## Glenwood Hot Springs Athletic Club
### April 2015
#### Class Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
</table>
| Low Impact Aerobics  
7 – 7:45 a.m.  
Cindy F. | Spinning  
6:30 – 7:15 a.m.  
Cynthia R. | Low Impact Aerobics  
7 – 7:45 a.m.  
Patty | Spinning  
6:30 – 7:15 a.m.  
Cynthia R. | Pilates Mat  
8:15 – 9:15 a.m.  
Suzanne | Pilates Mat  
8:15 – 9:15 a.m.  
Suzanne | Restorative Hatha Yoga  
All Levels  
4:00 – 5:15 p.m.  
Erin |
| Have a Ball  
8 – 9 a.m.  
Cindy F. | Pilates Mat  
7:30 – 8:30 a.m.  
Lisa | Have a Ball  
8 – 9 a.m.  
Patty | Pilates Mat  
7:30 – 8:30 a.m.  
Lisa | Pilates Chair  
9:30 – 10 a.m.  
Suzanne | Yoga Vinyasa  
All Levels  
9 – 10:30 a.m.  
Lisa |
| Pilates Mat  
8 – 9 a.m.  
Suzanne | H2 Yoga (pool)  
9 – 10 a.m.  
Annig | Pilates Mat  
8 – 9 a.m.  
Suzanne | Spinning  
8 – 9 a.m.  
Patti | Spinning  
8 – 9 a.m.  
Patti |  |
| H2 Yoga (pool)  
10 – 11 a.m.  
Annig | Pilates Chair  
9:15 – 9:45 a.m.  
Suzanne | Pilates Chair  
9:15 – 9:45 a.m.  
Suzanne | Water Aerobics  
9 – 10 a.m.  
Cindy F. | Water Aerobics  
9 – 10 a.m.  
Cindy F. |  |
| Pilates Bands, Balls and Rings  
10 – 11 a.m.  
Suzanne | Prajna Yoga  
All Levels  
11:30 – 1 p.m.  
Annig | Pilates Bands, Balls and Rings  
10 – 11 a.m.  
Suzanne | Therapeutic Yoga  
For All  
9:15 – 10:45 a.m.  
Annig | Classic Pilates Mat  
5:30 – 6:30 p.m.  
Patti S. |  |
|  |  | HII (modified)  
5:30 – 6:30 p.m.  
Tiffany N. |  |  |  |
|  |  | Pilates Mat & Chair  
5:30 – 6:45 p.m.  
Ann |  |  |  |
|  |  | Spinning  
12:15 – 1 p.m.  
Debbi C. |  |  |  |
|  |  | Total Body Tone  
12:15 – 1:15 p.m.  
Michelle |  |  |  |
|  |  | Yoga Levels II & III  
5:30 – 7 p.m.  
Cindy D. |  |  |  |
|  |  | Spinning  
5:30 – 6:30 p.m.  
Debbi C. |  |  |  |

*Additional charge assessed for Fee-Based Classes

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**Note:** Spin bikes may be reserved 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](http://www.hotspringspool.com)
## FITNESS CLASS DESCRIPTIONS

<table>
<thead>
<tr>
<th>Name</th>
<th>Description</th>
<th>Instructor</th>
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<tbody>
<tr>
<td><strong>20/20/20</strong></td>
<td>This power-packed workout has it all! Twenty minutes each of cardio, strength and core.</td>
<td>Lynn</td>
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<tr>
<td><strong>H2yoga®</strong></td>
<td>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.</td>
<td>Annig</td>
</tr>
<tr>
<td><strong>Hatha Yoga</strong></td>
<td>Blends balance, strength and flexibility in a fitness format. User friendly for all levels.</td>
<td>Cindy D.</td>
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<tr>
<td><strong>Have a Ball</strong></td>
<td>Using a ball works your core muscles! We begin with a 10-minute aerobic warm up and proceed to fine-tune muscles including abs, gluts, hamstrings, calf, abductor and adductor, as well as arms. This class gets you bouncing, on and off the floor.</td>
<td>Patty, Cindy F.</td>
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<tr>
<td><strong>HIIT</strong></td>
<td>HighIntensity Interval Training features a modified version of enhanced interval training, alternating periods of intense anaerobic exercise with less-intense recovery periods. This class will improve athleticism and conditioning; boost glucose metabolism and fat burning. All fitness levels welcome.</td>
<td>Tiffany N.</td>
</tr>
<tr>
<td><strong>Low Impact Aerobics</strong></td>
<td>This class includes a warm up, 30 minutes of low impact cardio moves, and a strength/stretch segment of 15 minutes. It is geared toward a senior population but anyone can benefit from the class.</td>
<td>Patty, Cindy F.</td>
</tr>
<tr>
<td><strong>Pilates Chair</strong></td>
<td>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.</td>
<td>Suzanne, Ann, Patti</td>
</tr>
<tr>
<td><strong>Pilates Fusion</strong></td>
<td>A combination workout for strengthening your core and lengthening your body. This class includes mat, small equipment.</td>
<td>Ann</td>
</tr>
<tr>
<td><strong>Pilates Mat:</strong></td>
<td>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.</td>
<td>Suzanne, Lisa, Ann, Patti</td>
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<tr>
<td><strong>Prajna Yoga</strong></td>
<td>Inspires students in their poses to practice with a clear sense of direction toward respect for grace, strength, beauty and balance using breath as a guide to connect mind and body.</td>
<td>Sharon</td>
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<tr>
<td><strong>Prajna Yoga “All Levels Welcomed”</strong></td>
<td>Classes on the mat, chair and in the water offer an intensive, all-inclusive, 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.</td>
<td>Annig</td>
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<tr>
<td><strong>Reformer</strong></td>
<td>Semi-private. Body sculpt with definitive results. Fee-based.</td>
<td>Suzanne</td>
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<tr>
<td><strong>Restorative Hatha Yoga “All Levels Welcomed”</strong></td>
<td>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.</td>
<td>Erin</td>
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<tr>
<td><strong>Spin</strong></td>
<td>Your cycling, fitness and wellness goals are just a class away. Spinning is a cardiovascular workhorse – motivating music and challenging terrain takes you on a ride of varying intensities. All levels are welcome.</td>
<td>Cyndie, Tiff, Patti, Debbi, Roberta, Lynn</td>
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<tr>
<td><strong>Swim Fit</strong></td>
<td>Defining stroke techniques and efficiency. Fee based.</td>
<td>Tessia</td>
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<tr>
<td><strong>Therapeutic Yoga</strong></td>
<td>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.</td>
<td>Annig</td>
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<tr>
<td><strong>Total Body Tone</strong></td>
<td>The focus of this class is on strength training, core conditioning and Tabata intervals.</td>
<td>Michelle</td>
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<tr>
<td><strong>Water Aerobics</strong></td>
<td>The focus is on aerobic endurance and resistance training while using the mineral hot springs waters. Fun for all levels of fitness!</td>
<td>Cindy F.</td>
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<tr>
<td><strong>Yogalates</strong></td>
<td>A combination of calisthenics, yoga and Pilates, this class consists of a series of movements that provide a complete cardiovascular, strength, stretching and balancing workout.</td>
<td>Patti.</td>
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