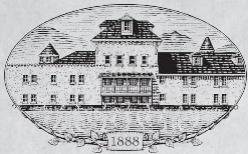


September 2021



GLENWOOD HOT SPRINGS
RESORT

Glenwood Hot Springs Athletic Club

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
H2O Fit 9:15 – 10:15 a.m. <i>Patty</i> Yoga All Levels 5:30 – 6:30 p.m. <i>Cindy D.</i> Stages Cycling 5:30 - 6:15 p.m. <i>Deb</i>	Pilates Reformer * Semi-Private 7:15 - 8:15 a.m. <i>Kelley</i> Functional Fitness 8:00 - 9:00 a.m. <i>Mary</i> Functional Fitness 9:15 - 10:15 a.m. <i>Mary</i> H2O Fit 9:15 – 10:15 a.m. <i>Stacee</i> Pilates Reformer * Semi-Private 8:30 - 9:30 a.m. <i>Kelley</i> Pilates Reformer * Semi-Private 10:00 - 11:00 a.m. <i>Kelley</i>	Pilates Breathe Balance & Flow 8:00 – 9:00 a.m. <i>Lisa</i> H2O Fit 9:15 – 10:15 a.m. <i>Patty</i> Yoga Blend 5:30 - 6:30 p.m. <i>Marcy</i> TRX 5:30 - 6:30 p.m. <i>Cindy F.</i>	Pilates Reformer * Semi-Private 7:15 - 8:15 a.m. <i>Kelley</i> Functional Fitness 8:00 - 9:00 a.m. <i>Mary</i> Functional Fitness 9:15 - 10:15 a.m. <i>Mary</i> H2O Fit 9:15 – 10:15 a.m. <i>Stacee</i> Pilates Reformer * Semi-Private 8:30 - 9:30 a.m. <i>Kelley</i> Pilates Reformer * Semi-Private 10:00 - 11:00 a.m. <i>Kelley</i> Pilates Reformer * Semi-Private 5:30 - 6:30 p.m. <i>Kelley</i>	Pilates Reformer * Semi-Private 6:15 – 7:15 a.m. <i>Kelley</i> Sunrise Yoga 7:30 – 8:30 a.m. <i>Patti</i> H2O Fit 9:15 – 10:15 a.m. <i>Patty</i> Pilates Sculpt 9:00 - 10:00 a.m. <i>Lisa</i>	Yoga for Every Body 9:00 - 10:00 a.m. <i>Julie</i> Stages Cycling 9:15-10:00 a.m. <i>Deb</i>	

*Fee Based, reservations required

Note: Reserve your class spot the day before class.

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, Kelley Stacee, 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</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>Kelley</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 help strengthen your core and lengthen your muscles. Wake Up the Body and Lift Your Spirits! All levels welcomed.	<i>Patti</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</i>