

September 2019 Group Exercise Schedule

GARDEN OF THE GODS

RESORT • WELLNESS • CLUB

FITNESS CENTER 719-329-4009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY / SUNDAY
Indoor Cycle with Stacey 6:00am	Sunrise Yoga with Jan JJ 6:30am	Indoor Cycle with Stacey 6:00am	Bootcamp with Fernando 6:00am	Indoor Cycle with Bev 6:00am	TRX Training with Corey 8:00am Saturday
Zumba Toning with Chelsey 7:30am	Standing Sculpt with Debra 8:00am	Vinyasa Flow Yoga with JJ 7:00am	Standing Sculpt with Debra 8:00am	Yoga with Jan 7:00am	Bootcamp with Corey 9:00am Saturday
Pilates with Debra 8:30am	Nia with Jane 9:00am	Pilates with Debra 8:30am	Indoor Cycle with Rodney 9:00am	Pilates with Bev 8:30am	Yoga with Rodney 10:15am Saturday
Indoor Cycle with Amanda 9:30am	Bootcamp with Fernando 10:00am	Zumba Toning with Chelsey 9:30am	Nia with Jane 9:00am	Zumba with Chelsey 9:30am	
Nia with Jane 9:30am	Functional Fitness Roulette with Steve 11:00am	Core Concepts with Nick 11:30am	Moving to Thrive with Jane 10:00am	Indoor Cycle with Rodney 9:30am	
Moving to Thrive with Jane 10:30am	Cycle/Yoga with Nick 12:00pm		Yoga with Nick 12:00pm	Functional Fitness Roulette with Steve / Corey 11:15am	
TRX 30 with Corey 11:30am					
Yoga with JJ 12:00pm					
Body Sculpt with Bev 5:00pm	Vinyasa Flow Yoga with Ellen 6:00pm	Mindful Meditation With Charlene 4:00pm Fee Required		Restorative Yoga with Barbara 5:00pm	Restorative Yoga with JJ 3:00pm Sunday
		Body Sculpt with Corey 5:00pm			

Please welcome our new instructors, Amanda Durner and Stacey Dawrant!

Check out the Bulletin Board in the Fitness Center Lobby for updates and class information.

Cardio and Weight rooms are open from 5:00am to 10:00pm.
Lobby Hours: Monday thru Thursday 5:45am to 7:00pm
Friday 5:45am to 6:00pm. Saturday and Sunday 7:30am to 4:00pm
Member Guest Fees: \$10.00 per guest

CHILDCARE IS AVAILABLE CALL 719-329-4017 TO RESERVE
9AM-12PM MONDAY THRU FRIDAY 5PM-9 PM FRIDAY

FITNESS CLASSES

BODY SCULPT - Sculpt, tone and strengthen your body, using a variety of resistance methods, including weights, tubing, and your body weight.

BOOTCAMP - A variety of body-weight/cardio/weighted moves will be done. This is a challenging workout!

CORE CONCEPTS - A full body functional strength training class that focuses on engaging the deepest of your core muscles for performance enhancement, better posture, balance, and overall strength and power. Great for anyone dealing with lower back pain, poor balance, and weak stabilizers.

CYCLE/YOGA (90 Minutes) — 40 minutes of cycling followed by 45 minutes of all levels yoga- asanas that balance out the bike posture including hip and heart openers, spinal extension, and a nice long Savasana.

FUNCTIONAL FITNESS ROULETTE - 45-minutes — each week, spin the wheel of fitness fortune for a full-body calorie melting functional fitness class.

INDOOR CYCLE - 55-minutes of choreographed cycling to energetic music. Takes you up and down hills, jumps, and sprints.

MINDFUL MEDITATION — The benefits of meditation are medically proven to relieve stress, lower blood pressure, and improve sleep. Mindful meditation classes are accompanied with reflective writing the last 5-10 minutes. Please bring a journal and pen. You're welcome to bring your own meditation mat/pillow/bench. \$10 per member / \$15 per non-member.

MOVING TO THRIVE - Inspired by dance, martial and healing arts, energized by the healing power of music, this class is for anyone seeking ways to feel better while living with long or short-term illness, injury, stress, or conditions that present movement challenges.

NIA - Nia combines energies and philosophies of dance, martial arts and healing arts, supported by most current evidence-based research, to create a deep mind, body, spirit connection and somatic awareness.

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.

RESTORATIVE YOGA - heals the effects of chronic stress with a blend of various poses, breath work and an easy flow of movement.

STANDING SCULPT - A mix of traditional standing balance exercises, toning and sculpting, and total body work.

SUNRISE YOGA - A mix of asana form and flow, for beginner and intermediate students, focusing on alignment.

TAI CHI 30 (Outdoor) - 30 minute class. A mind-body exercise that integrates slow, gentle movements, breathing and a variety of cognitive components, including focused attention, imagery and multi-tasking.

TRX TRAINING - Requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete a wide array of exercises.

TRX 30 - A 30 minute class that allows you to get a total body workout in 30 Minutes.

WATER AEROBICS - A form of aerobic exercise that requires water-immersed participants. The classes focus on aerobic endurance, resistance training, and creating an enjoyable atmosphere with music.

YOGA - This class emphasizes the basics of body alignment for any level of yoga practice. An excellent class for beginners through mid-level who are active and without major physical limitations. Develop stamina, strength and flexibility, safely and effectively, in this full-spectrum class.

ZUMBA - 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.