



# April Fitness & Wellness



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 - 7:15am <b>Indoor Cycle</b> @ ARC (Drew)	6:15-7:15am <b>BOOTCAMP</b> @ ARC (Asia)	6:30 - 7:30am <b>Indoor Cycle</b> @ ARC (Jeff)	 6:15-7:15am @ Red Brick (Janelle)	6:30 - 7:30am <b>Indoor Cycle</b> @ ARC (Jeff)	8:00 - 9:30am <b>Yoga Body/ Zen Mind</b> @ Red Brick (Anne)	 9:30-10:45am <b>Express Pump &amp; Yoga</b> @ Red Brick (Asia)
7:00 - 8:30am <b>Yoga Body/ Zen Mind</b> @ Red Brick (Anne)	 6:15-7:15am @ Red Brick (Drew)	7:00 - 8:30am <b>Yoga Body/ Zen Mind</b> @ Red Brick (Anne)	6:15-7:15am <b>BOOTCAMP</b> @ ARC (Asia)	6:30-7:30am <b>TCX</b> @ Red Brick (Sarah)	10:00 -11:00am <b>Zumba</b> @ ARC (Michelle)	
9:00-10:00am <b>Water Aerobics</b> @ ARC Pool	6:15-7:15am @ Red Brick (Drew)	8:00-8:50am <b>Core, Posture, Strength &amp; Balance</b> @ ARC (Linda)	7:30 - 8:30am <b>Yoga</b> @ Red Brick (Betsy)			
9:00-10:00am <b>Cardio Core Ball</b> @ ARC (Amy)	9:00-10:00am <b>Water Aerobics</b> @ ARC Pool	9:00-10:00am <b>Water Aerobics</b> @ ARC Pool	8:00-9:00am <b>P90X</b> @ ARC (Asia)	8:00-8:50am <b>Intro to Weight Training</b> @ ARC (Linda)	11:00 -12:00pm <b>Tai Chi</b> @ ARC (Jake)	
10:00-11:00am <b>Guts, Butts, &amp; Thighs</b> @ ARC (Amy)	11-12pm <b>Dance Cardio</b> @ Red Brick (Drew)	9:00-10:00am <b>Cardio Core Ball</b> @ ARC (Amy)	9:00-10:00am <b>PiYo</b> @ ARC (Asia)			
12:00 - 1:00pm <b>Stretch Class</b> @ Red Brick (Angela)	 12:00 - 1:00pm @ Red Brick (Beth)	10:00-11:00am <b>Booty Barre Fusion</b> @ ARC (Amy)	9:00-10:00am <b>Water Aerobics</b> @ ARC Pool	9:00-9:30am <b>Water Aerobics</b> @ ARC Pool		
1:00 - 2:00pm <b>Circuit Training</b> @ Red Brick (Drew)	1:00 - 2:00pm <b>PiYo</b> @ Red Brick (Asia)	 12:00 - 1:00pm @ Red Brick (Asia)	12:00-1:00pm <b>Red Brick Rock</b> @ Red Brick Climbing Wall (Jeremy)	9:30-10:00am <b>Glide Fit</b> @ ARC Pool		
12:00-1:00pm <b>NIA Dance</b> @ ARC (Sana)	2:30-3:15pm <b>Corrective Exercise for Better Balance</b> @ ARC (Linda)		12:00-1:00pm <b>Dance Cardio</b> @ Red Brick (Drew)	12:00-1:00pm  12:00 - 100pm @ Red Brick (Asia)		
	5:30- 6:45pm <b>BUTI Yoga</b> @ ARC (Stephanie) <b>NO CLASS 16th and 23rd</b>	1:00 - 2:00pm <b>P90X</b> @ Red Brick (Asia)	1:00 - 2:00pm <b>Stretch &amp; Strength Class</b> @ Red Brick (Angela)	1:00 -2:00pm <b>Zumba</b> @ Red Brick (Gaby)		
6:15- 7:30pm <b>Vinyasa Flow</b> @ Aspen Youth Center at ARC(Betsy)		12:00-1:00pm <b>Zumba Gold</b> @ ARC (Sana)	2:30-3:15pm <b>Corrective Exercise for Better Balance</b> @ ARC (Linda)	5:30- 6:45pm <b>Vinyasa Flow</b> @ ARC (Betsy)		
	6:15-7:00pm <b>Glide Fit</b> @ ARC Pool	5:30- 6:45pm <b>Vinyasa Flow</b> @ ARC (Amy)	5:15- 6:15pm <b>BUTI Yoga</b> @ ARC (Stephanie) <b>NO CLASS 11th and 18th</b>		<b>REVISED 4/9/2019</b>	
	7:00-8:30pm <b>Kayaking</b> @ ARC Pool Cost: Admission Plus \$5		6:30-7:30pm <b>Zumba</b> @ ARC (Michelle)			
6:00-7:30pm <b>Master Swim</b> @ ARC Pool		6:00-7:30pm <b>Water Polo</b> @ ARC Pool	6:00-7:30pm <b>Master Swim</b> @ ARC Pool			

## FITNESS CLASS FACILITIES:

<b>Red Brick</b>	<b>Aspen Recreation Center</b>	
<b>110 E. Hallam St. Suite 135</b>	<b>0861 Maroon Creek Rd</b>	
<b>(970) 920-5140</b>	<b>(970) 544-4100</b>	

