



# HOURS OF OPERATION

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

## COVID-19 GUIDELINES

Face coverings for Members and Guests are no longer mandatory. Capacity restrictions have also been lifted.

# GROUP FITNESS CLASS SCHEDULE — November 2021

## SUNDAY

**Sunrise Meditation**<sup>ALL</sup>  
 8:30-9:00am – Jocelyn  
**Daoyin Yoga Flow**<sup>ALL</sup>  
 9:15-10:30am – Jocelyn

## MONDAY

**Spin 45X**<sup>♥ALL</sup>  
 6:00-6:45am – Kevin  
**Morning Yoga Flow**<sup>ALL</sup>  
 8:30-9:25am – Tracy  
**Pilates Barre**<sup>ALL</sup>  
 9:30-10:25am – Tracy  
**Aerial Yoga**<sup>\*\*ALL</sup>  
 10:30-11:25am – Tracy  
**Rebounder for Skiers**<sup>ALL</sup>  
 11:00-11:45am – Nancy  
**Spin 45X**<sup>♥ALL</sup>  
 12:00-12:45pm – Nancy  
**Pilates Mat**<sup>ALL</sup>  
 12:00-12:50pm – Kira  
**Yoga Foundations**<sup>BEG</sup>  
 12:00-1:00pm – Jenn  
**Spin 45X**<sup>♥ALL</sup>  
 5:00-5:45pm – Kevin  
**Power Vinyasa Yoga**<sup>ALL</sup>  
 5:30-6:25pm – Jenn  
**Snow Sports Training**<sup>Ends 11/23</sup>  
 5:45-6:30pm – Kevin  
**Permission to Chill**<sup>®ALL</sup>  
 6:30-7:30pm – Jenn

## TUESDAY

**Snow Sports Training**<sup>Ends 11/23</sup>  
 6:00-6:45am – Val  
**Vinyasa Yoga**<sup>ALL</sup>  
 6:15-7:15am – Gabrie  
**Guided Meditation**<sup>ALL</sup>  
 7:45-8:15am – Suzanne  
**Spin 45X**<sup>♥ALL</sup>  
 8:00-8:45am – Tracy  
**The Practice**<sup>INT/ADV</sup>  
 8:30-9:45am – Suzanne  
**Tai Chi**<sup>ALL</sup>  
 9:00-9:45am – Matt  
**Pilates Barre**<sup>ALL</sup>  
 9:00-10:00am – Macy  
**Pilates Mat**<sup>ALL</sup>  
 12:00-12:50am – Kira  
**Yoga for Stiff People**<sup>ALL</sup>  
 12:00-1:00pm – Suzanne  
**Pilates Barre**<sup>ALL</sup>  
 5:30-6:20pm – Richel  
**Yin & Flow Yoga**<sup>ALL</sup>  
 5:30-6:30pm – Sarah

## WEDNESDAY

**Spin 45X**<sup>♥ALL</sup>  
 6:00-6:45am – Kevin  
**Meditation & Gong Bath**<sup>ALL</sup>  
 7:45-8:15am – Jodi  
**Balance to Move**<sup>ALL</sup>  
 8:15-8:45am – Tracy  
**Organic Flow**<sup>®ALL</sup>  
 8:30-9:30am – Jenn  
**Pilates Barre**<sup>ALL</sup>  
 9:00-9:50am – Tracy  
**Gentle Yoga**<sup>ALL</sup>  
 9:45-10:45am – Gabrie  
**Total Body**<sup>ALL</sup>  
 10:00-10:45am – Tracy  
**Rebounder Barre & Bounce**<sup>ALL</sup>  
 11:00-11:45am – Tracy  
**Pilates Mat**<sup>ALL</sup>  
 12:00-12:50am – Kira  
**Align and Refine Yoga**<sup>INT</sup>  
 12:00-1:00pm – Suzanne  
**Spin 45X**<sup>♥ALL</sup>  
 5:00-5:45pm – Kevin  
**Power Vinyasa**<sup>®ALL</sup>  
 5:30-6:30pm – Sarah  
**Snow Sports Training**<sup>Ends 11/23</sup>  
 5:45-6:30pm – Kevin

