



MAY

Fitness & Wellness



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 - 7:15am Indoor Cycle @ ARC (Drew)	6:15-7:15am P90X @ ARC (Asia)	6:30 - 7:30am Indoor Cycle @ ARC (Jeff)	 6:15-7:15am @ Red Brick (Janelle)	6:30 - 7:30am Indoor Cycle @ ARC (Jeff)	8:00 - 9:30am Yoga Body/ Zen Mind @ Red Brick (Anne)	 9:30-10:45am Express Pump & Yoga @ Red Brick (Asia)
7:00 - 8:30am Yoga Body/ Zen Mind @ Red Brick (Anne)	 6:15-7:15am @ Red Brick (Drew)	7:00 - 8:30am Yoga Body/ Zen Mind @ Red Brick (Anne)	6:15-7:15am P90X @ ARC (Asia)	6:30-7:30am P90X @ Red Brick (Asia)	10:00 -11:00am Zumba @ ARC (Michelle) NO CLASS MAY 18th and 25th	
9:00-10:00am Water Aerobics @ ARC Pool	6:15-7:15am @ Red Brick (Drew)	8:00-8:50am Core, Posture, Strength & Balance @ ARC (Linda)	7:30 - 8:30am Yoga @ Red Brick (Betsy)	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		8:00-9:00am P90X @ ARC (Asia)	9:00-10:00am Qigong @ ARC (Cotter)		
10:00-11:00am Guts, Butts, & Thighs @ ARC (Amy)	11-12pm Dance Cardio @ Red Brick (Drew)	9:00-10:00am Water Aerobics @ ARC Pool	9:00-10:00am PiYo @ ARC (Asia)			
12:00 - 1:00pm Stretch Class @ Red Brick (Angela)	 12:00 - 1:00pm @ Red Brick (Beth)	9:00-10:00am Cardio Core Ball @ ARC (Amy)	9:00-10:00am Water Aerobics @ ARC Pool	9:00-9:30am Water Aerobics @ ARC Pool		
1:00 - 2:00pm Circuit Training @ Red Brick (Drew)	1:00 - 2:00pm PiYo @ Red Brick (Asia)	10:00-11:00am Booty Barre Fusion @ ARC (Amy)	12:00-1:00pm Red Brick Rock @ Red Brick Climbing Wall (Jeremy)	9:30-10:00am Glide Fit @ ARC Pool		
	2:30-3:15pm Corrective Exercise for Better Balance @ARC (Linda)	 12:00 - 1:00pm @ Red Brick (Asia)	12:00-1:00pm Dance Cardio @ Red Brick (Drew)	 12:00 - 100pm @ Red Brick (Asia)		
	5:30- 6:45pm BUTI Yoga @ ARC (Stephanie)		1:00 - 2:00pm Stretch & Strength Class @ Red Brick (Angela)	1:00 -2:00pm Kickboxing @ Red Brick (Drew)		
6:15- 7:30pm Vinyasa Flow @ Aspen Youth Center at ARC(Betsy)		1:00 - 2:00pm P90X @ Red Brick (Asia)	2:30-3:15pm Corrective Exercise for Better Balance @ARC (Linda)	5:30- 6:45pm Vinyasa Flow @ ARC (Betsy)		
	6:15-7:00pm Glide Fit @ ARC Pool	5:30- 6:45pm Vinyasa Flow @ ARC (Amy)	5:15- 6:15pm BUTI Yoga @ ARC (Stephanie) NO CLASS May 9th		REVISED 4/18/2019	
	7:00-8:30pm Kayaking @ ARC Pool Cost: Admission Plus \$5		6:30-7:30pm Zumba @ ARC (Michelle) NO CLASS May 16, 23 & 30			
6:00-7:30pm Master Swim @ ARC Pool		6:00-7:30pm Water Polo @ ARC Pool	6:00-7:30pm Master Swim @ ARC Pool			

FITNESS CLASS FACILITIES:

Red Brick	Aspen Recreation Center	
110 E. Hallam St. Suite 135	0861 Maroon Creek Rd	
(970) 920-5140	(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: 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.

Booty Barre Fusion: A wonderful fusion of the famous Booty Barre© workout and fitness- based stabilization, strength and muscle toning exercises. This class will define & chisel your whole body, with an emphasis on legs, butt, core & balance.

BUTI Yoga: 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.

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.

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.

Corrective Exercise for Better Balance and Total Strength: Alignment techniques combined with functional exercises designed to correct posture, enhance strength and contribute to overall improvement in balance

Glide Fit: 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.

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.

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.

Piyo: PiYo is a music-driven, athletic workout that strengthens, stretches and tones with dynamic moments inspired by Yoga and Pilates.

P90X 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.

SpinLates- 30 minutes of spin on the stationary bike followed by 30 minutes of Pilates Mat work. Great cardio training and than abdominal, butt, and back strengthening

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.

TCX- A combination of strength training, cardio and endurance exercises in an intense high interval training format that will leave you breathless.

Qigong: Is a combination of diaphragmatic/abdominal breathing and slow tai chi-like, repeating movements. It is a low-impact exercise that benefits joints, balance, flexibility and strength. It is also a form of moving meditation that improves quality of life for conditions like stress & anxiety.

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.

Zumba- 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.