

Culpeper Sport & Fitness Combined Fitness Schedule October 2021

HOURS: Monday – Thursday, 8:00am – 9:00pm; Friday, 8:00am – 8:00pm; Saturday, 8:00am – noon; closed Sunday (members are welcome to enjoy PWC)

- 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am Transform U Marcus	8:30am Tabata Christine	5:30am Transform U Marcus	8:30am Cardio Christine	6:00am Transform U Marcus	9:00am P90X® Christine
8:30am Step, Core & More Lou Ellen	9:00am SGPT Marcus	8:30am Step, Core & More Lou Ellen	9:00am SGPT Marcus	8:00am Transform U Marcus	
10:30am Seitai Yoga Kaori	5:00pm Youth Sports Performance Marcus	10:30am Seitai Yoga Kaori	10:00am Kids' Boot Camp	8:30am Step, Core & More Lou Ellen	
4:00pm Kids' Boot Camp	5:30pm Build & Burn^{NEW} Tracie	5:00pm SGPT Christine	5:00pm B-Board® Christine	10:30am Ashtanga Yoga^{NEW} Kaori	
5:00pm SGPT Christine	6:30pm Roll & Recover^{NEW} Tracie	5:30pm Transform U Marcus	5:00pm Youth Sports Performance Marcus		
5:30pm Transform U Marcus			5:45pm Rise Up Christine		

PLAY PICKLEBALL!

Members are welcome to play pickleball on the marked court in the group exercise room when classes are not scheduled.

Please call the desk to reserve your time. 1-hour court time is free, paddles and balls included.

Non-members: \$10 per hour

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>

Closed Sundays

KEY

- Group Fitness Studio (GPX)
- GPX/ZOOM online class
- ZOOM online class

- Fee-based class
- Youth class

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Culpeper, VA 22701
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Combined Fitness Class Descriptions

Ashtanga Yoga: Consists of primary, intermediate and four advanced series each having a fixed order of poses. The traditional style involves a personalized instruction where the members learn the sequences and progress to the next posture when they are ready. The primary series is for beginners and great for experienced yoga students. In practice, Ashtanga Yoga helps students experience hard work, strength-building, challenging postures, improved endurance, breath control, meditation, structured sequences and personalized physical adjustments.

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!

Build & Burn: This high energy interval class combines cardio and strength work for a great hour of calorie burning and fitness training. Expect to use different types of equipment – kettlebells, dumbbells, bars and plates and a bench to maximize your training results. All fitness levels.

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

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.

Roll & Recover: We believe recovery/regeneration is a vital part of a high performance life. It's the moment when you do less to do more, and reboot body and mind to a higher level. Recover stronger by focusing on self-massage, controlled breathing techniques, mobility and flexibility. This class promotes functional stretching and self massage at its best. You will improve your flexibility and reduce injury as this practice will promote mobility and lead to a more thorough recovery. Goals and benefits of the class: strength, mobility, flexibility, balance, stress relief and relaxation. All fitness levels.

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.

Seitai Yoga: Incorporate movements to reduce stress, improve digestive health and immune system along with aligning the spine.

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

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