



## 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 — June 2021

## MONDAY

**Outdoor Spin 45X**♥<sup>ALL</sup>  
6:00-6:45am – Kevin

**Circuit Breaker**<sup>INT/ADV</sup>  
8:00-8:45am – Kevin

**Morning Flow**<sup>ALL</sup>  
8:30-9:30am – Tracy

**Outdoor Spin 45X**♥<sup>ALL</sup>  
9:00-9:45am – Nancy

**Golf Fitness**  
9:00-9:45am – Kevin

**Pilates Barre**<sup>ALL</sup>  
9:45-10:45am – Tracy

**Kids Bounce**<sup>AGES 8-12</sup>  
10:00-10:45am – Nancy

**Rebounder Barre & Bounce**\*<sup>ALL</sup>  
11:00-11:45am – Tracy

**Pilates Mat**<sup>ALL</sup>  
12:00-12:50am – Kira

**Vinyasa Yoga**<sup>ALL</sup>  
5:30-6:30pm – Gabriele

### SPECIAL PROGRAMMING

♥ Heart rate optional

**KIDS BOUNCE CLASS:** Mondays, 10:00-10:45am with Nancy. Ages 8-12.  
**KIDS ACRO WEEK:** June 14-17, Monday–Thursday, 9:45-11:45am  
Ages 8-14. Individual Silk required, Rental Fee \$30.

**SMART BARRE POP UP CLASS with Tracy,** Saturday June 12th,  
9:30-11:00am.

**OUTDOOR ADVENTURE PROGRAMING:** Find all the details on your  
Member Calendar or pick up a flyer for fun outdoor social events going  
on this month.

\***Rebounder Classes** require gripping Toe Socks and can be purchased  
in Fitness Retail Lobby.

## TUESDAY

**Mnt Sports HIIT**<sup>INT/ADV</sup>  
6:00-6:45am – Kevin

**Guided Meditation**<sup>ALL</sup>  
7:45-8:15am – Suzanne

**Balance to Move**<sup>ALL</sup>  
8:00-8:45am – Kevin

**The Practice**<sup>INT/ADV</sup>  
8:30-9:45am – Suzanne

**Outdoor HIIT45**<sup>ALL</sup>  
9:00-9:45am – Kevin

**Pilates Barre**<sup>ALL</sup>  
9:00-9:50am – Tracy

**Outdoor Spin 45X**♥<sup>ALL</sup>  
10:00-10:45am – Tracy

**Pilates Mat**<sup>ALL</sup>  
12:00-12:50am – Kira

**Yoga for Stiff People**<sup>ALL</sup>  
12:00-1:00pm – Suzanne

**Yin Yoga**<sup>ALL</sup>  
5:00-6:00pm – Sarah

## WEDNESDAY

**Outdoor Spin 45X**♥<sup>ALL</sup>  
6:00-6:45am – Kevin

**Circuit Breaker**<sup>INT/ADV</sup>  
8:00-8:45am – Kevin

**Morning Flow**<sup>ALL</sup>  
8:00-9:00am – Gabriele

**Golf Fitness**  
9:00-9:45am – Kevin

**Gentle Yoga**<sup>ALL</sup>  
9:15-10:15am – Gabriele

**Total Body**<sup>ALL</sup>  
10:00-10:50am – 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

**Aerial Yoga**\*<sup>ALL</sup>  
4:15-5:10pm – Tracy

**BOXFIT 30**\*<sup>ALL</sup>  
4:30-5:00pm – Celeste

**Total Body**  
5:15-6:00pm – Tracy

**Go with the Slow Flow**<sup>ALL</sup>  
5:30-6:30pm – Sarah

**\*\*All members must own or rent their own silk for Aerial Yoga. Need Equipment?** Silk Rental: \$30/mo (limited supplies). Purchase a Silk: \$96 for the silk and webbing \$165 for full set up (silk & rigging). Select the color of your choice.

