



Glenwood Hot Springs Athletic Club

November 2009

Class Schedule

GLENWOOD HOT SPRINGS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning 6:30 am - 7:30 am <i>Debb</i>	Spinning 6:30 am - 7:15 am <i>Cyndie</i>	Total Body Blast 6:15 am - 7:00 am <i>Marie</i>	Spinning 6:30 am - 7:30 am <i>Cyndie</i>	Spinning 6:30 am - 7:15 am <i>Ana</i>	Intermediate Hatha Yoga levels I & II 9:00-10:30 am <i>Ganesha</i>	Sun Salutations Vinyasa levels I & II 9:00 - 10:30 am <i>Ganesha</i>
Low Impact Aerobics 7:00 am - 7:45 am <i>Cindy F.</i>	Pilates 7:30 am - 8:30 am <i>Lisa</i>	Low Impact Aerobics 7:00 am - 7:45 am <i>Patty</i>	Pilates 7:30 am - 8:30 am <i>Lisa</i>	Have a Ball 8:00 am - 9:00 am <i>Lynne J.</i>	Spinning 9:00 am - 9:45 am <i>Debbie C.</i>	
Have a Ball 8:00 am - 9:00 am <i>Lynne J.</i>	Rock Bodies 8:00 am - 9:00 am <i>Mary</i>	Spinning 7:30 am - 8:30 am <i>Roberta</i>	Rock Bodies 8:00 am - 9:00 am <i>Mary</i>	Water Aerobics (pool) 9:00 am - 10:00 am <i>Cindy F.</i>		
Pilates 9:00 am - 10:00 am <i>Suzi</i>	Water Aerobics (pool) 9:00 am - 10:00 am <i>Lynne J.</i>	Have a Ball 8:00 am - 9:00 am <i>Patty</i>	Water Aerobics (pool) 9:00 am - 10:00 am <i>Cindy F.</i>	Pilates 9:00 am - 10:00 am <i>Suzi</i>		
H2 Yoga all levels 9:00 am - 10:00 am <i>Annig</i>	Pilates 9:00 am - 10:00 am <i>Lisa</i>	Intermediate Pilates 9:00 am-10:00 am <i>Suzi</i>	Pilates 9:00 am - 10:00 am <i>Lisa</i>	Spinning/Yoga 12:15 pm - 1:30 pm <i>Alison</i>		
Spinning 12:15 pm - 1:00 pm <i>Kevin</i>	Anusara Yoga levels I, II, III 9:00 am - 10:30 am <i>Nova</i>	Step 12:15 pm - 1:15 pm <i>Lynn G.</i>	Chair Yoga levels I & II 9:15 am - 10:15 am <i>Annig/Nova</i>	Heated Vinyasa Yoga levels II & III 6:00 pm - 7:30 pm <i>Ganesha</i>		
Pilates 12:15 pm - 1:15 pm <i>Suzi</i>	Yoga levels I & II 12:15 pm - 1:45 pm <i>Annig</i>	Spinning 12:15 pm - 1:00 pm <i>Alison</i>	Spinning 5:30 pm - 6:15 pm <i>Tiffany</i>			
Step/Sculpt 12:15 pm - 1:15 pm <i>Michelle</i>	Ski Conditioning 5:30 pm - 6:30 pm <i>Tiffany</i>	Core Conditioning 5:30 pm - 6:30 pm <i>Tiffany</i>	Yoga levels I & II 5:30 pm - 7:00 pm <i>Sharon</i>			
Advanced Yoga levels II & III 5:30 pm - 7:15 pm <i>Cindy D.</i>	Sivanada Ha-tha Yoga 6:00 pm - 7:30 pm <i>Radha</i>	Hatha Yoga/ Meditation levels I & II 5:30 pm - 7:00 pm <i>Ganesha</i>	Ski Conditioning 5:30 pm - 6:30 pm <i>Brian</i>			
Spinning 5:45 pm - 6:30 pm <i>Debbie C.</i>		Spinning 5:45 pm - 6:30 pm <i>Kevin</i>				

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

Hours: 6:15 AM to 10:00 PM Monday – Friday and 8:45 AM to 10:00 PM weekends

ATHLETIC CLUB FRONT DESK 970.947.2953 • EMAIL clubinfo@hotspringspool.com • www.hotspringspool.com