


Culpeper Sport & Fitness Group Fitness Schedule February 2018

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 Boot Camp <i>Karen</i>			6:00–7:00am Boot Camp <i>Karen</i>	6:00–7:00am Next Level Bootcamp <i>Marcus</i>	
8:30–9:00am Get Fit Fast <i>Marcus</i>	8:30–9:00am HIIT Calories Hard <i>Marcus</i>	8:30–9:00am Get Fit Fast <i>Marcus</i>	8:30–9:00am HIIT Calories Hard <i>Marcus</i>	7:30–8:00am Get Fit Fast <i>Marcus</i>	8:00–9:00am Circuit Training <i>Karen</i>
8:30–9:15am Step & Core <i>Lou Ellen</i>		8:30–9:15am Step & Core <i>Lou Ellen</i>		8:00–9:00am Next Level Bootcamp <i>Marcus</i>	
9:20–9:55am Core De Force EX <i>Christine</i>	9:00–9:55am Tabata <i>Karen</i>	9:20–10:15am Core De Force <i>Christine</i>	9:00–9:55am Country Heat <i>Christine</i>	8:30–9:15am Step & Core <i>Lou Ellen</i>	
10:00–10:30am Total Core <i>Marcus</i>		10:00–10:30am Total Core <i>Marcus</i>	10:00am–11:00am Boot Camp <i>Karen</i>	9:10–9:40am Total Core <i>Marcus</i>	
10:00–10:55am Yoga <i>Jeanne</i>	10:30–11:00am Total Core <i>Marcus</i>		10:30–11:00am Total Core <i>Marcus</i>	9:20–10:15am POUND <i>Karen</i>	
10:35–11:20am HIIT Cardio <i>Marcus</i>	11:00–11:45am HIIT Cardio <i>Marcus</i>	11:00–11:45am HIIT Cardio <i>Marcus</i>	11:00–11:45am HIIT Cardio <i>Marcus</i>	10:20–11:15am Kickboxing <i>Karen</i>	
11:00am–12:00pm Boot Camp <i>Karen</i>	11:15am–12:15pm Transform <i>Jodi</i>	10:45–11:45am Yoga <i>Jeanne</i>	11:15am–12:15pm Transform <i>Jodi</i>	10:30–11:00am Mobility/Stability /Balance <i>Marcus</i>	
12:00–12:30pm Total Body Workout <i>Marcus</i>	12:00–12:30pm Total Body Workout <i>Marcus</i>	12:00–12:30pm Total Body Workout <i>Marcus</i>	12:00–12:30pm Total Body Workout <i>Marcus</i>	2:00–3:00pm Next Level Bootcamp <i>Marcus</i>	
	2:00–3:00pm Next Level Bootcamp <i>Marcus</i>	4:30–5:30pm Youth Sports Training <i>Marcus</i>	2:00–3:00pm Next Level Bootcamp <i>Marcus</i>		
5:30–6:30pm Boot Camp <i>Karen</i>	4:15–5:15pm Tae Kwon Do Kids <i>Dave</i>	5:30–6:25pm AMPD Resistance <i>Karen</i>	5:30–6:30pm Boot Camp <i>Karen</i>	<p>SMALL GROUP TRAINING: Participants must sign up and pay in advance at the Front Desk.</p> <p>NEW! MOVE IT, Youth Sports Training, Next Level Bootcamp, and more!</p> 	
6:30–8:00pm Tae Kwon Do <i>Dave</i>	5:30–6:25pm Body Sculpt <i>Lou Ellen</i>	6:30–7:25pm POUND <i>Karen</i>	6:30–8:00pm Tae Kwon Do <i>Dave</i>		
7:30–8:00pm Push Your Limits <i>Marcus</i>	6:30–7:25pm Kettlebell AMPD <i>Karen</i>	7:30–8:00pm Push Your Limits <i>Marcus</i>			
8:00–8:45pm Level Up <i>Marcus</i>		8:00–8:45pm Level Up <i>Marcus</i>			

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.

Boot Camp: Pre-register and pay at the Front Desk for this challenging training class that will get you results.

Body Sculpt: Light weight training for all levels.

Circuit Training: Fusion of cardio, strength, balance, and flexibility that incorporates an endless variety of exercises for a challenging, never-boring workout.

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

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

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

Kickboxing: A fusion of boxing, martial arts, and aerobics. Set to high energy music, this class will keep you moving and motivated!

POUND: The world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

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

Tabata: Tabata training is one of the most popular forms of high-intensity interval training (HIIT). It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval.

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 Kids: 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.