**\*\*\*Gloves are required for BOXFIT & available for purchase in our fitness retail.**

## THURSDAY

**Mnt Sports HIIT**<sup>INT/ADV</sup>  
6:00-6:45am – Kevin

**Guided Meditation**<sup>ALL</sup>  
7:45-8:15am – Suzanne

**Balance to Move**<sup>ALL</sup>  
8:00-8:45am – Kevin

**Align and Refine Yoga**<sup>INT</sup>  
8:30-9:30am – Suzanne

**Outdoor HIIT45**<sup>ALL</sup>  
9:00-9:45am – Kevin

**Pilates Barre**<sup>ALL</sup>  
9:00-9:50am – Tracy

**Outdoor Spin 45X**♥<sup>ALL</sup>  
10:00-10:45am – Kevin

**Pilates Mat**<sup>ALL</sup>  
12:00-12:50am – Kira

**Yoga for Stiff People**<sup>ALL</sup>  
12:00-1:00pm – Suzanne

**Vinyasa Yoga**<sup>ALL</sup>  
5:30-6:30pm – Gabriele

## FRIDAY

**Outdoor Spin 45X**♥<sup>ALL</sup>  
6:00-6:45am – Kevin

**Circuit Breaker**<sup>INT/ADV</sup>  
8:00-8:45am – Kevin

**Yoga Sculpt**<sup>INT/ADV</sup>  
8:30-9:30am – Tara

**Total Body**<sup>ALL</sup>  
9:45-10:30am – Tara

**Pilates Barre**<sup>ALL</sup>  
10:35-11:30am – Tara

**Rebounder Move**\*<sup>ALL</sup>  
11:00-11:45am – Tracy

**Glutes & Core**<sup>ALL</sup>  
12:00-12:45pm – Kevin

**Yoga Foundations**<sup>BEG</sup>  
12:00-1:00pm – Tracy

**Qi Gong**<sup>ALL</sup>  
4:00-5:15pm – Jocelyn

## SATURDAY

**BOXFIT 30**\*<sup>ALL</sup>  
8:00-8:30am – Celeste

**Outdoor HIIT45**<sup>ALL</sup>  
9:00-9:45am – Celeste

**Morning Flow**<sup>ALL</sup>  
9:00-10:00am – Kelly

**Outdoor Spin 45X**♥<sup>ALL</sup>  
10:00-10:45am – Celeste

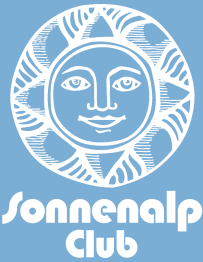
## SUNDAY

**Qi Gong**<sup>ALL</sup>  
7:00-7:45m – Jocelyn

**Sunrise Meditation**<sup>ALL</sup>  
8:00-8:30am – Jocelyn

**Daoyin Yoga Flow**<sup>ALL</sup>  
8:45-10:00am – Jocelyn

**Rebounder Barre & Bounce**\*<sup>ALL</sup>  
9:15-10:00am – Barbara



# GROUP FITNESS CLASS DESCRIPTIONS

## June 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.

**BOXFIT 30** Ready for a Full-Body, Strength and Cardio based all in one workout like no other? In this 30-min class, expect cardio drills, heavy bag rounds, abs and more. *Gloves are required and available for purchase in our fitness retail.*

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

**Glutes & Core** Want to tighten up that mid-section, this is the class for you! Want a firm and backside, this is the class for you! Simple and efficient 30-min workout.

**Golf Fitness** Designed to decrease your score, risk of injury, and pain. Exercises will be golf centric and help develop the strength and power to improve your game.

**Kids Bounce** The perfect solution to turn a child's restless energy into fun fitness! The Bellicon tramp is a great way to build motor skill development, coordination, strength & endurance, and it is only FUN. Using rhythmic movement improves cognitive learning in a playful way. Ages 8-12.

**Mtn Sports HIIT** Get ready to train like a pro. This is a circuit workout inspired by World Cup Skiers, Bikers, Runners, and Mountaineers. Intervals will be for one minute on, with a 30 second active recovery. We will do 9 different exercises that will build your strength, endurance, power, and agility. This is an all levels class in which modifications can be made for any limitations you may have.

**Outdoor HIIT45** Go all out in this outdoor class, 100% effort through quick, intense bursts followed by short/active recovery. 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.

**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 Move** A holistic, health-boosting class suitable for all, including older adults or people with many types of physical or health issues. It offers an excellent, full-body & moderate cardiovascular

workout. A workout designed to increase vitality & make the process of improving health & fitness truly enjoyable.

**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! Prepare to be outside on our pool deck.

**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 as a prop to aid in balance & spotting device which safely guides you into postures & shapes you may think are reserved for gymnasts or circus artists. Inviting for all body types, all levels of 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.*

**Align & Refine Yoga** A potent alignment oriented practice. Skilled alignment cues are woven throughout the teachings 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 and 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.

**Gentle Yoga** 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.

**Go with the Slow Flow** set to Music — a great class for all levels. An unhurried vinyasa class, balancing breath and body. This practice takes a slower pace providing the opportunity to build proper alignment and explore the intricacies of each pose. Slow does not necessarily mean easy. Expect a moderate level of challenge in this class.

**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.

**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.

**Qi Gong** (pronounced chee-gong) can be described as a mind-body-spirit practice that improves mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent. Sometimes translated as "vital energy cultivation" or "mastery of your energy." Fluidly move through standing postures, cultivating a state of mindfulness and calm so you can enter your day feeling grounded & at ease.

**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 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 acupuncture 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.

**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 the power of your yoga practice while chiseling your body into shape. Designed to target & tone all the major muscle groups while breaking a sweat to leave feeling uplifted & refreshed.

**BEG** These introductory level classes instruct and build essential skills & techniques, resulting in a strong sense of calm, focus & empowerment. Appropriate for new students, 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 deeper expressions of basic postures including arm balances, backbends & inversions with support. Expect to solidify your practice in asana familiarity, breath work & yoga philosophical foundations. Perfect for intermediate beginners, intermediate & advancing practitioners.

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

**ALL** All levels of fitness welcome.