:45pm <b>Total Body Workout</b> Marcus	12:15–12:45pm <b>Total Body Workout</b> Marcus	12:15–12:45pm <b>Total Body Workout</b> Marcus	12:15–12:45pm <b>Total Body Workout</b> Marcus		

	4:15–5:15pm <b>Tae Kwon Do Youth</b> Dave	5:30–6:30pm <b>P90X</b> Christine	
6:30–8:00pm <b>Tae Kwon Do</b> Dave	5:30–6:25pm <b>Body Sculpt</b> Lou Ellen		6:30–8:00pm <b>Tae Kwon Do</b> Dave
7:30–8:00pm <b>Push Your Limits</b> Marcus		7:30–8:00pm <b>Push Your Limits</b> Marcus	
8:00–8:45pm <b>Level Up</b> Marcus		8:00–8:45pm <b>Level Up</b> Marcus	

**SMALL GROUP TRAINING:**  
Participants must sign up and pay in advance at the Front Desk.

**NEW!** MOVE IT, Youth Sports Training, Next Level Bootcamp, and more!



**KEY** ■ Group Fitness Studio (GPX) ■ MOVE IT (\$) ■ Additional Fee (\$) ■ Youth Class **EX:** 30–40 minute class



CULPEPER SPORT & FITNESS  
Culpeper Wellness Foundation

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# Group Fitness Class Descriptions

**AMPD Resistance:** Take great music and combine it with simple resistance band movements for a fun, effective total body workout.

**Body Sculpt:** Light-weight training for all levels.

**Core De Force:** Mixed martial arts-inspired workout designed to slash inches off your waist, blast belly fat, and sculpt total body definition.

**Kettlebell & Abs:** Takes heart-pumping music and your favorite kettlebell moves and combines them into calorie-torching fun!

**P90X:** It combines a variety of exercise techniques, including strength training, cardio, yoga, plyometrics, and stretching.

**Step & Core:** Combine traditional step aerobics with some abdominal work for a great workout.

**Tae Kwon Do:** A Korean martial art characterized by its emphasis on a fast kicking technique which helps enhance self-esteem by heightening your physical and mental powers.

**Tae Kwon Do Youth:** A Korean martial art characterized adapted for children for fun, challenging exercise.

**Transform:** Unite sport and yoga in a refreshing new way. This class will engage your mind and body using sun salutations, plyometric hops and lunges, balance and strength poses, and twisting and lengthening positions.

**Yoga:** Learn the fundamental poses of yoga in order to build strength, increase flexibility, and find focus.



**MOVE IT is a workout designed for small groups led by a Personal Trainer.** It will challenge all your energy systems while developing total body strength. The sequence of exercises, movement patterns, and the training tools will provide you with a high intensity interval session that uses the whole body and all major muscle groups. MOVE IT will make you feel like you've worked everything! And, in a short-amount of time. It's exciting, fun and will bring you fantastic results! Escape your limits with MOVE IT at Culpeper Sport & Fitness.

\*Additional fees apply, see Front Desk for more info.

## WHAT HAPPENS IN A MOVE IT SESSION?

You'll have to work hard—to push your heart rate above 80%—but MOVE IT makes it fun. Sessions are fast-paced, competitive, and more varied than other workouts. You'll enjoy a great calorie-burning hit and a big after-session buzz.

## WHO IS MOVE IT FOR?

You can enjoy the shared group training experience, whatever your level. Train to your own ability. MOVE IT up a level when you're ready. The harder you work the greater the results will be.

## WHAT WILL MOVE IT DO FOR ME?

- Improved muscular endurance.
- Improved aerobic threshold and cardio fitness for greater everyday fitness.
- A great post-exercise EPOC calorie burn (excess post-exercise oxygen consumption) which means you burn calories during and after your workout.