



GLENWOOD HOT SPRINGS
RESORT

October 2023

Glenwood Hot Springs Athletic Club

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><u>Pilates Reformer</u> <u>* Semi-Private</u> 6:30-7:30am Emily</p> <p><u>Cycling AM</u> 6:30-7:15 a.m. Sharma</p> <p><u>Pilates Breathe</u> <u>Balance and Flow</u> 8:00-9am Suzanne</p> <p><u>H2O Fit</u> 9:15 – 10:15 a.m. Stacee</p> <p><u>Pilates Bands, Balls</u> <u>and Rings</u> 9:15-10:15am Suzanne</p> <p><u>Yoga All Levels</u> 5:30 – 6:30 p.m. Cindy D.</p> <p><u>TRX CYCLE</u> <u>Combo</u> 5:30 - 6:30 p.m. Cindy F. Deb</p> <p><i>* Fee Based, reservations required</i></p>	<p><u>TRX</u> 6:30 - 7:30 a.m. Cindy F.</p> <p><u>Pilates Reformer</u> <u>* Semi-Private</u> 7:00 - 8:00 a.m. Suzanne</p> <p><u>Pilates Reformer</u> <u>* Semi-Private</u> 8:15 - 9:15 a.m. Holly</p> <p><u>Functional Fitness</u> 8:00 - 9:00 a.m. Mary</p> <p><u>H2O Fit</u> 9:15 – 10:15 a.m. Stacee</p> <p><u>Functional Fitness</u> 9:15 - 10:15 a.m. Mary</p> <p><u>Pilates Reformer</u> <u>* Semi-Private</u> 9:30 – 10:30 a.m. Holly</p> <p><u>Pilates Reformer</u> <u>* Semi-Private</u> 5:45pm-6:45 p.m. Suzanne</p> <p><u>Cardio Kick Box Tone</u> 5:45pm-6:45pm Heather</p> <p><i>* Fee Based, reservations required</i></p>	<p><u>Pilates Reformer</u> <u>* Semi-Private</u> 6:30-7:30am Emily</p> <p><u>HIIT</u> 6:30am-7:15am Sharma</p> <p><u>Yogalates</u> 8:00 – 9:00 a.m. Lisa</p> <p><u>Pilates Reformer</u> <u>* Semi-Private</u> 8:15 - 9:15 a.m. Suzanne</p> <p><u>H2O Fit</u> 9:15 – 10:15 a.m. Patty</p> <p><u>Pilates Breathe</u> <u>Balance & Flow</u> 9:15-10:15am Lisa</p> <p><u>Pilates Reformer</u> <u>* Semi-Private</u> 9:30 – 10:30 a.m. Suzanne <u>Tai Chi</u> 10:30-11:30 am John</p> <p><u>Yoga Blend</u> 6:00 - 7:00 p.m. Marcy</p> <p><u>TRX</u> 5:30 - 6:30 p.m. Cindy F.</p> <p><u>Aqua Fit Boot</u> <u>Camp</u> 5:45pm-6:45pm Heather</p> <p><i>* Fee Based, reservations required</i></p>	<p><u>Cycling AM</u> 6:30 - 7:15 a.m. Deb</p> <p><u>Pilates Reformer</u> <u>* Semi-Private</u> 7:00 - 8:00 a.m. Suzanne</p> <p><u>Functional Fitness</u> 8:00 - 9:00 a.m. Mary</p> <p><u>Pilates Reformer</u> <u>* Semi-Private</u> 8:15 - 9:15 a.m. Holly</p> <p><u>H2O Fit</u> 9:15 – 10:15 a.m. Patty</p> <p><u>Functional Fitness</u> 9:15 - 10:15 a.m. Mary</p> <p><u>Pilates Reformer</u> <u>* Semi-Private</u> 9:30 – 10:30 a.m. Holly</p> <p><u>Barre</u> 5:30-6:30pm Tara</p> <p><i>* Fee Based, reservations required</i></p>	<p><u>Pilates Reformer</u> <u>* Semi-Private</u> 6:30-7:30am Emily</p> <p><u>Sunrise Yoga</u> 7:30 – 8:30 a.m. Patti</p> <p><u>Classical Pilates</u> <u>Mat</u> 9:00 - 10:00 a.m. Patti</p> <p><u>H2O Fit</u> 9:15 – 10:15 a.m. Patty.</p> <p><u>Tai Chi</u> 10:30-11:30 am John</p> <p><i>* Fee Based, reservations required</i></p>	<p><u>Yoga for Every Body</u> 9:00 – 10:15 a.m. Julie</p>	

