



Glenwood Hot Springs Athletic Club

July 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) 8 – 9 a.m. <i>Annie</i> H2 Yoga (pool) 9 – 10 a.m. <i>Annie</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> Yoga All Levels 5:30 – 7 p.m. <i>Cindy D.</i> Spinning 5:30 – 6:15 p.m. <i>Debbi</i>	Spinning 6:30 – 7:15 a.m. <i>Debbi C.</i> Pilates Mat 7:30 – 8:30 a.m. <i>Lisa</i> Rock Bodies 8 – 9 a.m. <i>Mary</i> Therapeutic Yoga For All 10:00 – 11:30 a.m. <i>Annie</i> Prajna Yoga All Levels 11:45 – 1:15 p.m. <i>Annie</i> Pilates Reformer Semi-Private <i>(reservations required, *fee based)</i> 2:00 – 3:00 p.m. <i>Marissa</i> HIIT Circuit 5:30 – 6:30 p.m. <i>Sharma</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>Annie</i> Spinning 5:30 – 6:15 p.m. <i>Debbi</i>	Pilates Mat 7:30 – 8:30 a.m. <i>Lisa</i> H2O Cardio 7:30 – 8:30 a.m. <i>Erin</i> Rock Bodies 8 – 9 a.m. <i>Mary</i> Therapeutic Yoga For All 10 – 11:30 a.m. <i>Annie</i> TRX 12:15 – 1:15 p.m. <i>Tiff L.</i> Pilates Reformer Semi-Private <i>(reservations required, *fee based)</i> 2:00 – 3:00 p.m. <i>Marissa</i> HIIT 5:30 – 6:30 p.m. <i>Sharma</i>	Spinning 6:30 – 7:15 a.m. <i>Lynn</i> Sunrise Yoga 7:30 – 8:30 a.m. <i>Erin (7th), Patti (14th), Patti (21st), Erin (28th)</i> Pilates Mat 8:45 – 9:45 a.m. <i>Suzanne</i> Annig's First Friday Stretching The Psoas <i>(July 7th)</i> 12:00 – 1:15 p.m. <i>Annie</i> Pilates Reformer: Semi-Private <i>(reservations required, *fee based)</i> 2:00 – 3:00 p.m. <i>Marissa</i>	Sivananda Yoga All Levels 8 – 9:30 a.m. <i>Lisa</i> Spinning 8:30 – 9:15 a.m. <i>Debbi</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 7:30 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>
First Fridays with Annig: Stretching The Psoas	This class will address the deepest muscle in the body, the psoas, which affects the lower back, the hips, internal organs and the breath. It will include detailed instructions in both restorative and Hatha Yoga.	<i>Annig</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., Patti</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>
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>
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, 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</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., Annig</i>