



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 — July 2021

SUNDAY

Qi Gong^{ALL}
7:00-7:45am – Jocelyn
Sunrise Meditation^{ALL}
8:00-8:30am – Jocelyn
Daoyin Yoga Flow^{ALL}
8:45-10:00am – Jocelyn
Rebounder Barre & Bounce^{*ALL}
9:00-9:45am – Barbara

MONDAY

Spin 45X^{♥ALL}
6:00-6:45am – Kevin
Circuit Breaker^{ALL}
8:00-8:45am – Kevin
Gentle Yoga^{ALL}
8:30-9:30am – Tracy
Spin 45X^{♥ALL}
9:00-9:45am – Nancy
Pilates Barre^{ALL}
9:45-10:45am – Tracy
Kids Bounce^{AGES 8-12/No Class 7/19}
10:00-10:45am – Nancy
Rebounder Barre & Bounce^{*ALL}
11:00-11:45am – Tracy
Pilates Mat^{ALL}
12:00-12:50am – Kira
Vinyasa Yoga^{ALL}
5:30-6:30pm – Kelly

TUESDAY

Circuit Breaker^{ALL}
6:00-6:45am – Kevin
Guided Meditation^{ALL}
7:45-8:15am – Suzanne
Balance to Move^{ALL}
8:00-8:45am – Kevin
The Practice^{INT/ADV}
8:30-9:45am – Suzanne
Pilates Barre^{ALL}
9:00-10:00am – Macy
Pilates Mat^{ALL}
12:00-12:50am – Kira
Yoga for Stiff People^{ALL}
12:00-1:00pm – Suzanne
Yin Yoga^{ALL}
5:00-6:00pm – Sarah

WEDNESDAY

Spin 45X^{♥ALL}
6:00-6:45am – Kevin
Circuit Breaker^{ALL}
8:00-8:45am – Kevin
Vinyasa Yoga^{ALL}
8:00-9:00am – Laura
Pilates Barre^{ALL}
9:00-9:50am – Tracy
Total Body^{ALL}
10:00-10:45am – Tracy
Rebounder Barre & Bounce^{*ALL}
11:00-11:45am – Tracy
Pilates Mat^{ALL}
12:00-12:50am – Kira
Align and Refine Yoga^{INT}
12:00-1:00pm – Suzanne
BOXFIT 30^{**ALL}
4:30-5:00pm – Celeste
Go with the Slow Flow^{ALL}
5:30-6:30pm – Sarah

THURSDAY

Circuit Breaker^{ALL}
6:00-6:45am – Kevin
Guided Meditation^{ALL}
7:45-8:15am – Suzanne
Balance to Move^{ALL}
8:00-8:45am – Kevin
Align and Refine Yoga^{INT}
8:30-9:30am – Suzanne
Pilates Barre^{ALL}
9:00-10:00am – Macy
Pilates Mat^{ALL}
12:00-12:50am – Kira
Yoga for Stiff People^{ALL}
12:00-1:00pm – Suzanne

FRIDAY

Spin 45X^{♥ALL}
6:00-6:45am – Kevin
Circuit Breaker^{ALL}
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
Rebounder Move^{*ALL}
11:00-11:45am – Tracy
Yoga Foundations^{BEG}
12:00-1:00pm – Tracy
Daoyin Yoga Flow^{ALL}
4:30-5:45pm – Jocelyn

SATURDAY

BOXFIT 30^{***ALL}
8:00-8:30am – Celeste
Dance Fit^{ALL}
8:45-9:30am – Beth
Outdoor HIIT45^{ALL}
9:00-9:45am – Celeste
Morning Yoga Flow^{ALL}
9:00-10:00am – Kelly
Outdoor Spin 45X^{♥ALL}
10:00-10:45am – Celeste

SPECIAL PROGRAMMING

NO CLASSES SUNDAY, JULY 4TH

BIKE MAINTENANCE:

Wednesday, July 7th, 12:00-1:00pm.

FOOD FOR THOUGHTS:

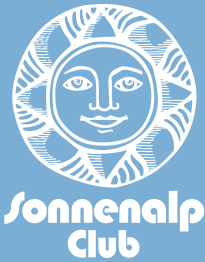
Wednesday, July 14th, 12:00-1:00pm.

♥ Heart rate optional

GUIDED MEDITATION AND GONG BATH with Jodi: Complimentary. Sunday, July 18th, 4:30-6:00pm & Thursday, July 28th, 5:30-7:00pm.

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

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



GROUP FITNESS CLASS DESCRIPTIONS

July 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 Train like a pro, but at your own pace. A workout inspired by World Cup Skiers, Bikers, Runners, and 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 is 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!

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.

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

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 Yoga 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) described as a mind-body-spirit practice that improves mental & 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 & 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 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.

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.