



Glenwood Hot Springs Athletic Club

September 2010

Class Schedule

GLENWOOD HOT SPRINGS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning 6:30 – 7:15 a.m. <i>Debb</i>	Spinning 6:30 – 7:15 a.m. <i>Cyndie</i>	Low Impact Aerobics 7 – 7:45 a.m. <i>Patty</i>	Spinning 6:30 – 7:30 a.m. <i>Cyndie</i>	Spinning 6:30 – 7:15 a.m. <i>Debbie C.</i>	Intermediate Hatha Yoga Levels I & II 9 – 10 a.m. <i>Ganesha</i>	Sun Salutations Vinyasa Levels I & II 9 – 10 a.m. <i>Ganesha</i>
Low Impact Aerobics 7 – 7:45 a.m. <i>Cindy F.</i>	Tai Chi 7 – 8 a.m. <i>Jeff</i>	Spinning 7:30 – 8:30 a.m. <i>Roberta</i>	Pilates 7:30 – 8:30 a.m. <i>Lisa</i>	Drop-In Reformer (Fee Based) 7:45 – 8:45 a.m. <i>Suzi M.</i>		
Have a Ball 8 – 9 a.m. <i>Patty</i>	Pilates 7:30 – 8:30 a.m. <i>Lisa</i>	Have a Ball 8 – 9 a.m. <i>Patty</i>	Rock Bodies 8 – 9 a.m. <i>Mary</i>	Water Aerobics 9 – 10 a.m. <i>Cindy F.</i>		
Pilates 9 – 10 a.m. <i>Suzi M.</i>	Rock Bodies 8 – 9 a.m. <i>Mary</i>	Intermediate Pilates 9 – 10 a.m. <i>Suzi M.</i>	Pilates 9 – 10 a.m. <i>Lisa</i>	Have a Ball 8:30 – 9:30 a.m. <i>Cindy F.</i>		
H2 Yoga 9 – 10 a.m. <i>Annig</i>	Water Aerobics 9 – 10 a.m. <i>Cindy F.</i>	Drop-in Reformer (Fee Based) 10:15 – 11:15 a.m. <i>Suzi M.</i>	Water Aerobics 9 – 10 a.m. <i>Cindy F.</i>	Pilates 9 – 10 a.m. <i>Suzi M.</i>		
H2 Yoga 10 – 11 a.m. <i>Annig</i>	Anusara/Tantra Yoga levels I,II,III 8:45 – 9:45 a.m. <i>Nova</i>	Spinning 12:15 – 1 p.m. <i>Alison</i>	Chair Yoga Levels I & II 9:15 – 10:15 a.m. <i>Annig/Nova</i>	Spinning/Yoga 12:15 – 1:30 p.m. <i>Alison</i>		
Spinning 12:15 – 1 p.m. <i>Kevin</i>	Pilates 9 – 10 a.m. <i>Lisa</i>	Step 12:15 – 1:15 p.m. <i>Lynn G.</i>	Spinning 5:30 – 6:15 p.m. <i>Tiffany</i>			
Step/Sculpt 12:15 – 1:15 p.m. <i>Michelle</i>	Yoga Levels I & II 12:15 – 1:15 p.m. <i>Annig</i>	Core Conditioning 5:30 – 6:30 p.m. <i>Tiffany</i>	Yoga Levels I & II 5:30 – 6:30 p.m. <i>Sharon</i>			
Advanced Yoga Levels II & III 5:30 – 6:30 p.m. <i>Cindy D.</i>	Pilates Fusion Workout 5:30 – 6:30 p.m. <i>Ann</i>	Sivananda Hatha Yoga Levels I, II, III 5:30 – 6:30 p.m. <i>Radha</i>				

* Additional charge assessed for Fee-Based Classes

Note: Spin bikes may be reserved the day before class.

Hours: 6:15 a.m. to 10 p.m. Monday – Friday and 7:30 a.m. to 10 p.m. weekends

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