



**Sonnentalp
Club**



HOURS OF OPERATION

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

GROUP FITNESS CLASS SCHEDULE — September 2020

SUNDAY

Morning Flow^{ALL}
9:00-10:00am – Sarah
Pilates Barre^{ALL}
10:15-11:15am – Sarah

MONDAY

Sweat Party^{INT/ADV}
6:15-6:45am – Kevin
MetaboBURN^{INT/ADV}
7:00-7:45am – Kevin
Circuit Breaker^{INT/ADV}
8:00-8:45am – Kevin
Morning Flow^{ALL}
8:30-9:30am – Tracy
Pilates Barre^{ALL}
9:45-10:45am – Tracy
Pilates Mat^{ALL}
12:00-12:50am – Kira
Yoga Foundations^{BEG}
12:00-1:00pm – Corrine
Fit Body Bootcamp^{ALL}
5:00-6:00pm – Val
Movement, Mantra & Meditation^{ALL}
5:00-6:15pm – Jodi

TUESDAY

Circuit Breaker^{INT/ADV}
6:15-7:00am – Kevin
Guided Meditation^{ALL}
7:45-8:15am – Suzanne
Balance to Move^{ALL}
8:00-9:00am – Kevin
The Practice^{INT/ADV}
8:30-9:45am – Suzanne
Outdoor HIIT45^{ALL}
9:00-9:45am – Celeste
Yoga for Stiff People^{ALL}
12:00-1:00pm – Suzanne
Outdoor Circuits^{ALL}
12:00-1:00pm – Kevin
Yin Yoga^{ALL}
5:00-6:00pm – Sarah

WEDNESDAY

Sweat Party^{INT/ADV}
6:15-6:45am – Kevin
MetaboBURN^{INT/ADV}
7:00-7:45am – Kevin
Morning Flow^{ALL}
7:30-8:30am – Laura
Circuit Breaker^{INT/ADV}
8:00-8:45am – Kevin
Golden Age Yoga^{ALL}
9:00-9:45am – Gabrie
DanceFit Fusion^{ALL}
9:00-10:00am – Beth
Pilates Mat^{ALL}
12:00-12:50am – Kira
Align and Refine Yoga^{INT}
12:00-1:00pm – Suzanne
Aerial Yoga^{*ALL}
4:00-5:00pm – Corrine
Fit Body Bootcamp^{ALL}
5:00-6:00pm – Val
Slow Flow with Essential Oils^{ALL}
5:30-6:30pm – Corrine

THURSDAY

Circuit Breaker^{INT/ADV}
6:15-7:00am – Kevin
Guided Meditation^{ALL}
7:45-8:15am – Suzanne
Balance to Move^{ALL}
8:00-9:00am – Kevin
Align and Refine Yoga^{INT}
8:30-9:30am – Suzanne
Yoga for Stiff People^{ALL}
12:00-1:00pm – Suzanne
Outdoor Circuits^{ALL}
12:00-1:00pm – Kevin
Vinyasa Yoga^{ALL}
5:00-6:00pm – Laura

FRIDAY

Sweat Party^{INT/ADV}
6:15-6:45am – Kevin
MetaboBURN^{INT/ADV}
7:00-7:45am – Kevin
Circuit Breaker^{INT/ADV}
8:00-8:45am – Kevin
Yoga Sculpt^{INT/ADV}
8:30-9:30am – Tara
Total Body^{ALL}
9:45-10:30am – Tara
Pilates Barre^{ALL}
10:35-11:30am – Tara
Yoga Foundations^{BEG}
12:00-1:00pm – Corrine
Pilates Mat^{ALL}
12:00-12:50pm – Kira
Happy Hour Yoga^{ALL}
5:00-6:00pm – Sarah

SATURDAY

Outdoor SPIN 45X^{♥ALL}
8:00-8:45am – Celeste
Morning Flow^{ALL}
8:30-9:30am – Gabrie
Outdoor HIIT45^{ALL}
9:00-9:45am – Celeste
Teen Outdoor HIIT45^{ALL}
9:45-10:30am – Celeste
Kids Aerial Yoga^{Age 7-11}
9:45-10:30am – Corrine
Teen Aerial Yoga¹²⁺
10:45-11:45am – Corrine

SPECIAL PROGRAMMING & COVID-19 CLUB MEMBER GUIDELINES

♥ Heart rate optional

***All members must own or rent their own silk for Aerial Yoga. Need Equipment?**

Silk Rental: \$30/month (limited supplies). Purchase a Silk: \$96 for the silk and webbing \$165 for full set up (silk & rigging). Select the color of your choice.

