



Fitness & Aquatics Group Class Schedule

april 2019

FOR QUESTIONS, PLEASE CALL THE FITNESS CENTER DESK AT (719) 538-4085

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am CCX (MG)	5:30am Spin (SR)	6:00am CCX (MG)	5:30am Spin (SR)	6:00am CCX (MG)	8:00am Spin (SR)
6:00am Yoga (AR)	8:30am CCX (MG)	6:00am Yoga (AR)	8:30am Spin (SR)	8:30am Step Tone/ Cardio Tone (AR)	9:00am Yoga (AR)
8:30am Spin (SR)	8:30am Spin (SR)	8:30am CCX (MG)	8:30am Body Blitz (AR)	8:30am Spin (SR)	9:30am CCX (MG)
8:30am Step (AR)	8:30am BarreSOL \$ (AR)	8:30am Spin (SR)	8:30am CCX (MG)	8:30am CCX (MG)	
8:30am CCX (MG)		9:00am Cardio Strength (AR)	9:30am CCX (MG)	9:30am CCX (MG)	
9:30am CCX (MG)	9:30am CCX (MG)	9:30am CCX (MG)	9:45am Yoga (AR)	10:00am Aqua Cardio Tone (AQ)	
10:00am Aqua Cardio Tone (AQ)	9:45am Yoga (AR)	10:00am PilatesMAT \$ (AR)	10:00am Aqua Bootcamp (AQ)	2:00pm Ease Into Fitness (AR)	
2:00pm Ease Into Fitness (AR)	10:00am Aqua Bootcamp (AQ)	10:00am Aqua Cardio Tone (AQ)	10:30am Powerlifting (MG)	4:00pm CCX (MG)	
4:00pm CCX (MG)	10:30am Powerlifting (MG)	2:00pm Ease Into Fitness (AR)	11:30am PilatesMAT \$ (AR)		
6:00pm Yoga (AR)	4:00pm CCX (MG)	4:00pm CCX (MG)	4:00pm CCX (MG)		
	4:30pm Zumba (AR)				
					SUNDAY

LEGEND

\$ = Class fee

AR - Aerobics Room Upstairs

MG - Main Gym Floor

SR - Spin Room Main Gym

AQ - Aquatics Center

Friday 8:30am

April 5 & 12: Step Tone

April 22 & 29: Cardio Tone

Any District 12 closure will result in cancellation
of group fitness classes for that day.

In case of a District 12 delay, classes will resume
at 9:30am.

Yoga

Tuesday and Thursday 9:45a.m. – Enjoy this mind-body Vinyasa Flow Yoga practice that incorporates the breath into and through each Yoga “asana,” or posture. Suitable for all ages, learning types, fitness and flexibility levels, students experience Yoga’s many benefits as direct products of deep breathing and yogic postures: Stress reduction and relaxation, strength, reduced blood pressure and alleviation of arthritic conditions. Yoga welcomes ages 12 and above.

Monday & Wednesday Yoga 6a.m. - An awakening, gentle yoga that energizes the body as we build on our form and flow. We accommodate all ages and levels!

Saturday Yoga 9a.m. - Join us for a lively yoga session built on your strengths with hands-on guidance in this Kundalini flow yoga practice. This yoga practice will enliven you and get you energized for your weekend! All ages and levels welcome.

Monday Evening Candlelight Yoga – 6:00pm - Enjoy this Candlelight class to relax, unwind, and relieve tension in the body, heart, and mind. This class will combine the mellow flowing sequence of classic hatha yoga as well as breathing and relaxation exercises. A nourishing way to end the day!

Body Blitz - A one hour class consisting of a combination of cardio and strength moves encompassing all muscle groups and including cardiovascular conditioning with a five minute warm up and a five minute cool down.

CardioStrength – This class encompasses weighted and body weight exercises to gain muscle mass, while achieving cardiovascular endurance. This class targets all muscle groups by engaging in dynamic and isometric movements. The workouts will be done with high intensity and high energy. It is designed to promote strength, cardiovascular endurance, lean muscle growth, and excess fat loss.

Mat Pilates - Sun Pilates Mat Pilates classes offer an innovative, dynamic, and challenging workout. Props are utilized throughout, and offer variations to increase the level of difficulty and/or modify specific contraindications to meet the needs of each individual. All levels of fitness and experience are welcome. \$

BarreSOL® - Founded in resistance training, Pilates, yoga, and ballet. Utilizing a ballet barre and a collection of resistance props, you’ll strengthen, lengthen, and improve your posture and body balance. If you’re after toned arms, shapely legs, a lifted seat, flat abs, and a workout you absolutely adore-BarreSOL® is for you! \$

Spin - One hour indoor cycling class where riders experience a challenging, exhilarating and fun workout. Each ride has a specific heart rate training goal focusing on Endurance, Strength or Interval training.

Step - Experience advanced step choreography for a fun, fast paced workout. All levels of step experience are welcome!

Ease into Fitness - An hour-long class that develops balance, core and functional strength. The emphasis is on exercises that support activities of daily living such as walking up steps, supporting the spine while reaching or twisting, grip strength and balance. The class begins with a general warm-up, provides balance and coordination challenges, uses a variety of strengthening toys such as dumbbells and resistance bands, and finishes with floor exercises, stretches and relaxation techniques.

CCX - Our CrossFit inspired workout. Constantly changing, high intensity, functional training. CCX incorporates weightlifting, gymnastics, kettlebells, plyometric training and traditional cardio movements. Perfect for all skills and abilities.

Powerlifting - This class incorporates a full body workout using barbells, kettlebells, dumbbells and resistance bands to increase strength and muscle tone.

Aqua Bootcamp – This aquatics class combines core strengthening, muscle toning, flexibility & cardio exercises. This class innovatively uses the unique buoyancy, resistance and movement of water. Ability to swim is recommended but can include non-swimmer and other aquatic exercisers.

Zumba – A fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms and resistance training.