## THURSDAY

**Snow Sports Training**<sup>Ends 11/23</sup>  
 6:00-6:45am – Val  
**Guided Meditation**<sup>ALL</sup>  
 7:45-8:15am – Suzanne  
**Spin 45X**<sup>♥ALL</sup>  
 8:00-8:45am – Tracy  
**Align and Refine Yoga**<sup>INT</sup>  
 8:30-9:30am – Suzanne  
**Pilates Barre**<sup>ALL</sup>  
 9:00-10:00am – Macy  
**Tai Chi**<sup>ALL</sup>  
 9:00-9:45am – Matt  
**Rebounder for Skiers**<sup>ALL</sup>  
 11:00-11:45am – Barbara  
**Pilates Mat**<sup>ALL</sup>  
 12:00-12:50am – Kira  
**Yoga for Stiff People**<sup>ALL</sup>  
 12:00-1:00pm – Suzanne  
**Snow Sports Training**<sup>Ends 11/23</sup>  
 5:45-6:30pm – Kevin

## FRIDAY

**Spin 45X**<sup>♥ALL</sup>  
 6:00-6:45am – Kevin  
**Meditation & Gong Bath**<sup>ALL</sup>  
 7:45-8:15am – Jodi  
**Dance Fit**<sup>ALL</sup>  
 8:30-9:15am – Beth  
**Yoga Sculpt**<sup>INT/ADV</sup>  
 8:30-9:30am – Tara  
**Bounce to Balance**<sup>ALL</sup>  
 9:30-10:15am – Tracy  
**Total Body**<sup>ALL</sup>  
 9:45-10:30am – Tara  
**Pilates Barre**<sup>ALL</sup>  
 10:35-11:30am – Tara  
**Yoga Foundations**<sup>BEG</sup>  
 12:00-1:00pm – Tracy

## SATURDAY

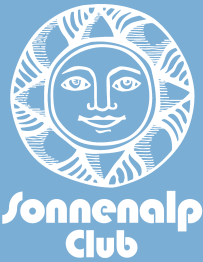
**Organic Flow**<sup>ALL</sup>  
 8:30-9:30am – Jenn  
**Yoga Foundations**<sup>BEG</sup>  
 9:30-10:25am – Jenn  
**Aerial Yoga Low Hammock**<sup>ALL</sup>  
 10:30-11:30am – Jenn

## SPECIAL PROGRAMMING

**SNOW SPORTS TRAINING:** Oct 18th-Nov 23rd Tue/Thu 6:00-6:45am with Val & Mon/Wed/Thu 5:45-6:30pm with Kevin. Registration required.  
**YOGA & CREATIVITY PROJECT:** Centering on Gratitude Sat, Nov 20th, 10:30-12:30p with Tracy. Complimentary, register via Wellness App.

♥ Heart rate optional 🌡️ Warm studio, up to 80°F

**NEW! First Thursdays:** Join Jenn for a special Permission to Chill restorative yoga class each 1st Thursday of every month. 6:45-7:45pm.  
**THANKSGIVING DAY HOURS** Thu, November 26th 6:00am-2:00pm



# GROUP FITNESS CLASS DESCRIPTIONS

## November 2021

### 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.

**Bounce to Balance** A trampoline class suitable for all ages, fitness levels, & abilities. Offering a moderate cardiovascular workout & specific exercises to increase balance, coordination & proprioception. A "balabance bar" is attached for add security. Discover that improving your health & fitness can be truly enjoyable!

**Circuit Breaker** Train like a pro, but at your own pace. A workout inspired by World Cup Skiers, Bikers, Runners & Mountaineers, that mirrors many of the same exercises that are used with elite athletes. Intervals will be for 1-min on, with a 30-sec active recovery. An all levels class in which modifications can be made for any limitations.

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

**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 a strong focus on breath, spinal alignment and safe technique.

**Rebounder Barre & Bounce** A challenging, sweaty & fun fitness class which follows a predefined interval format. This class alternates cardio segments on the trampoline & strength segments on the ground. The perfect class for students who want to increase stamina, while building power & strength.

