



GLENWOOD HOT SPRINGS
RESORT

November 2022
Glenwood Hot Springs Athletic Club

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stages Cycling 6:30-7:15 a.m. <i>Sharma</i>	TRX 6:30 - 7:30 a.m. <i>Cindy F.</i>	Yogalates 8:00 - 9:00 a.m. <i>Lisa</i>	HIIT 6:30am-7:15am <i>Sharma</i>	Sunrise Yoga 7:30 - 8:30 a.m. <i>Patti</i>	Yoga for Every Body 9:00 - 10:15 a.m. <i>Julie</i>	
Pilates Breathe Balance and Flow 8:00-9am <i>Suzanne</i>	Pilates Reformer * Semi-Private 7:00 - 8:00 a.m. <i>Suzanne</i>	H2O Fit 9:15 - 10:15 a.m. <i>Patty</i>	Stages Cycling 6:30 - 7:15 a.m. <i>Deb</i>	Pilates Sculpt 9:00 - 10:00 a.m. <i>Lisa</i>	Stages Cycling 9:15 - 10 a.m. <i>Deb</i>	
H2O Fit 9:15 - 10:15 a.m. <i>Patty</i>	Pilates Reformer * Semi-Private 8:15 - 9:15 a.m. <i>Holly</i>	Pilates Breathe Balance & Flow 9:15-10:15am <i>Lisa</i>	Pilates Reformer * Semi-Private 7:00 - 8:00 a.m. <i>Suzanne</i>	H2O Fit 9:15 - 10:15 a.m. <i>Patty</i>		
Pilates Bands, Balls and Rings 9:15-10:15am <i>Suzanne</i>	Functional Fitness 8:00 - 9:00 a.m. <i>Mary/Lesa</i>	Tai Chi 10:30-11:30 am <i>John</i>	Functional Fitness 8:00 - 9:00 a.m. <i>Mary/Lesa</i>	Tai Chi 10:30-11:30 am <i>John</i>		
Yoga All Levels 5:30 - 6:30 p.m. <i>Cindy D.</i>	H2O Fit 9:15 - 10:15 a.m. <i>Stacee</i>	Yoga Blend 6:00 - 7:00 p.m. <i>Marcy</i>	Pilates Reformer * Semi-Private 8:15 - 9:15 a.m. <i>Holly</i>			
TRX 5:30 - 6:30 p.m. <i>Cindy F.</i>	Functional Fitness 9:15 - 10:15 a.m. <i>Mary/Lesa</i>	TRX 5:30 - 6:30 p.m. <i>Cindy F.</i>	H2O Fit 9:15 - 10:15 a.m. <i>Stacee</i>			
	Pilates Reformer * Semi-Private 9:30 - 10:30 a.m. <i>Holly</i>		Functional Fitness 9:15 - 10:15 a.m. <i>Mary/Lesa</i>			
	Pilates Reformer * Semi-Private 10:45am - 11:45 am <i>Suzanne</i>		Pilates Reformer * Semi-Private 9:30 - 10:30 a.m. <i>Holly</i>			
	Pilates Reformer * Semi-Private 4:30 pm - 5:30 pm <i>Suzanne</i>		Pilates Reformer * Semi-Private 10:45am - 11:45 am <i>Suzanne</i>			
	Stages Cycling 5:30 - 6:15 p.m. <i>Deb</i>		Pilates Reformer * Semi-Private 12pm - 1:00 pm <i>Suzanne</i>			
	Pilates Reformer * Semi-Private 5:45-6:45 p.m. <i>Suzanne</i>		Pilates Reformer * Semi-Private 5:45-6:45 p.m. <i>Suzanne</i>			
	H2O Fit 5:45pm-6:45pm <i>Heather</i>		H2O Fit 5:45pm-6:45pm <i>Heather</i>			
	* Fee Based, reservations required					

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Note: Some classes require that you Reserve your spot the day before class.

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!	<i>Suzanne, Holly</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>
Stages 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>
Total Body Tone	This class will focus on muscle conditioning using dumbbells, body bars and tubing. Bands and small fitness used to strengthen core, with a bit of Barre work to complete this energy packed workout.	<i>Michelle</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>