



GLENWOOD HOT SPRINGS  
RESORT

# March 2019

## Glenwood Hot Springs Athletic Club

# Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Spinning</b> 6:30-7:15 am <i>Kelley</i>	<b>Yogalates</b> 7:30 - 8:30 a.m. <i>Lisa</i>	<b>Spinning</b> 6:30-7:15 am <i>Kelley/Patti</i>	<b>Yogalates</b> 7:30 - 8:30 a.m. <i>Lisa</i>	<b>Spinning</b> 6:30 - 7:15 a.m. <i>Lynn</i>	<b>Sivananda Yoga All Levels</b> 9:00-10:30 a.m. <i>Lisa</i>	<b>Restorative with Yoga Nidra Meditation</b> 4:00-5:30 p.m. <i>Marcy &amp; Erin</i>
<b>Morning Mix Up</b> 7:00-8:00 a.m. <i>Patty S.</i>	<b>Functional Fitness</b> 8:00 - 9:00 a.m. <i>Kelley</i>	<b>Core Balance</b> 8:00-9:00 a.m. <i>Patty S.</i>	<b>Functional Fitness</b> 8:00 - 9:00 a.m. <i>Kelley</i>	<b>Sunrise Yoga</b> 7:30 - 8:30 a.m. <i>Patti</i>		
<b>Pilates Breathe Balance &amp; Flow</b> 8:00 - 9:00 a.m. <i>Suzanne</i>	<b>SATYA-asana</b> 10:00 - 11:30 a.m. <i>Annig</i>	<b>Pilates Breathe Balance &amp; Flow</b> 8:00 - 9:00 a.m. <i>Suzanne</i>	<b>SATYA-asana</b> 10:00 - 11:30 a.m. <i>Annig</i>	<b>Pilates Sculpt</b> 8:45 - 9:45 a.m. <i>Suzanne</i>	<b>H2O Fit</b> 9:15-10:15 a.m. <i>Debbi</i>	<b>H2O Fit</b> 9:30-10:30 a.m. <i>Cindy F.</i>
<b>H2O Yoga (pool)</b> 9:15 - 10:15 a.m. <i>Annig</i>	<b>Prajna Yoga All Levels</b> 11:45 - 1:15 p.m. <i>Annig</i>	<b>H2O Fit</b> 9:15-10:15 a.m. <i>Kelley</i>	<b>TRX</b> 12:00-1:00 p.m. <i>Tiff</i>	<b>H2O Fit</b> 9:15-10:15 a.m. <i>Stacee</i>		
<b>Pilates Chair</b> 9:15 - 9:45 a.m. <i>Suzanne</i>	<b>Pilates Reformer Semi-Private</b> (reservations required, *fee based)	<b>Pilates Chair</b> 9:15 - 9:45 a.m. <i>Suzanne</i>	<b>Pilates Reformer Semi-Private</b> (reservations required, *fee based) 2:00 - 3:00 p.m. <i>Marissa</i>	<b>Pilates Reformer Semi-Private</b> (reservations required, *fee based) 10:00-11:00 a.m. <i>Suzanne</i>	<b>Spinning</b> 12:15 - 1 p.m. <i>Sharma</i>	
<b>Pilates Bands, Balls and Rings</b> 10:00 - 11:00 a.m. <i>Suzanne</i>	<b>Pilates Reformer Semi-Private</b> (reservations required, *fee based) 2:00 - 3:00 p.m. <i>Marissa</i>	<b>Pilates Bands, Balls and Rings</b> 10:00-11:00 a.m. <i>Suzanne</i>	<b>Pilates Reformer Semi-Private</b> (reservations required, *fee based) 3:00 - 4:00 p.m. <i>Marissa</i>			
<b>Total BodyTone</b> 12:15 - 1:15 p.m. <i>Michelle</i>	<b>Pilates Reformer Semi-Private</b> (reservations required, *fee based) 3:00 - 4:00 p.m. <i>Marissa</i>	<b>Spinning</b> 12:15 - 1 p.m. <i>Kelley</i>	<b>Winter Bootcamp</b> 5:30 - 6:15 p.m. <i>Jessica</i>	<b>Pilates Reformer Semi-Private</b> (reservations required, *fee based) 4:00-5:00 p.m. <i>Marissa</i>		
<b>Yoga All Levels</b> 5:30 - 7:00 p.m. <i>Cindy D.</i>	<b>Pilates Reformer Semi-Private</b> (reservations required, *fee based) 4:00-5:00 p.m. <i>Marissa</i>	<b>Spinning</b> 5:30 - 6:15 p.m. <i>Debbi</i>	<b>Spinning</b> 5:30 - 6:15 p.m. <i>Debbi</i>	<b>Power Mat Pilates</b> (exercise studio) 4:30-5:15 p.m. <i>Patti</i>		
<b>Barre Conditioning</b> 5:30-6:30 p.m. <i>Tara</i>	<b>Pilates Fusion</b> 5:30-6:30 p.m. <i>Ann</i>	<b>Power Flow Yoga</b> 6:30-7:30 p.m. <i>Jessica</i>	<b>Power Mat Pilates</b> (exercise studio) 4:30-5:15 p.m. <i>Patti</i>	<b>HIIT Conditioning</b> 5:30 - 6:30 p.m. <i>Sharma</i>		
<b>TRX</b> 6:45-7:30 p.m. <i>Tara</i>	<b>HIIT Circuit</b> 5:30 - 6:30 p.m. <i>Sharma</i>		<b>HIIT Conditioning</b> 5:30 - 6:30 p.m. <i>Sharma</i>	<b>H2O Fit</b> 5:30 - 6:30 p.m. <i>Cindy F.</i>		
	<b>H2O Fit</b> 5:30 - 6:30 p.m. <i>Cindy F.</i>					

