

## GROUP FITNESS SCHEDULE: APRIL 15 - MAY 31, 2012

■ SPIN   
 ■ YOGA   
 ■ PILATES   
 ■ CARDIO   
 ■ KINESIS

<b>Mondays</b>	7:00 am	<span style="color: orange;">■</span>	SPIN All Terrain	Joel
	12:15 pm	<span style="color: orange;">■</span>	SPIN Fusion	Michelle
	5:30 pm	<span style="color: yellow;">■</span>	Chair PILATES	Michelle
<b>Tuesdays</b>	8:00 am	<span style="color: purple;">■</span>	Vinyasa YOGA	Alex
	9:10 am	<span style="color: yellow;">■</span>	Mat PILATES	Michelle
	12:15 pm	<span style="color: orange;">■</span>	SPIN Fusion	Michelle
	4:30 pm	<span style="color: red;">■</span>	CARDIO Sculpt	Laura
<b>Wednesdays</b>	7:00 am	<span style="color: orange;">■</span>	SPIN All Terrain	Joel
	9:10 am	<span style="color: yellow;">■</span>	PILATES Combo	Laura
	12:15 pm	<span style="color: orange;">■</span>	SPIN Fusion	Laura
<b>Thursdays</b>	7:30 am	<span style="color: brown;">■</span>	KINESIS Express	Laura
	12:15 pm	<span style="color: red;">■</span>	Tough Mudder Prep	Anna
	5:30 pm	<span style="color: orange;">■</span>	SPIN All Terrain	Joel
<b>Fridays</b>	7:00 am	<span style="color: orange;">■</span>	SPIN All Terrain	Joel
	9:10 am	<span style="color: yellow;">■</span>	Chair PILATES	Laura
	12:15 pm	<span style="color: orange;">■</span>	SPIN Fusion	Laura
<b>Saturdays</b>	8:00 am	<span style="color: purple;">■</span>	Vinyasa YOGA	Alex
	9:10 am	<span style="color: yellow;">■</span>	Mat PILATES	Michelle
<b>Sundays</b>	10:00 am	<span style="color: yellow;">■</span>	Vinyasa YOGA	Melissa
	11:00 am	<span style="color: orange;">■</span>	SPIN Fusion	Michelle
	12:15 pm	<span style="color: brown;">■</span>	KINESIS Express	Michelle

## GROUP CLASS DESCRIPTIONS

- **Mat PILATES** – A systematic series of floor exercises that help you improve core stability and posture. All levels welcome.
  - **Chair PILATES** – Using the traditional Pilates chair, work your core and get amazing results! The chair provides a fun, energetic flowing routine that works your entire body. All levels welcome.
  - **PILATES Combo** – This class combines mat work with the Pilates chair to work balance, strength and core.
  - **Vinyasa YOGA** – A flowing practice that links Hatha yoga postures together with dynamic movements and conscious breathing. A typical sequence would include sun salutations, standing poses and inverted poses.
  - **CARDIO Sculpt** – NEW - 50 minutes - This class gives it all to you! Elevate your heart rate while strengthening and toning your arms, legs, and core muscles. Class ends with a nice relaxing stretch to help increase your flexibility. All levels welcome.
  - **Tough Mudder** – NEW - 50 minutes - Prepare yourself for the ultimate mountain obstacle course! This class will help you get in shape whether your participating in the event or not! Join the fun.
  - **SPIN Fusion** – Welcome to the altitude, this class will ease you into a 35 – 40 minute spin segment followed by core work and stretching! A great way to get you acclimated to the Rockies.
  - **SPIN All Terrain** – Using Heart Rate training zones build your aerobic base and enhance physical recovery (65-75% Max HR). Great for newcomers!
  - **KINESIS Express** – A 30 minute high-energy experience using our unique state-of-the-art Kinesis equipment. Focusing on core strength and balance this work out is a must try! All levels welcome.
- Appropriate gym apparel including athletic shoes required in the Club.
  - Please respect the experience of the guests and members. This is a CELL PHONE FREE environment.
  - Minimum age for fitness classes is 14 years old
  - Minimum age for the Club and Locker Room is 16 years old