JULY GROUP EXERCISE SCHEDULE

Sports Club 719.329.4009

	Mon	Tue	Wed	Thu	Fri	Sat
6 am	Indoor Cycle	Yoga	Indoor Cycle		Indoor Cycle	
:30	6am with Stacey	6am with Rodney	6am with Michelle		6am with Michelle	
7 am						
:30					Nia	
8 am					8am with Jane	
:30	Mat Pilates		Mat Pilates		Pilates	
9 am	8:30am with Cris	Nia	8:30am with Cris		8:30am with Cris	
:30	Zumba Dance	9am with Jane	Zumba Toning		Zumba Dance	
10 am	9:30am with Cris	Body Wellness	9:30am with Cris		9:30am with Cris	Yoga
:30	Aquafit	10am with Lauralee	Aquafit 10:30am w/Cris / Spin/ Circuit 10:30am w/Lauralee	Yogalates	Cardio/Sculpt	10am with Rodney
11 am	10:30am with Lauralee			10:30 am with Lauralee	10:30am with Lauralee	
						Sun
4 pm						Restorative Yoga
:30		Yoga		Yoga		4pm with Rodney
5 pm	Body Sculpt	4:30pm with Rodney	Body Sculpt	4:30pm with Rodney		
:30	5pm with Bev		5pm with Bev			
6 pm					Class held at Spa	Member Guest Fee:
:30					fitness center	$10.00 per guest

GROUP EXERCISE CLASS DESCRIPTIONS

Aquafit – This low-impact water aerobics class is designed to improve flexibility, muscular endurance, and cardiovascular health.

Body Sculpt – Get your full body workout in along with a great cardio circuit. Body Sculpt will incorporate strength training for all major muscle groups, as well as keep your heart rate pumping.

Body Wellness - This class is designed for mature adults, as well as people who have lost muscle tone, balance, and flexibility, or those who are in a recuperative phase.

Cardio/Sculpt - This class is a mixture of high and low impact cardio and body sculpting exercises such as plyometrics, free-weight resistance training, and various core-strengthening moves.

Circuit Training - This challenging class provides a great workout as you move through a series of stations designed to elevate your heart rate and challenge your muscles.

Indoor Cycle – 60 minutes of choreographed cycling to energetic music. Takes you up and down hills, jumps, and sprints.

Mat Pilates– This class comprises a methodical series of functional exercises most often performed on your back or stomach. Pilates helps people of all ages achieve strong posture, muscle balance, and core strength. Exercises are primarily performed on an exercise mat.

Nia – **'Get Fit the Body's Way.'** This class combines a diverse blend of Eastern and Western movement concepts and philosophies, including healing, martial arts, and dance.

Restorative Yoga - Restorative yoga is a way to open up your body through passive stretching. Each asana is held for a longer period in a dimly-lit, relaxing environment. Props may be incorporated into the practice. You will feel deeply renewed and refreshed.

Spin/Circuit - This class will help you burn more calories during and after class with its combination of 50% spinning and 50% strength intervals.

Yoga – Yoga is a complete body flexibility program during which you'll move through a series of poses.

Yogalates – Yogalates is a gentle fusion of yoga and Pilates that combines breath, balance, and focus. Modalities such as the mat and Barre may be incorporated to provide special toning and strengthening movements.

Zumba Dance – A fusion of Latin and international music creates a dynamic, exciting, and fun choreographed dance class.

Zumba Toning – The same great Zumba class you love, but choreographed to new music with a touch of light weights.