



GLENWOOD HOT SPRINGS
RESORT

March 2024

Glenwood Hot Springs Athletic Club

Class Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|---|--------|
| <p>Cycling AM 6:30-7:15 a.m. Sharma</p> <p>Pilates Reformer * Semi-Private 6:30-7:30am Emily</p> <p>Pilates Reformer * Semi-Private 7:45-8:30am Emily</p> <p>Pilates Breathe Balance and Flow 8:00-9am Patti</p> <p>H2O Fit 9:15 - 10:15 a.m. Kathy</p> <p>Pilates Bands, Balls and Rings 9:15-10:15am Patti</p> <p>Yoga All Levels 5:30 - 6:30 p.m. Cindy D.</p> <p>TRX CYCLE Combo 5:30 - 6:30 p.m. Cindy F. Deb</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 8:15 - 9:15 a.m. Holly</p> <p>Functional Fitness 8:00 - 9:00 a.m. Lesa</p> <p>H2O Fit 9:15 - 10:15 a.m. Stacey</p> <p>Functional Fitness 9:15 - 10:15 a.m. Lesa</p> <p>Pilates Reformer * Semi-Private 9:30 - 10:30 a.m. Holly</p> <p>20-20-20 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>HIIT 6:30am-7:15am Sharma</p> <p>Pilates Reformer * Semi-Private 7:45-8:30am Emily</p> <p>Yogalates 8:00 - 9:00 a.m. Lisa</p> <p>H2O Fit 9:15 - 10:15 a.m. Kathy</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>Aqua Fit Boot Camp 5:45pm-6:45pm Heather</p> <p><i>* Fee Based, reservations required</i></p> | <p>Cycling AM 6:30 - 7:15 a.m. Deb</p> <p>Functional Fitness 8:00 - 9:00 a.m. Lesa</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. Lesa</p> <p>Pilates Reformer * Semi-Private 9:30 - 10:30 a.m. Holly</p> <p>Pilates Reformer * Semi-Private 2:00-3:00 pm Monika</p> <p>Pilates Reformer * Semi-Private 3:15-4:15 pm Monika</p> <p>Barre 5:30-6:30pm Tara</p> <p>H2O Fit 5:30 -6:30pm Cindy F.</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 Reformer * Semi-Private 7:45-8:30am Emily</p> <p>Classical Pilates Mat 9:00 - 10:00 a.m. Patti</p> <p>H2O Fit 9:15 - 10:15 a.m. Jennifer</p> <p>Tai Chi 10:30-11:30 am John</p> <p>Pilates Reformer * Semi-Private 2:00-3:00 pm Natalie</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> <p>Pilates Reformer * Semi-Private 10:30 -11:30 am Natalie</p> | |

***All Pilates Reformer Classes are 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, Kathy, Jennifer</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! \$ <u>Fee Based</u> | <i>Suzanne, Holly Emily, Natalie, Monika</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; <u>Sign up 1 day in advance.</u> | <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. <u>Sign up 1 day in advance.</u> | <i>Deb, Sharma,</i> |
| TRX Cycle Fusion | Mix up your summer routine with a half TRX, half cycling fusion class. Get your strength, endurance, flexibility/mobility and cardio workout all in one class. Sign up at the Club Desk | <i>Cindy F. Deb</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! <u>Sign up 1 day in advance.</u> | <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 welcome!" | <i>Madison</i> |
| 20-20-20 | All levels welcome! The 20/20/20 class is designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching and core work | <i>Heather</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> |
| Aqua Fit Boot Camp | High-energy water workout, designed to provide a challenging full body workout. It includes a variety of cardio movements along with strength training exercises. Fun and effective way to stay active, burn calories and improve your overall fitness. All fitness levels are welcome | <i>Heather</i> |