



**Sonnenalp  
Club**



## HOURS OF OPERATION

Monday-Friday 6am-9pm  
Saturday-Sunday 7am-8pm  
970-477-5377

# GROUP FITNESS CLASS SCHEDULE — March 2020

## SUNDAY

- SPIN 45X♥**  
9:00-9:45am – Joel
- Vinyasa Yoga<sup>INT</sup>**  
9:00-10:00am – Corrine
- Hammock Yoga<sup>ALL</sup>**  
10:15-11:15am – Corrine

## MONDAY

- SPIN 60X♥**  
6:00-7:00am – Kevin
- Heated Vinyasa<sup>ALL</sup>🔥**  
8:30-9:30am – Ashley
- SPIN 45X♥**  
9:15-10:00am – Celeste
- Core Fusion**  
10:00-11:00am – Missy
- Yoga Foundations<sup>BEG</sup>**  
12:00-1:00pm – Diana
- Balance to Move**  
5:30-6:30pm – Kevin
- Kundalini Yoga & Breath Work<sup>ALL</sup>**  
5:30-6:45pm – Jodi

## TUESDAY

- Circuit Breaker**  
6:00-7:00am – Ryan
- Guided Meditation<sup>ALL</sup>**  
7:45-8:15am – Suzanne
- Dirty 45**  
8:15-9:00am – Celeste
- The Practice<sup>INT/ADV</sup>🔥**  
8:30-10:00am – Suzanne
- Total Body**  
9:00-10:00am – Missy
- Pilates Barre**  
10:00-11:00am – Missy
- Yoga for Stiff People<sup>ALL</sup>**  
12:00-1:00pm – Suzanne
- BOXFit 45**  
5:30-6:15pm – Celeste
- Aerial Pilates<sup>ALL</sup>**  
5:30-6:20pm – Kira
- Snow Shoe Social**  
5:30-6:45pm – Kevin

## WEDNESDAY

- SPIN 60X♥**  
6:00-7:00am – Kevin
- Morning Flow**  
7:30-8:30am – Sarah
- Let's Move**  
8:30-9:15am – Joel
- SPIN 45X♥**  
9:15-10:00am – Celeste
- DanceFit Fusion**  
9:30-10:30am – Beth
- Pilates Mat**  
12:00-12:50pm – Kira
- Align and Refine Yoga<sup>INT</sup>**  
12:00-1:00pm – Suzanne
- Après Stretch**  
4:30-5:15pm – Senta
- SPIN 45X♥**  
5:30-6:15pm – Joel

## THURSDAY

- Circuit Breaker**  
6:00-7:00am – Ryan
- Guided Meditation<sup>ALL</sup>**  
7:45-8:15am – Suzanne
- Dirty 45**  
8:15-9:00am – Celeste
- Align and Refine Yoga<sup>INT</sup>**  
8:30-9:30am – Suzanne
- Total Body**  
9:00-10:00am – Missy
- BOXFit 45**  
12:00-12:45pm – Celeste
- Yoga for Stiff People<sup>ALL</sup>**  
12:00-1:00pm – Suzanne
- Slow Flow & Meditation<sup>ALL</sup>**  
4:30-5:30pm – April
- Balance to Move**  
5:30-6:30pm – Kevin
- Aerial Pilates<sup>ALL</sup>**  
5:45-6:35pm – Kira

## FRIDAY

- SPIN 60X♥**  
6:00-7:00am – Kevin
- Let's Move**  
8:00-8:45am – Joel
- Power Vinyasa<sup>INT/ADV</sup>🔥**  
8:30-9:30am – Tara
- Cardio Barre**  
9:00-10:00am – Missy
- Yoga Foundations<sup>BEG</sup>**  
10:00-11:00am – Tara
- Pilates Mat**  
12:00-12:50pm – Kira
- Happy Hour Yoga<sup>INT</sup>**  
4:00-5:00pm – Tara

## SATURDAY

- Pilates Mat**  
8:00-8:50am – Kira
- Full-Core Spin 60♥**  
8:00-9:00am – Christian
- CRANK IT UP**  
9:00-10:00am – Celeste
- Morning Flow**  
9:00-10:00am – Tara
- Pilates Barre**  
10:00-11:00am – Tara

