



GLENWOOD HOT SPRINGS
RESORT

March 2023
Glenwood Hot Springs Athletic Club

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Pilates Reformer * Semi-Private 6:30-7:30am Emily</p> <p>Cycling AM 6:30-7:15 a.m. Sharma</p> <p>Pilates Breathe Balance and Flow 8:00-9am Suzanne</p> <p>H2O Fit 9:15 – 10:15 a.m. Patty</p> <p>Pilates Bands, Balls and Rings 9:15-10:15am Suzanne</p> <p>Yoga All Levels 5:30 – 6:30 p.m. Cindy D.</p> <p>TRX 5:30 - 6:30 p.m. Cindy F.</p> <p><i>*Fee Based, reservations required</i></p>	<p>TRX 6:30 - 7:30 a.m. Cindy F.</p> <p>Pilates Reformer * Semi-Private 7:00 - 8:00 a.m. Suzanne</p> <p>Pilates Reformer * Semi-Private 8:15 - 9:15 a.m. Holly</p> <p>Functional Fitness 8:00 - 9:00 a.m. Mary</p> <p>H2O Fit 9:15 – 10:15 a.m. Stacey</p> <p>Functional Fitness 9:15 - 10:15 a.m. Mary</p> <p>Pilates Reformer * Semi-Private 9:30 – 10:30 a.m. Holly</p> <p>Vinyasa Yoga 4:45-5:45pm Madison</p> <p>Cycling PM 5:30 - 6:15 p.m. Deb</p> <p>Pilates Reformer * Semi-Private 5:45pm-6:45 p.m. Suzanne</p> <p>Pilates Reformer * Semi-Private 7:00pm-8:00 p.m. Suzanne</p> <p>H2O Fit 5:45pm-6:45pm Heather</p> <p><i>*Fee Based, reservations required</i></p>	<p>Pilates Reformer * Semi-Private 6:30-7:30am Emily</p> <p>Yogalates 8:00 – 9:00 a.m. Lisa</p> <p>H2O Fit 9:15 – 10:15 a.m. Patty</p> <p>Pilates Breathe Balance & Flow 9:15-10:15am Lisa</p> <p>Tai Chi 10:30-11:30 am John</p> <p>Yoga Blend 6:00 - 7:00 p.m. Marcy</p> <p>TRX 5:30 - 6:30 p.m. Cindy F.</p> <p><i>*Fee Based, reservations required</i></p>	<p>HIIT 6:30am-7:15am Sharma</p> <p>Cycling AM 6:30 - 7:15 a.m. Deb</p> <p>Pilates Reformer * Semi-Private 7:00 - 8:00 a.m. Suzanne</p> <p>Functional Fitness 8:00 - 9:00 a.m. Mary</p> <p>Pilates Reformer * Semi-Private 8:15 - 9:15 a.m. Holly</p> <p>H2O Fit 9:15 – 10:15 a.m. Stacey</p> <p>Functional Fitness 9:15 - 10:15 a.m. Mary</p> <p>Pilates Reformer * Semi-Private 9:30 – 10:30 a.m. Holly</p> <p>Pilates Reformer * Semi-Private 10:45am – 11:45 am Suzanne</p> <p>Vinyasa Yoga 4:45-5:45pm Madison</p> <p>Barre 5:30-6:30pm Tara</p> <p>H2O Fit 5:45pm-6:45pm Heather</p> <p><i>*Fee Based, reservations required</i></p>	<p>Pilates Reformer * Semi-Private 6:30-7:30am Emily</p> <p>Sunrise Yoga 7:30 – 8:30 a.m. Patti</p> <p>Pilates Sculpt 9:00 - 10:00 a.m. Lisa</p> <p>H2O Fit 9:15 – 10:15 a.m. Patty</p> <p>Tai Chi 10:30-11:30 am John</p> <p><i>*Fee Based, reservations required</i></p>	<p>Yoga for Every Body 9:00 - 10:15 a.m. Julie</p> <p>Cycling AM 9:15 - 10 a.m. Deb</p>	

**Fee Based, reservations required*

Note: Classes needing reservations day before: Cycling, TRX and Barre

Club Hours: 6:15 AM to 9 PM Monday – Friday and 8:45 AM to 9 PM weekends

ATHLETIC CLUB FRONT DESK 970.947.2953

FITNESS CLASS DESCRIPTIONS

Name	Description	Instructor
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>Cindy, Stacey, Patty</i>
Pilates Breathe Balance & Flow/ Pilates Sculpt	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. Weights used in Pilates Sculpt.	<i>Lisa, Suzanne,</i>
Pilates Reformer	Small group training, fee-based, & sign up required. Experience the difference in a small group setting. Expect individualized attention, get toned, and leave energized, lengthened, and balanced! Fee Based \$	<i>Suzanne, Holly Emily</i>
Yoga Blend	A gentle yoga class intended to warm the body using asanas as a meditative flow offering mindful movements linked with breath. Each class ends with a meditation to blend the mind, body, and soul.	<i>Marcy</i>
Sunrise Yoga	One hour of continuous movement to strengthen your core and lengthen your muscles. Wake Up the Body and Lift Your Spirits! All levels welcomed.	<i>Patti, Lisa</i>
Yoga All Levels	Blends balance, strength, and flexibility in a fitness format. User friendly for all levels.	<i>Cindy D.</i>
Yoga For Every Body	Using our unique body's wisdom to move mindfully and safely.	<i>Julie</i>
TRX (Total Body Resistance Exercise)	Suspension training system designed to develop strength, balance, flexibility, and core. Limited space available; sign up 1 day in advance.	<i>Cindy F.</i>
Functional Fitness	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</i>
AM/PM Cycling	Experience the difference on our Stages cycling 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>Deb, Sharma,</i>
HIIT	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>
Barre	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>Tara</i>
Tai Chi	Tai chi strengthens both the lower and upper extremities and also the core muscles of the back and abdomen. Flexibility. Tai chi can boost upper- and lower-body flexibility as well as strength. Balance.	<i>John</i>
Vinyasa Yoga	"This class emphasizes the sequential movement between postures, coordinated with and guided by deliberate breath. The Vinyasa practice becomes a moving meditation that creates strength, freedom and fluidity in the body, mind, and soul. All fitness levels welcomed!"	<i>Madison</i>