**Rebounder for Skiers** A small group fitness class held on elastic mini trampolines called the Bellicon Rebounder. All muscle groups for winter sports activities are targeted. Greatly improve your balance, endurance while being friendly to the joints. This is a great skiers class!

**SPIN 45X** A 45-min indoor or outdoor spin class to challenge all levels from indoor cyclists & hobbyists to bike racers & triathletes! Combines a variety of endurance, strength, speed & hill training helping improve overall fitness. All bike levels are welcome!

**Snowsports Training** program is your ticket to be prepared for your favorite winter activities! This is a progressive 6-week course that will develop a sturdy all-body athlete through increased mobility, stability, strength, agility and power. Pre-registration is required.

**Tai Chi** Conscience regulation of breathing & mindful movement is the foundation of this practice. The goal is to eliminate sub-consciousness breath holds that deplete the system of energy. A variety of movement captivates the mind developing a sustainable energy applicable in all arenas of life.

**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

**Aerial Yoga** A gentle system using the silk prop to aid for balance & spotting device which safely guides postures & shapes reserved for gymnasts or circus artists. Inviting for all body types, athletes & yogi's alike. Offering a safe deep stretch, heightened sense of focus while strengthening muscles, engaging the core & moving towards inversions without spinal compression. *Silks can either be purchased or rented.*

**Aerial Yoga Low Hammock** A supported & therapeutic approach to aerial yoga, this restorative practice is ideal for those who want to safely increase range of motion. A healing modality for all abilities, perfect for post-surgery or injury. Gently stretch the body, improve circulation and find deep relaxation. *Silks can either be purchased or rented.*

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

**Daoyin Yoga Flow** A gentle Yin-style Vinyasa combined with Qi gong variations for a full body & mind somatic experience. Flow through creative sequences that highlight proper alignment & the cultivation of Qi, or life force energy, move into your day with focus, flexibility & grounded energy.

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

**Meditation & Gong Bath** During this class we will encourage our minds to melt away the illusions that cause anxiety through breath work and gentle light movements, ending the practice with meditation and a healing gong bath.

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

**Organic Flow**® A slow paced moving meditation with classical sun salutations, gentle yoga and time to rest both body and mind. Special

attention is placed on proper alignment & breathing with a natural & safe progression of postures.

**Permission to Chill**® Chill out, unwind, release stress & ease sore muscles. Find stillness, breath and deep relaxation with an integration of yin shapes & restorative postures. Calm and cool both body & mind with slow-mindful movement.

**Power Vinyasa** This is a WARM yoga class (80°F) synchronizing movement to breath with a dynamic sequence of postures. A warm studio for healing, detoxifying and exhilarating the body & mind.

**Pranayama & Mindful Movement** Based on traditional breathwork techniques to ground & center, followed by a series of gentle mindful movements with elements of Vinyasa, traditional Chinese Medicine & Qigong postures based on the eight silk brocades. Tending to your mind, body & soul, a perfect way to start your day.

**Sunrise Meditation** Wake up with the sunshine! Begin your morning in sacred silence, guided through gentle pranayama (breathwork exercises) as well as visualization to cultivate mindful awareness, ease the thinking mind & promote overall well-being. No prior meditation experience necessary.

**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 & Flow Yoga** A slow, soothing, and meditative style of yoga that targets the deep connective tissues, bones, joints, fascia, and ligaments in the body. In this class we combine Yin and Vinyasa Flow Yoga to unwind your busy body and mind, leaving you relaxed, clear and uplifted.

**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! with everything. Learn safe ways to strengthen & gain more flexibility through a wide range of posture with gentle & modified approaches. Ideal for strong athletes that have big bulky & short muscles to those with joint replacements, injuries or yogi's that appreciate a slower and more detailed pace.

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

**Yoga Sculpt** A dynamic practice that incorporates resistance interval training & cardiovascular exercise into traditional yoga sequences. Use your own bodyweight & small hand weights to deepen your yoga practice while chiseling your body into shape. Designed to target & tone all the major muscle groups.