



Glenwood Hot Springs Athletic Club

January 2017

Class Schedule

GLENWOOD HOT SPRINGS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Mix Up 7 – 8 a.m. <i>Patty</i> Pilates Mat 8 – 9 a.m. <i>Suzanne</i> H2 Yoga (pool) 9 – 10 a.m. <i>Annig</i> H2 Yoga (pool) 10 – 11 a.m. <i>Annig</i> Pilates Chair 9:15 – 9:45 a.m. <i>Suzanne</i> Pilates Bands, Balls and Rings 10 – 11 a.m. <i>Suzanne</i> Spinning 12:15 – 1 p.m. <i>Patti</i> Total Body Tone 12:15 – 1:15 p.m. <i>Michelle</i> Pilates Reformer: Semi-Private <i>(reservations required, *fee based)</i> 2:00 – 3:00 p.m. <i>Marissa</i> Yoga All Levels 5:30 – 7 p.m. <i>Cindy D.</i> Spinning 5:30 – 6:30 p.m. <i>Debbi</i>	Spinning 6:30 – 7:15 a.m. <i>Cyndie R.</i> Pilates Mat 7:30 – 8:30 a.m. <i>Lisa</i> H2O Cardio 9 – 10 a.m. <i>Cindy F.</i> Rock Bodies 8 – 9 a.m. <i>Sharma</i> Yogalates 8:45 – 9:45 a.m. <i>Patti</i> Therapeutic Yoga For All 10:00 – 11:30 a.m. <i>Annig</i> Prajna Yoga All Levels 11:45 – 1:15 p.m. <i>Annig</i> HIIT Ski Circuit 5:30 – 6:30 p.m. <i>Sharma</i> Pilates Fusion 5:30 – 6:30 p.m. <i>Ann</i>	Morning Mix Up 7 – 8 a.m. <i>Patty</i> Pilates Mat 8 – 9 a.m. <i>Suzanne</i> Pilates Chair 9:15 – 9:45 a.m. <i>Suzanne</i> Pilates Bands, Balls and Rings 10 – 11 a.m. <i>Suzanne</i> Spinning 12:15 – 1 p.m. <i>Amy</i> Pilates Reformer: Semi-Private <i>(reservations required, *fee based)</i> 2:00 – 3:00 p.m. <i>Marissa</i> Yoga All Levels 5:30 – 7 p.m. <i>Bridget</i> TRX 5:30 – 6:30 p.m. <i>Tara</i> Swim Tech Fitness <i>(*fee based)</i> 5:30 – 6:30 p.m. <i>Tesia</i> Spinning 5:30 – 6:30 p.m. <i>Debbi</i>	Spinning 6:30 – 7:15 a.m. <i>Cyndie R.</i> Pilates Mat 7:30 – 8:30 a.m. <i>Lisa</i> H2O Cardio 9 – 10 a.m. <i>Cindy F.</i> Rock Bodies 8 – 9 a.m. <i>Sharma</i> Yogalates 8:45 – 9:45 a.m. <i>Patti</i> Therapeutic Yoga For All 10 – 11:30 a.m. <i>Annig</i> TRX 12:15 – 1:15 p.m. <i>Tiff L.</i> HIIT the Slopes 5:30 – 6:30 p.m. <i>Sharma</i> Classical Mat Pilates 5:30 – 6:30 p.m. <i>Patti</i>	Spinning 6:30 – 7:15 a.m. <i>Lynn</i> Sunrise Yoga 7:30 – 8:30 a.m. <i>Patti</i> Pilates Mat 8:45 – 9:45 a.m. <i>Suzanne</i> Pilates Chair: Small Group Training <i>(reservations required, *fee based)</i> 2:00 – 3:00 p.m. <i>Marissa</i>	Sivananda Yoga All Levels 9 – 10:30 a.m. <i>Lisa</i> Spinning 9:15 – 10 a.m. <i>Debbi</i>	Restorative Hatha Yoga All Welcome 6 – 7:15 p.m. <i>Erin</i>

* Additional charge assessed for Fee-Based Classes

Note: Reserve your spin bike and TRX spot the day before class.

