



Glenwood Hot Springs Athletic Club

December 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> Pilates Chair 9:15 – 9:45 a.m. <i>Suzanne</i> Pilates Bands, Balls and Rings 10 – 11 a.m. <i>Suzanne</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> Reformer <i>(reservations required, *fee based)</i> 3:00 – 4:00 p.m. <i>Marissa</i> Yoga All Levels 5:30 – 7 p.m. <i>Cindy D.</i> Spinning 5:30 – 6:15 p.m. <i>Debbi</i> TRX 5:30 – 6:30 p.m. <i>Tara</i>	Yogalates 7:30 – 8:30 a.m. <i>Lisa</i> SATYA-asana 10:00 – 11:30 a.m. <i>Annig</i> Prajna Yoga All Levels 11:45 – 1:15 p.m. <i>Annig</i> Pilates Reformer Semi-Private <i>(reservations required, *fee based)</i> 2:00 – 3:00 p.m. <i>Marissa</i> Pilates Reformer Semi-Private <i>(reservations required, *fee based)</i> 3:00 – 4:00 p.m. <i>Marissa</i> HIIT the Slopes 5:30 – 6:30 p.m. <i>Sharma</i> Swim Tech 4 Week Series: Session 1 <i>(*fee based)</i> <i>(no class Dec 26th)</i> 5:30 – 6:30 p.m. <i>Tesia</i> Pilates Mat Fusion 5:30 – 6:30 p.m. <i>Ann</i> H2O Fit 5:45 – 6:30 p.m. <i>Cindy F.</i>	Spinning 6:30 – 7:15 a.m. <i>Debbi C.</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>Kelley</i> TRX 5:30 – 6:30 p.m. <i>Tara</i> Power Flow Yoga 5:30 – 6:30 p.m. <i>Tricia</i> Spinning 5:30 – 6:15 p.m. <i>Patti</i>	Yogalates 7:30 – 8:30 a.m. <i>Lisa</i> Rock Bodies 8:45 – 9:45 a.m. <i>Kelley</i> H2O Cardio 10 – 11 a.m. <i>Kelley</i> SATYA-asana 10 – 11:30 a.m. <i>Annig</i> Pilates Reformer Semi-Private <i>(reservations required, *fee based)</i> 2:00 – 3:00 p.m. <i>Marissa</i> Pilates Reformer Semi-Private <i>(reservations required, *fee based)</i> 3:00 – 4:00 p.m. <i>Marissa</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> H2O Fit 5:45 – 6:30 p.m. <i>Cindy F.</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> Friday Workshop with Annig! MIND YOUR BACK! <i>(December 8th)</i> 12:00 – 1:30 p.m. <i>Annig</i> Pilates Reformer <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 – 10:00 a.m. <i>Debbi</i> H2O Fit 10 – 11 a.m. <i>Kelley</i> Pilates Reformer Semi-Private <i>(reservations required, *fee based)</i> 11 a.m. – 12 p.m. <i>Marissa</i>	Restorative with Yoga Nidra Meditation All Welcome 6 – 7:30 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>
Friday Workshop with Annig!	MIND YOUR BACK! This class will focus on the integrate weavings of the lower back, which oftentimes gets tight from too much sitting or repetitive movements. The hamstrings and quads will be addressed and slow subtle movements will create the openings for more dynamic standing poses. All levels are welcome.	<i>Annig</i>
H2O Fit	The focus is on aerobic endurance and resistance training while using the mineral hot springs waters. Fun for all levels of fitness!	<i>Kelley, Cindy</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/HIIT 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.	<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 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>
Power Flow Yoga	Unroll your yoga mat and explore postures and fundamental principles of Vinyasa yoga that focus on grace, strength, refinement and simplicity. Expect a full body flow that is intuitive with a little core work. Class will work every muscle group through movement at a moderate pace. Open to all levels.	<i>Tricia</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, Marissa</i>
Restorative with Yoga Nidra Meditation Everyone Welcome	Everyone welcome to relax with this series of restorative yoga postures lying down on the floor supported with props and finishing with a guided yoga nidra meditation while resting in savasana. No experience necessary. All are welcome.	<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>
SATYA-asana	Proprioceptive work, which is the cultivation of inner awareness and perception, thru slow, soft, subtle moves combined with more dynamic movements emphasizing a muscle group.	<i>Annig</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>Tiff, Patti, Debbi, Lynn, Kelley</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</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>
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, exibility 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., Annig</i>