## SPECIAL PROGRAMMING

**Snow Shoe Social:** Every Tuesday in March  
New Time: 5:30-6:45pm, *Complimentary*

**Restorative Yoga with Tara:**  
Friday, March 13th, 5:30-6:45pm  
*Complimentary*

**Slow Flow & Essential Oils with Corrine:**  
Sunday, March 6th 4:30-5:45pm  
*Complimentary*

**Be Who YOU Want to BE:** Wednesday, March 18th  
Meet & Greet with Christian, for a personally  
designed program of wellness. 5:30pm Fitness Lobby

**Community Meditation:** Monday, March 23rd,  
6:45-8:00pm, Theme: Equinox Compassion  
*Complimentary*

🔥 Warm studio, up to 85°F  
& up to 60% humidity

♥ Heart rate optional

💰 Additional fee



# GROUP FITNESS CLASS DESCRIPTIONS

## March 2020

### Group Fitness Class Descriptions

**Aerial Pilates** uses an aerial hammock fabric as a prop for an intensive core workout. With strong focus on abdominal work, plank work and building strength, this class is recommended for anyone looking to take their Pilates practice to the next level.

**Après Stretch** Whether your day has been spent on the slopes or you are just in need of a "wind-down" type of stretch class, this is the one designed for you. Using myofascial release tools and props as well as stretches, this après class will help your muscles recover and lengthen in order for you to be ready to conquer your next athletic endeavor. Your body will thank you and you will stay injury-free.

**Balance to Move** Focus of class is to refine movement patterns that we use to balance and move in life. These exercises will help you feel more confident in both your athletic endeavors and everyday tasks like gardening.

**BOXFit 45** Ready for a full-body, strength & cardio-based all in one, workout like no other. Expect cardio drills, heavy bag rounds, abs & more. Register in advance, limited space. Gloves required & are available for purchase in our fitness retail.

**Cardio Barre** combines barre work, light weights with a continual fat burning motion.

**Circuit Breaker** Delivering a well rounded workout at 6am. Combining cardio, flexibility core strengthening and athletic development.

**Core Fusion** is a core focused class that is guaranteed to be fun, creative and promises to hit the mark! This will be a combination of Pilates, Barre & strength work.

**CRANK IT UP** is a multi-sport conditioning session designed to fine tune, develop and increase your fitness skills, performance and level, so you can play smarter, stronger and longer. Guaranteed to give you the results you desire!

**DanceFit Fusion** This class is a cardio blasting dance party which also incorporates light weight resistance, core work, and stretching. The dance moves are easy to follow, and the music is an inspiring high energy combination of Latin rhythms, and top 40 classics. This fun total body workout is perfect for all ages and abilities!

**Dirty 45** An intense, 45 minute bootcamp-style workout designed for intermediate level exercisers. A full-body, dynamic, and challenging class to include cardio, strength, resistance, intervals, and speed. This circuit keeps your heart rate up, speeds up your metabolism and tones your whole body. Come for an energetic, compact, and powerful session!

**Full-Core Spin** Build up your upper body and lower body with this HITT workout. Combining a variety of core exercises with intervals of spin training that will help you tone and strengthen your body.

**Let's Move** with cardio, core & leg strength exercises, plyometrics & agility training to increase overall strength and stamina.

**Pilates Barre** Our classes are designed to effectively strengthen, tone and balance the entire body. Students will focus on form and precision while performing small isometric movements as instructors emphasize basic alignment, foundation, and specific muscle actions.

**Pilates Mat** Pilates mat work offers a full-body workout with emphasis on strengthening the core. Precise movements work deep muscles, developing stability of the pelvis, mobility in the spine and strong abdominal muscles. With focus on breath, spinal alignment and safe technique, the mat Pilates practice is a perfect complement to any exercise regimen.

**Snow Shoe Social** Enjoy the serene beauty of our winter playground and explore the fun of snowshoeing. A fun, casual workout. Members meet in the Fitness Club Lobby promptly at 4:30. Dress appropriately for an outdoor evening workout. Synthetic tights or pants, light layers and a shell jacket are recommended ALONG with good trail shoes or boots. Snow shoes are a MUST. Headlamps are recommended and bring your furry four legged friends if you like. Explore the night sky and discover why snowshoeing is the fastest growing outdoor winter activity!