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

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

FITNESS CLASS DESCRIPTIONS

Name	Description	Instructor
Classical Mat Pilates	This pilates class will follow a more systematic, sequential order of exercises that focuses on flow, which develops greater strength, flexibility, endurance and stamina.	<i>Patti</i>
H2O Cardio Kick	The focus is on aerobic endurance and resistance training while using the mineral hot springs waters. Fun for all levels of fitness!	<i>Cindy F.</i>
H2yoga©	H2yoga is a water-based yoga class at the Hot Springs Pool. It is ideal for those who love the water, who are curious about the wonders of water and those who are limited on land. This is multi-level class.	<i>Annig</i>
HIIT the Slopes/HIIT Slopes Circuit	High Intensity Interval Training features a modified version of interval training, alternating periods of intense anaerobic exercise with less recovery periods. Boost metabolism and fat burning. All fitness levels welcome. Get those legs and bodies ready for skiing!	<i>Sharma</i>
Morning Mix Up	Start your morning with a fun mix of cardio, strength, core, and stretch. A low-impact workout with results!	<i>Cindy F., Patty</i>
Pilates Chair	Used to elongate and challenge balance; excellent for rehabilitation of knees and improving posture. An extremely effective 30-minute class designed to complement the mat classes.	<i>Suzanne, Ann, Patti</i>
Pilates Fusion	Mat pilates work mixed with varied challenges and props for balance and standing core work to lengthen and strengthen the whole body!	<i>Ann</i>
Pilates Mat	A sequence of exercises using mind-body techniques, breathing, lengthening, realigning and strengthening of the muscles in the body. Focus on improving posture, mental balance and tone.	<i>Suzanne, Lisa, Ann, Patti</i>
Pilates Reformer/Chair	Small group training, fee-based class. Experience the difference in a small group setting. Expect individualized attention, get toned, and leave energized, lengthened and balanced!	<i>Marissa</i>
Prajna Yoga All Levels Welcomed	An in-depth study of the Yogic traditions, these classes include an emphasis on therapeutics, an exploration and discovery of the meanings of the ancient texts, nutrition and the practice of sensory awareness. All levels are welcome.	<i>Annig</i>
Reformer	Semi-private. Body sculpt with definitive results. Fee-based.	<i>Suzanne</i>
Restorative Hatha Yoga Everyone Welcome	Wind down from your weekend activities with this gentle yoga class incorporating restorative postures and breathing practices to bring the body back into balance and well-being.	<i>Erin</i>
Rock Bodies	Rock Bodies is a slower paced class that emphasizes strength and endurance of core and limbs while incorporating movements for balance and flexibility.	<i>Mary, Sharma</i>
Sivananda Yoga All Levels	Combining the five points of yoga: proper exercise (asanas), proper breathing (pranayama), proper diet (vegetarian), positive thinking and meditation (vedanta), and proper relaxation (savasana)	<i>Lisa</i>
Spin	Experience the difference on our Spinner Blade ION bikes. These bikes are equipped with state of the art power meters. Power meter innovation has proven to be effective in maximizing training efficiency and enhancing fitness and performance results for cyclists of all levels. Bring water and towel. First time – show up 10 minutes early.	<i>Cyndie, Tiff, Patti, Debbi, Lynn, Amy</i>
Sunrise Yoga	One hour of continuous movement to help strengthen your core and lengthen your muscles. Wake Up the Body and Lift Your Spirits! All levels welcomed.	<i>Patti, Bridget</i>
Swim Tech Fitness	Participants will receive coaching that will refine stroke techniques and efficiency in this small group training class. Ability to swim a full lap is required. Fee Based.	<i>Tesia</i>
Therapeutic Yoga	This class will focus on healing from injuries sustained from repetitive movements, misalignments and daily activities; it will also address how to prevent future injuries.	<i>Annig</i>
Total Body Tone	The focus of this class is on strength training, core conditioning and Tabata intervals.	<i>Michelle</i>
TRX (Total Body Resistance Exercise)	Suspension training system to develop strength, balance, flexibility and core. Limited space available; sign up 1 day in advance.	<i>Tiff, Tara</i>
Yoga All Levels	Blends balance, strength and flexibility in a fitness format. User friendly for all levels.	<i>Cindy D., Bridget</i>
Yogalates	A combination of yoga and pilates, this class incorporates a series of movements to provide a strength, stretching and balancing workout. All levels welcome!	<i>Patti</i>