**Note: Reserve your Barre, 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

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## FITNESS CLASS DESCRIPTIONS

Name	Description	Instructor
<b>Barre Conditioning</b>	Barre workout is a ballet-inspired fitness class that leads to longer, leaner muscles without bulk. Plie your way to a stronger, more flexible body!	<i>Ann, Tara, Marissa, Jessica</i>
<b>Morning Mix Up</b>	Start your Day with a fun mix of cardio, strength, core, stretch and Barre. An all low impact workout!	<i>Patty</i>
<b>Winter Bootcamp</b>	A high energy, fun and challenging class designed to burn fat and tone the entire body. Elements of TRX, Barre, strength training with weights, and other equipment use is incorporated.	<i>Jessica</i>
<b>Total Body Tone</b>	Focusing on strength training core conditioning on and off the Barre.	<i>Michelle</i>
<b>Power Mat Pilates</b>	This Pilates class will follow a systematic, sequential order of exercises that focuses on flow, which develops greater strength, flexibility, endurance and stamina.	<i>Patti</i>
<b>Functional Fitness</b>	Functional Fitness, a class to train your muscles to work together with the strength, balance and core stability needed for an active lifestyle.	<i>Mary, Sharma, Kelley</i>
<b>H2O Fit</b>	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, Stacey</i>
<b>H2yoga©</b>	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>
<b>HIIT/HIIT Circuit</b>	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>
<b>Pilates Chair</b>	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>
<b>Pilates Fusion/ Pilates Breathe Balance &amp; Flow/ Pilates Sculpt</b>	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. <b>Weights used in Pilates Sculpt.</b>	<i>Suzanne, Lisa, Ann, Patti</i>
<b>Pilates Reformer</b>	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, Suzanne</i>
<b>Power Flow Yoga</b>	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>
<b>Prajna Yoga</b> 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>
<b>Restorative with Yoga Nidra Meditation</b>	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>
<b>SATYA-asana</b>	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>
<b>Sivananda Yoga</b> 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>
<b>Spin</b>	Experience the difference on our Spinner Blade ION bikes equipped with power meters. Power meter training has proven to be effective in maximizing training efficiency and enhancing fitness and performance results for cyclists of all levels.	<i>Patti, Debbi, Lynn, Kelley</i>
<b>Sunrise Yoga</b>	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>
<b>Core Balance</b>	This class incorporates core exercises focused on strengthening the abs, back, hips, and butt. Exercises focusing on improving balance are also included.	<i>Patty</i>
<b>TRX (Total Body Resistance Exercise)</b>	Suspension training system to develop strength, balance, flexibility and core. Limited space available; sign up 1 day in advance.	<i>Tara, Jessica, Tiff</i>
<b>Yoga All Levels</b>	Blends balance, strength and flexibility in a fitness format. User friendly for all levels.	<i>Cindy D., Annig</i>