**SPIN 45X & 60X** These classes will challenge all levels from indoor cyclists and hobbyists to bike racers and triathletes! Combines a variety of endurance, strength, speed and hill training to help you improve your overall fitness. All bike levels are welcome! (45X = 45 min, 60X = 60 min).

**Total Body** is a total body workout to improve both muscular strength & endurance, using various props to add resistance. Guaranteed to give you the results you desire!

### Yoga Descriptions

**Align & Refine Yoga** A potent alignment oriented practice. Skilled alignment cues are woven throughout the teachings to enhance each form and action taken to co-create the posture. You will be instructed safely through postures in a progressive sequence leading towards an apex posture, taking time to break down techniques to honor awareness and refine skill on and off the mat.

**Foundations** This class is designed to give detailed instruction on the basics – breath work, standing postures, proper placement of hands and feet to develop keen muscle control and perception. This class is ideal for beginners, those returning from injury and anyone looking to advance their practice by mastering fundamentals.

**Guided Meditation** is structured using experiential instruction combined with group meditations and visualization practices. Learn how to calm the mind, be present in your body and feel rejuvenated. The benefits of daily meditation practice can reduce stress, anxiety and insomnia as well as increase clarity, concentration and creativity. Encouraged for everyone.

**Hammock Yoga** A gentle system using the hammock to aid in balance and spotting which safely guides you into postures and shapes you may think are reserved for gymnasts or circus artists. Inviting for all body types, all levels of athletes and yogi's alike. Offering a safe deep stretch, heightened sense of focus while strengthening muscles, engaging the core and moving towards inversions without spinal compression.

**Happy Hour Yoga** A fun, 60 min, Friday evening class intended to energize, de-stress and prepare for an amazing weekend! Students can expect a dynamic flow designed to realign the body and balance the mind for optimal weekend enjoyment.

**Kundalini Yoga & Breath Work** Learn & practice this ancient art. With today's fast paced, high-tech world our nervous and glandular systems are over worked. Our level of stress and anxiety are often at unhealthy levels. Uplift and elevate your mind to a higher state of consciousness through breath work, movements and mantras. This invigorating yoga will bring you to a place of healing & relaxation.

**Morning Flow** synchronizes movement with breath which helps the practitioner develop a greater sense of self-awareness, balance, and harmony within themselves and their environment. Each class is unique however sequencing is often built around sun salutations..

**Power Vinyasa** Connect breath to movement with these dynamic sequence of postures. With a warm studio, this class heals, detoxifies and exhilarates the body & mind. This is an intermediate/advanced practice.

**The Practice** Intermediate/Advanced Guided Yoga Class. The Practice is designed to help experienced yoga students deepen their connection through more challenging sequences, postures and breath. The student will follow the instructors practice, offering an invitation to explore and intelligently develop more ownership.

**Vinyasa Yoga** synchronizes movement with breath which helps the practitioner develop a greater sense of self-awareness, balance, and harmony within themselves and their environment. Each class is unique however sequencing is often built around sun salutations.

**Yoga for Stiff People** Can't touch your toes? Can't even see them? Don't do yoga? This is the perfect class for you! We will take a gentle and modified approach with everything. Learn safe ways to strengthen and gain more flexibility through a wide range of postures. Ideal for strong athletes that have big bulky and short muscles to those with joint replacements, injuries or yogi's that appreciate a slower and more detailed pace. Props are used throughout the practice to gain access and offer stabilization.

**BEG** These introductory level classes instruct and build upon essential skills and techniques, resulting in a strong sense of calm, focus and empowerment in the student. Appropriate for new students or those who do not have a consistent yoga practice or for the practitioner who wants to revisit the basics.

**INT** A more advanced practice that invites students into deeper expressions of basic postures including arm balances, backbends and inversions with support. Expect to solidify your practice in asana familiarity, breath work and in yoga philosophical foundations. Perfect for intermediate beginners, intermediate and advancing practitioners.

**ADV** These classes presume students are familiar with intermediate yoga postures including inversions, arm balances and backbends. Students are invited to explore more physically demanding and challenging sequences and variations.

**ALL** All levels of fitness welcome.