

# Culpeper Sport & Fitness Combined Fitness Schedule May 2021

## Reminders:

- There is no admittance to group exercise class 5 minutes after the class has started.
- During inclement weather, classes are subject to change due to instructor availability.
- Please pre-register for classes by logging in via your member portal online at [culpepersport.com](http://culpepersport.com) or calling 540.825.0000.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am <b>Transform U</b> Marcus	9:00am <b>SGPT</b> Marcus	5:30am <b>Transform U</b> Marcus	9:00am <b>SGPT</b> Marcus	6:00am <b>Transform U</b> Marcus	9:00am <b>P90X®</b> Christine
8:30am <b>Step, Core &amp; More</b> Lou Ellen	9:00am <b>Tabata</b> Christine	8:30am <b>Step, Core &amp; More</b> Lou Ellen	9:00am <b>Cardio</b> Christine	8:00am <b>Transform U</b> Marcus	
9:30am <b>Yoga</b> Joyce	9:00am <b>Zumba®</b> Kelly	11:00am <b>Beginners Yoga</b> Annette	10:00am <b>Kids' Boot Camp</b> Marcus	8:30am <b>Step, Core &amp; More</b> Lou Ellen	
10:00am <b>Retro Aerobics</b> Kelly	10:00am <b>Drill &amp; Play</b> 3.5/4.0	5:00pm <b>SGPT</b> Christine	10:00am <b>Retro Aerobics</b> Kelly	10:00am <b>Yoga 1</b> <small>NEW</small> Annette	
11:00am <b>Seated Yoga</b> Annette	10:00am <b>AXIS</b> Katie	5:30pm <b>Transform U</b> Marcus	4:00pm <b>Quick Start</b> <b>Mighty Mights</b>	10:00am <b>Drill &amp; Play</b> 3.0	
12:30pm <b>3 Mile Walk</b> Sharon	11:00am <b>Senior Strength</b> Katie		4:30pm <b>Quick Start</b> <b>Red Ball</b>	11:15am <b>Arthritis Mobility</b> <b>Essentials</b> Sharon	
4:00pm <b>Kids' Boot Camp</b> Marcus	4:00pm <b>Quick Start</b> <b>Mighty Mights</b>		5:00pm <b>B-Board®</b> Christine	5:30pm <b>Pro training</b>	
5:00pm <b>SGPT</b> Christine	4:30pm <b>Quick Start</b> <b>Red Ball</b>		5:00pm <b>Youth Sports</b> <b>Performance</b> Marcus		
5:30pm <b>Transform U</b> Marcus	5:00pm <b>Youth Sports</b> <b>Performance</b> Marcus		5:15pm <b>Quick Start</b> <b>Orange Ball</b>		
6:30pm <b>Yoga 1</b> Joyce	5:15pm <b>Quick Start</b> <b>Orange Ball</b>		5:45pm <b>Rise Up</b> Christine		
	6:00pm <b>Kettlebell AMPD</b> Lynnette				

Small group personal training:  
 \$10/session for Youth Sport  
 Performance, SGPT & Transform U  
 -or- UNLIMITED monthly  
 \$50/members and \$75/non-members  
 For online class & archive links visit  
<https://culpepersport.com/free-online-class>  
 Daily half hour closure at noon for  
 cleaning  
 Closed Sundays

## KEY

- Group Fitness Studio (GPX)
- GPX/ZOOM online class
- ZOOM online class
- GPX & Facebook Live
- Fee-based class
- Youth class
- Tennis class

19055 Industrial Drive  
 Culpeper, VA 22701  
 540.825.0000  
[www.culpepersport.com](http://www.culpepersport.com)



# Combined Fitness Class Descriptions

**3 Mile Walk:** A great low impact workout in 45 minutes! Constant movement will ensure lots of steps that add up to 3 miles in this high energy cardio class! For all fitness levels.

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

**AXIS:** 30-minute core workout. Designed to fill the gap between your cardio and strength workouts with a focus on your foundation – the core. AXIS creates stability from the axis, or middle of your body, which is the basis of all movement, then layers on mobility, strength and finally, power.

