

Powell Wellness Center Group Fitness Schedule August 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
5:45–6:35am Cycling Christine (C)	5:45–6:45am CXWORX™/Kettlebell Ada (GPX)	5:45–6:30am Boot Camp Kimberley (GPX)	5:45–6:35am Cycling Faith (C)	5:45–6:45am BODYPUMP™ Kimberley (GPX)	
		8:15–9:00am Cycling EX Ada (C)			
8:15–8:55am RIP EX Sarah (GPX)	8:15–8:45am Axis EX Sarah (GPX)	8:15–8:55am BODYCOMBAT™ Michael (GPX)	8:15–8:45am Axis EX Sarah (GPX)	8:15–8:55am BODYPUMP™ EX Ada (GPX)	8:15–8:45am CXWORX™ EX Kimberley (GPX)
	8:30am Bootcamp Heather (GPX)				
9:00–9:55 am Retro Aerobics Kelly (GPX)	9:00–9:55 am Zumba® Kaori (GPX)	9:00–9:55 am RIP Sarah (GPX)	9:00–9:55 am Zumba® Kelly (GPX)	9:00–9:55 am STRONG by Zumba® Heather (GPX)	9:00–9:55 am Zumba® Kaori (GPX)
9:00–9:50 am Cycling Patrice (C)	9:00–9:50 am Cycling Sarah (C)		9:00–9:50 am Cycling Sarah (C)	9:00–9:50 am Cycling Amy (C)	9:00–9:50 am Cycling Mandy (C)
10:15–11:10am Pilates Alyssa (GPX)	10:15–11:20am Yoga 1 Annette (GPX)	10:15–11:10am Pilates Alyssa (GPX)	10:15–11:10am Tai Chi Thunder (GPX)	10:15–11:20am Yoga 2 Annette (GPX)	10:00–11:00am BODYPUMP™ BP Team (GPX)
11:30–12:25pm Silver Seniors Bonnie (GPX)	11:30–12:25pm Seated Yoga Annette (GPX)	11:30–12:25pm Silver Seniors Bonnie (GPX)	11:30–12:25pm Beginners Yoga Annette (GPX)	11:30–12:25pm Silver Seniors Bonnie (GPX)	
12:30–1:25pm Active Gold Sharon (GPX)		12:30–1:25pm Active Gold Sharon (GPX)		12:30–1:25pm Zumba Gold® Kelly (GPX)	
4:30–5:25pm BODYPUMP™ Ada (GPX)	4:30–5:25pm Country Heat Christine	4:45–5:15pm Core and More Heather (GPX)	4:30–5:25pm Zumba® Kids Heather (GPX)	4:30–5:25pm HOT HULA Fitness® Kelly (GPX)	
5:30–6:25pm Zumba® Kaori (GPX)	5:30–6:25pm BODYPUMP™ Demetria (GPX)	5:30–6:25pm Kettlebell AMPD Heather (GPX)	5:30–6:25pm BODYPUMP™ Kimberley (GPX)	SMALL GROUP TRAINING: Participants must sign up and pay in advance at the Front Desk. Bootcamp: Tuesday at 8:30am Pilates Reformer: By appt. TRX: By appt.	
5:30–6:20pm Cycling Faith (C)	5:30–6:20pm Cycling Christine (C)	5:30–6:20pm Cycling Mary Ellen (C)			
	6:30–7:00pm CXWORX™ Lindsay (GPX)	6:30–7:25pm Yoga 1 Annette (GPX)	6:30pm TRX (GPX)		

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



POWELL WELLNESS CENTER
Culpeper Wellness Foundation

1005 Golf Drive, Culpeper, VA 22701
www.powellwellnesscenter.org
540-445-5406



Group Fitness Class Descriptions

Active Gold: This workout for beginners or active seniors includes both cardio and strength work. Balance, coordination, and flexibility round out this complete class.

AXIS: AXIS creates stability from the axis, or the middle of your body, which is the basis of all movement, then layers on mobility, strength, and power. Try this 30-minute workout for the core.

Beginners Yoga: Learn the fundamental poses of yoga as you build strength, increase flexibility, and find focus. Ideal for anyone new to yoga.

BODYCOMBAT: Punch and kick your way into knockout shape! BodyCombat will train your whole body and get you fit, fast, and strong. Un-leash and empower yourself!

BODYPUMP: The original barbell-based class that strengthens and tones the entire body. Burn maximum calories while having a blast. (Xpress is 30 or 45 minutes.)

Core and More: A 30 minute workout using your body weight, stability ball and free weights to increase your core strength, tone your abs, back, hips and glutes.

Country Heat: Fire up your metabolism and burn calories while you have fun dancing to the hottest country music.

CXWORX: A quick 30-minute workout using your own body weight, resistance tubes, and weight plates to increase your core strength, tone your abs, glutes, back and legs, as well as improve your posture.

Cycling: All classes provide a great workout to increase muscular strength and cardiovascular endurance without impacting the joints. Our cycling classes take you through hills, flats, sprints, and mountains. Offered in 30 and 50 minute formats.

HOT HULA: Inspired by the dances of the Pacific Islands, HOT HULA Fitness provides a total body workout for all ages and fitness levels. It incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats.

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

Pilates: Focus on strengthening the core, including abdominals and low back. Increase flexibility, range of motion, balance, and coordination.

Pilates Reformer: Increase core and muscular strength, overall flexibility, balance, and coordination while creating long, lean musculature, utilizing spring resistance on the Reformer Bed equipment.

Retro Aerobics: 30 minutes of low impact cardio, 20 minutes of strength (abdominals included), and 10 minute stretch.

RIP: A barbell workout that incorporates functional orthopedic strength training. Every movement plane is attacked using weights and bodyweight. Featuring safe, motivating exercises and great music that get you results. (Xpress is 40 minutes)

Seated Yoga: Increase flexibility with a gentle yoga flow while seated.

Silver Seniors: Great chair/standing class for Boomers & beyond if you are new to fitness or just want to get moving. Utilize resistance bands, soft fitness balls, light hand weights and your own body to move towards better health!

STRONG by Zumba: A challenging, high intensity interval training workout. Moving in sync with the music, you will get a total body workout, while gaining muscular endurance, tone, and definition.

Tai Chi: The ancient Chinese practices of tai chi combines slow, deliberate movements, meditation, and breathing exercises all done from a standing position.

TRX: Suspension training that leverages gravity and your own body weight for hundreds of different exercises.

Yoga 1: This class refines the basics learned in Beginners Yoga. Sun Salutations and more challenging standing and seated poses build endurance and increase strength as well as flexibility.

Yoga 2: This challenging class flows at a faster pace than Yoga 1. It is suitable for students who have practiced other styles of yoga, but it is not suitable for beginners.

Zumba: A mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness: cardio, muscle conditioning, balance, and flexibility.

Zumba Gold: For beginners or active seniors with easy to follow dance moves to create a fun and dynamic workout.

Zumba Kids: Kids 4-11 years old get the chance to be active and jam out to their favorite music! This class feature kid-friendly routines based on the original Zumba choreography. We break down the steps, add games, and activities.