## FITNESS CLASS DESCRIPTIONS:

<p><b>ABB LAB:</b> 50 minute class working all aspects of your core. Obliques, back muscles, and 6 pack! Be ready to roll around on the floor. Class will include stretching and flexibility work.</p>
<p><b>BODYPUMP:</b> is the original barbell class that shapes, tones and strengthens your entire body. Often referred to as 'Pump' by those who love it, it's one of the world's fastest ways to get in shape. This 60-minute addictive workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The key to BODYPUMP™ is THE REP EFFECT™, a breakthrough in fitness training focusing on high repetition movements with low weight loads. This will help you achieve strength and introduce lean body muscle conditioning. With the latest chart topping music, highly trained instructors and your choice of weight, get the results you are looking for – and fast!</p>
<p><b>BOOTCAMP:</b> Efficient workouts to condition your entire body-- heart, lungs, nerves and muscles --by performing bursts of exercise with a short rest between sets. The workouts involve calisthenics like pushups and squats plus plyometrics like jumping jacks and burpees. These and other body weight exercises will have you ready for skiing, biking, hiking and all your favorite activities... the difference lies in the intensity! In boot camp, your challenge is to safely take your body to its limit and effectively get amazing results in a short time. You work, you sweat and, best of all, you burn calories like crazy.</p>
<p><b>Booty Barre Fusion:</b> A wonderful fusion of the famous Booty Barre© workout and fitness-based stabilization, strength and muscle toning exercises. This class will define &amp; chisel your whole body, with an emphasis on legs, butt, core &amp; balance.</p>
<p><b>BUTI Yoga:</b> Is seamlessly combines power yoga with cardio dance. The sculpting movements make for a high-energy yoga fusion workout that will challenge your mind and body.</p>
<p><b>Cardio Core Ball:</b> Non-stop functional movement &amp; cardio training with an emphasis on core strength, fat burning and definition. You will be amazed at the intensity &amp; the Results! We use steps, low impact choreography, small 2, 3 or 4lb weighted balls and 2-4lb medicine balls. Great for all levels.</p>
<p><b>Core, Climb &amp; Train:</b> Class is for all levels but will be catered to the specific areas that need more work for each individual. Learn the basics of movement skills or learn to utilize the gym to train for better performance and route climbing.</p>
<p><b>Ski Conditioning:</b> Get your heart pumping and muscles burning with this high intensity combination of strength training and cardio drills that will have you burning hundreds of calories in an hour.</p>
<p><b>Corrective Exercise for Better Balance and Total Strength:</b> Alignment techniques combined with functional exercises designed to correct posture, enhance strength and contribute to overall improvement in balance</p>
<p><b>Glide Fit:</b> This class takes place on a floating fitness mat and is an aquatic based low impact workout integrating high intensity interval training, core workouts, and stretching. Wear workout clothes that can get wet or a bathing suit. Must be able to swim.</p>
<p><b>Guts, Butts &amp; Thighs:</b> This is the perfect class for toning &amp; strengthening your abdominal, glutes and inner/outer thighs. Improves core strength and hip/thigh stabilization.</p>
<p><b>Meditation:</b> Start your day cultivating a more relaxed, stable, and clear mind. We'll do a 24 minute mindfulness of breath meditation. Guidance available. Appropriate for beginners to more advanced practitioners. Bring your own cushion or use one of our chairs, yoga mats, or blankets.</p>
<p><b>Nia:</b> Combines dance, martial &amp; healing arts and is based on the intelligent design of the body, healing "your body's way". This holistic fitness energizes your body, clears the mind, and nourishes the soul by leaving you emotionally balanced after a full body workout. Nia is non-impact, practiced barefoot, and adaptable to individual needs and abilities. Great for all ages!</p>
<p><b>Pilates:</b> A great core strengthening class. Using the Pilate's Methods participants increase strength and stability during this total body workout. We offer beginner, and intermediate classes weekly. Different levels are offered, please see instructor about what class to participate in.</p>
<p><b>Piyo:</b> PiYo is a music-driven, athletic workout that strengthens, stretches and tones with dynamic moments inspired by Yoga and Pilates.</p>
<p><b>P90X</b> is a total-body strength and conditioning workout for anyone looking to get lean, toned, and fit—fast! Using light to moderate weights, this is the optimal mix of strength, cardio, and core work designed to work the body in different ways every time.</p>
<p><b>SpinLates-</b> 30 minutes of spin on the stationary bike followed by 30 minutes of Pilates Mat work. Great cardio training and then abdominal, butt, and back strengthening</p>
<p><b>Stretch:</b> A stretching technique that teaches individuals to isolate opposite and opposing muscles of the muscles to be stretched. Recommended for athletes, anyone recovering for injury, or who just desires to increase their range of motion.</p>
<p><b>TCX-</b> A combination of strength training, cardio and endurance exercises in an intense high interval training format that will leave you breathless.</p>
<p><b>Tai Chi</b> is the art of dealing with pressure. There are two instinctive responses to pressure: fight or flight. In Tai Chi we learn a third way. Through it's ancient, gentle techniques, we learn how to relax through pressure. Through mindful exercise we learn how to use our anatomy to our advantage. In doing so, we gain healthier bodies, calmer minds, and more confident spirits. Come in and try a class today!</p>
<p><b>YOGA:</b> We offer various forms of yoga for an increased level fitness and wellness. Great for flexibility, circulation and stress reduction. The word vinyasa refers to a flowing sequence of yoga poses linked through conscious awareness of the breath. Vinyasa practice cultivates physical vitality and bodily awareness through a rhythmic, dynamic practice. There are several styles of vinyasa yoga including but not limited to the Ashtanga style as developed and taught by Pattabhi Jois. We encourage students new to our classes to try out a few different classes. Each of our teachers brings specific training and a unique perspective. Finding the teacher and style of Yoga most appropriate for you is an important key to building a successful practice.</p>
<p><b>Zumba-</b> Zumba is a dance fitness program. The class involves dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo. Squats and lunges are also included.</p>