**B-Board®:** A high intensity workout on the innovative B-Board incorporates cardio, strength, core engagement, yoga positions, and stretching – all while improving your balance. CSF is the only East Coast fitness center north of Florida to offer this class. No experience is needed; before the class the trainer will introduce the program and the board (which is similar to an inflated paddleboard). Come B part of the fun; you'll enjoy a great workout!

**Cardio:** Increase your heart rate and burn calories! Low impact options offered.

**Drill & Play:** Designed for the player who has been competing in USTA or tournaments. This class will focus on doubles strategy and point production. Drills will include live balls and basket feed. Emphasis will be on court awareness and stroke production. Designed for all skill levels.

*Member pricing:*

1 session - \$25; 6 sessions - \$120; 12 sessions - \$240

*Non-member pricing:*

1 session - \$30; 6 sessions - \$150; 12 sessions - \$300

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

**Kids' Boot Camp:** Our boot camp for youth ages 6-12 mimics an adult boot camp experience — warm up, stretching, group activities and partner work — at a level that is appropriate and **fun** for kids. Your young Boot Camper will have the opportunity to work on building endurance, muscle, coordination, and balance – key ingredients for success in sports they may participate in and for overall good health.

**P90X®:** A full body workout combining strength training, cardio, yoga, plyometrics and stretching.

**Pro Training:** Enjoy a high intensity class where you will hit hundreds of tennis balls and focus on conditioning and strategy. This program also includes match play.

*Member pricing:*

1 session - \$25; 6 sessions - \$120; 12 sessions - \$240

*Non-member pricing:*

1 session - \$30; 6 sessions - \$150; 12 sessions - \$300

**Quick Start for kids:**

**Mighty Mightys, ages 2-5:** This 30-minute class provides kids with fun activities that increase their movement, balance, and coordination. Foam balls are used with a 19 or 21 inch racquet.

*Member pricing:*

1 session - \$10; 6 sessions - \$30; 12 sessions - \$60

*Non-member pricing:*

1 session - \$15; 6 sessions - \$45; 12 sessions - \$90

**Orange Ball, ages 8-12:** This 45-minute class provides kids with an increased focus on developing shot techniques, reception skills in singles and doubles, and serving. Orange ball will be used with 21, 23 or 25 inch racquets.

*Member pricing:*

1 session - \$12.50; 6 sessions - \$45; 12 sessions - \$90

*Non-member pricing:*

1 session - \$15; 6 sessions - \$75; 12 sessions - \$150

**Red Ball, ages 5-8:** This 45 minute class allows kids to increase their movement, balance and coordination. Kids will work on all aspects of tennis to get ready to play on a 36-foot court. Red balls are used with 21 or 23 inch racquets.

*Member pricing:*

1 session - \$12.50; 6 sessions - \$45; 12 sessions - \$90

*Non-member pricing:*

1 session - \$15; 6 sessions - \$75; 12 sessions - \$150

**Green Dot, ages 9-14:** This 1-hour class will emphasize all aspects of tennis. Kids will be instructed in proper technique, with a focus on rally and live ball play, and will learn how to keep score and play matches. Green balls are used.

*Member pricing:*

1 session - \$25; 6 sessions - \$150; 12 sessions - \$275

*Non-member pricing:*

1 session - \$30; 6 sessions - \$180; 12 sessions - \$360

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

**Rise Up:** Musically driven and high intensity fitness class using a step to ramp up calorie burn while working the entire body. Designed for all fitness levels.

**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 exercises included. Open to all levels. Modifications offered.

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

**Tabata:** A 30 minute interval-based full body workout.

**Yoga:** Incorporates postures, breathwork and guided meditation.

**Yoga 1:** Increase muscular strength, endurance, and overall flexibility, while learning relaxation techniques utilizing Hatha, Iyengar, and YogaFit postures. **Yoga 1** refines the basics learned in Beginners' Yoga.