Pickleball: Reservations can be made from noon to close on Monday-Saturday and ALL day Sunday thru Oct. 15th.

Pop Up Classes with Missy Lacy: Tuesday, September 22nd, 9-10am Total Body AND 10:15-10:45am Pilates Barre. Register via the Wellness App, limited space

Community Meditation with Diana Marshall: Monday, September 21st 6:30-8:00pm, Theme: Autumn Equinox. *Complimentary*

Face coverings are still required.

Reserve your class on the wellness app. **To find the app:** go to the app store on your phone and search for Sonnenalp Wellness. After signing up for it, the fitness desk will need to accept you as a client and you will be ready to reserve.



GROUP FITNESS CLASS DESCRIPTIONS

September 2020

Group Fitness Class Descriptions

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.

Circuit Breaker Delivering a well rounded workout first thing in the morning. Combining cardio, flexibility core strengthening and athletic development.

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!

Fit Body Bootcamp An energizing workout alternating cardio blocks to challenge your agility, with muscle strengthening blocks to help you tone your whole body. Push yourself and try some of the variations offered by your creative coach!

MetaboBURN Burn Fat Fast!! This is a 45 minute high intensity circuit workout, that will boost your metabolism before your first meal of the day. You will sequence through 5 to 10 exercises in 1 minute intervals, with 30 seconds of rest. This class will test and build muscular and cardiovascular endurance.

Outdoor Circuits A high intensity circuit workout, held in our beautiful outdoor setting using natural and manmade props. You will sequence through 6 to 12 exercises in 1 minute intervals, with 30 seconds of rest. This class will test and build muscular and cardiovascular endurance, along with improving your agility. Get a jump start towards your winter conditioning as many of these exercises will be ski and snow-board specific. When inclement weather, the class will be indoors.

Outdoor HIIT45 An outdoor class where you go all out, 100% effort through quick, intense burst followed by short/active recovery. This H.I.I.T training will get & keep your heart rate up, burning more fat in less time. This will always be held outside weather permitting, otherwise it will be cancelled.

Teen Outdoor HIIT45 A 45 minute TEEN High Intensity Interval Training class designed to challenge your balance, stamina, strength, endurance, skills and fitness level. Focusing on proper form so muscles grow healthy and strong. (Ages 12+)

Outdoor SPIN 45X This 45 min OUTDOOR SPIN class 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! Prepare to be outside on our pool deck.

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.

Sweat Party This is a quick 20 minute workout based on 5 core exercises. Exercises will be alternated every 30 seconds. This class will test and build your muscle and cardiovascular endurance!!

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.

Aerial Yoga A gentle system using the silk as a prop to aid in balance and as a spotting device which safely guides you into postures and shapes you may think are reserved for gymnasts or circus artists. It is 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. *Silks can either be purchased or rented.*

Kids & Teen Aerial Yoga Come join in the flying FUN! Kids & Teens will benefit from strength building, stretching and breathing while exploring the upside down world. Striking all kinds of poses while suspended in the silks is challenging AND fun. Each class begins with a strengthening warm up and then take off flying in the silks, spinning, flipping and safely having a BLAST. (Kids Ages 7-11 & Teen Ages 12+)

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.

Golden Age Yoga Designed for those who desire a gentle and uplifting yoga practice. Great for those working with limited mobility or stamina. Golden Age Yoga is perfect for the more mature adult desiring a safe, mindful movement class including relaxation and meditation.

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.

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.

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.

Movement, Mantra & Meditation Uplift and elevate your mind to a higher state of consciousness through movements, mantra & meditation. Kundalini yoga will bring you to a place of healing & relaxation.

Slow Flow with Essential Oils Have you been looking for a slow and smooth yoga class to unwind your busy body and mind? Search no further, this class is designed with YOU in mind. Incorporation of essential oils will strengthen the connection with movement mediation, postures, and breath. All levels of students will feel right at home and this class will leave your body relaxed, your mind clear, and your spirit elevated.

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.

Yin Yoga Yin is a slow, soothing, and meditative style of yoga that targets the deep connective tissues, bones, joints, fascia, and ligaments in the body. It also focuses on stretching and stimulating different acupressure points from Traditional Chinese Medicine.

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.

Yoga Sculpt is a dynamic yoga practice that incorporates resistance interval training and cardiovascular exercise into traditional yoga sequences. Yogis use their own bodyweight and small hand weights to deepen the power of their yoga practice while chiseling their body into shape. Designed to target and tone all the major muscle groups and for yogis looking to break a sweat and leave feeling uplifted and refreshed.

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.