



February Fitness & Wellness

www.aspenrecreation.com



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
6:30 - 7:30am Indoor Cycle @ ARC (Sarah)	6:30-7:30am BOOTCAMP @Red Brick (Drew)	6:30 - 7:30am Indoor Cycle @ ARC (Sarah)	6:30 - 7:30am Fervor @ ARC (Margo)	6:30-7:30am BOOTCAMP @ Red Brick (Sarah)	8:00 - 9:30am Yoga: Body, Zen Mind @ Red Brick (Anne)
7:00 - 8:30am Yoga: Body, Zen Mind @ Red Brick (Anne)	6:30 - 7:30am Fervor @ ARC (Margo)	7:00 - 8:30am Yoga: Body, Zen Mind @ Red Brick (Anne)	7:30 - 8:30am Yoga @ Red Brick (Serene)		
9:00-10:00am Water Aerobics @ ARC Pool	8:00-8:50am Yang/Yin @ ARC (Margo)	8:00-8:50am Core, Posture, Strength & Balance @ ARC (Linda)	8:00-8:50am Yang/Yin @ ARC (Margo)	8:00-8:50am Intro to Weight Training @ ARC (Linda)	
9:00-10:00am Cardio Core Ball @ ARC (Amy)	9:00-10:00am Water Aerobics @ ARC Pool	9:00-10:00am Water Aerobics @ ARC Pool	9:00-10:00am Water Aerobics @ ARC Pool	9:00-10:00am Water Aerobics @ ARC Pool	Sunday
10:00-11:00am Guts, Butts, & Thighs @ ARC (Amy)	11:00am - 12:00pm Flow @ Red Brick (Susan)	9:00-10:00am Cardio Core Ball @ ARC (Amy)	12-1pm Dance Cardio @ Red Brick (Drew)		 9:30-10:45am Express Pump & Yoga @ Red Brick (Asia)
12:00 - 1:00pm Stretch Class @ Red Brick (Angela)	 12:00 - 1:00pm @ Red Brick (Lissa)	10:00-11:00am Booty Barre Fusion @ ARC (Amy)	12:00-1:00pm Core, Climb & Train @ Red Brick Climbing Wall (Jeremy)		
1:00 - 2:00pm Circuit Training @ Red Brick (Drew)	1:00 - 2:00pm Pilates Matt @ Red Brick (Asia)	 Express Pump & Yoga 12:00 - 1:00pm @ Red Brick (Asia)	1:00 - 2:00pm Pilates Matt @ Red Brick (Angela)	 12:00 - 100pm @ Red Brick (Asia)	3:30-4:30pm Indoor Cycle @ ARC (Sarah)
4:00-5:00pm Power Hour @ ARC (Shannon)	2:30-3:15pm Low Impact Ski Conditioning @ARC (Linda)	1:00 - 2:00pm Insanity @ Red Brick (Asia)	2:30-3:15pm Intervals, Strength and Balance @ARC (Linda)	1:00 -2:00pm Insanity @ Red Brick (Asia)	4:30-5:30pm Stretch @ ARC (Sarah)
6:15- 7:30pm Vinyasa Flow @ Aspen Youth Center at ARC(Jackie)	5:30-6:30pm Pilates Matt @ ARC (Asia)	5:30- 6:45pm Vinyasa Flow @ ARC (Susan)	5:30-6:30pm Pilates Matt @ ARC (Asia)	5:30- 6:45pm Vinyasa Flow @ ARC (Susan)	REVISED 1/26/2017
6:00-7:30pm Master Swim @ ARC Pool		7:00-8:30pm Water Polo @ ARC Pool	6:00-7:30pm Master Swim @ ARC Pool		

FITNESS CLASS FACILITIES:

Red Brick
110 E. Hallam St. Suite 135
(970) 920-5140

Aspen Recreation Center
0861 Maroon Creek Rd
(970) 544-4100

FITNESS CLASS DESCRIPTIONS:

BODYPUMP: 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!

BOOTCAMP: workouts are efficient because you work your entire body-- heart and muscles--by going from one exercise to another with no rest. The workouts involve calisthenics like pushups, jumping jacks, crunches and other body weight exercises...the difference lies in the intensity. In boot camp, your challenge is to take your body to its limit. You work, you sweat and, best of all, you burn calories like crazy.

Circuit Training: 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.

Low Impact Ski Conditioning: A fun, progressive and comprehensive class that will prepare you for skiing. Strength, core work, balance, flexibility and ski specific functional exercises are done in a freestyle format while taking account of all participants condition and fitness levels. Intensity modifications will be taught to accommodate all and safety cues are highly utilized.

Core, Climb & Train: 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.

Indoor Cycling: Often known as “spinning”. This class uses stationary bikes and music to get you moving. Class will be 50 minutes long and is a great non-impact, but aerobic workout. Class welcomes beginners to expert...you can chose your intensity.

Insanity: High-intensity activity forces the body to work for longer periods of time at a higher capacity than traditional workouts. INSANITY uses MAX Interval Training, which replaces traditional moderate-intensity exercise with maximum-intensity exercise, and trades short intervals of intensity for short periods of rest.

Pilates: 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.

Cardio Core Ball: Non-stop functional movement & cardio training with an emphasis on core strength, fat burning and definition. You will be amazed at the intensity & the Results! We use steps, low impact choreography, small 2, 3 or 4lb weighted balls and 2-4lb medicine balls. Great for all levels.

Guts, Butts & Thighs: This is the perfect class for toning & strengthening your abdominal, glutes and inner/outer thighs. Improves core strength and hip/thigh stabilization.

Stretch: 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.

YOGA: 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.

Express Pump & Yoga: This class is a combination of our Yoga and BodyPump classes. Start with a pump style warm up, followed by a series of squats. Next, use weights to tone and strengthen all of your upper body muscle tracks. In the second half of the class you will be doing yoga, focusing on sun salutations, balance, core work, and deep stretches. The class duration is 1 hour and 15 minutes.

Flow: This is a beginner/intermediate level yoga flow class. Class will consist of yoga, mediation to regroup your body for the afternoon.

Intervals, Strength and Balance- A short and sweet class using interval training as a quick fix for increasing fitness levels and efficiently utilizing the recovery time to improve balance, alignment, strength, flexibility and the core.

Fervor: Using your body weight and high intensity interval training, Fervor Cardio will make your metabolic rate spark, burn calories & fat, and keep burning them for hours after, all while improving your athletic abilities.

Yang/Vin: Half Vinyasa flow and half Yin deep tissue stretch.

Power Hour: This vinyasa class is vigorous, while focusing a balance between effort, awareness and breath. The class incorporates strength, flexibility and stability. A great way to start the week!

Core, Posture, Strength and Balance: Fitness training designed to improve core strength, balance, posture and overall muscle strength. Proper alignment and technique are cued and emphasized.