***All Pilates Reformer Classes are Fee Based, Reservations Required**

Note: Classes needing reservations day before: Cycling, TRX and Barre
Club Hours: 6:15 AM to 9 PM Monday – Friday and 8:45 AM to 9 PM Weekends
ATHLETIC CLUB FRONT DESK 970.947.2953

FITNESS CLASS DESCRIPTIONS

Name	Description	Instructor
H2O Fit	The focus is on aerobic endurance and resistance training while using the mineral hot springs waters. Fun for all levels of fitness!	<i>Cindy, Stacey, Patty</i>
Pilates Breathe Balance & Flow/ Pilates Sculpt	A sequence of exercises using mind-body techniques, breathing, lengthening, realigning, and strengthening of the muscles in the body. Focus on improving posture, mental balance, and tone. Weights used in Pilates Sculpt.	<i>Lisa, Suzanne,</i>
Pilates Reformer	Small group training, fee-based, & sign up required. Experience the difference in a small group setting. Expect individualized attention, get toned, and leave energized, lengthened, and balanced! \$ Fee Based	<i>Suzanne, Holly Emily</i>
Yoga Blend	A gentle yoga class intended to warm the body using asanas as a meditative flow offering mindful movements linked with breath. Each class ends with a meditation to blend the mind, body, and soul.	<i>Marcy</i>
Sunrise Yoga	One hour of continuous movement to strengthen your core and lengthen your muscles. Wake Up the Body and Lift Your Spirits! All levels welcomed.	<i>Patti, Lisa</i>
Yoga All Levels	Blends balance, strength, and flexibility in a fitness format. User friendly for all levels.	<i>Cindy D.</i>
Yoga For Every Body	Using our unique body's wisdom to move mindfully and safely.	<i>Julie</i>
TRX (Total Body Resistance Exercise)	Suspension training system designed to develop strength, balance, flexibility, and core. Limited space available; Sign up 1 day in advance.	<i>Cindy F.</i>
Functional Fitness	Functional Fitness, a class to train your muscles to work together with the strength, balance and core stability needed for an active lifestyle.	<i>Mary</i>
AM/PM Cycling	Experience the difference on our Stages cycling bikes equipped with power meters. Power meter training has proven to be effective in maximizing training efficiency and enhancing fitness and performance results for cyclists of all levels. Sign up 1 day in advance.	<i>Deb, Sharma,</i>
TRX Cycle Fusion	Mix up your summer routine with a half TRX, half cycling fusion class. Get your strength, endurance, flexibility/mobility and cardio workout all in one class. Sign up at the Club Desk	<i>Cindy F. Deb</i>
Barre	Barre workout is a ballet-inspired fitness class that leads to longer, leaner muscles without bulk. Plie your way to a stronger, more flexible body! Sign up 1 day in advance.	<i>Tara</i>
Tai Chi	Tai chi strengthens both the lower and upper extremities and also the core muscles of the back and abdomen. Flexibility. Tai chi can boost upper- and lower-body flexibility as well as strength. Balance.	<i>John</i>
Vinyasa Yoga	"This class emphasizes the sequential movement between postures, coordinated with and guided by deliberate breath. The Vinyasa practice becomes a moving meditation that creates strength, freedom and fluidity in the body, mind, and soul. All fitness levels welcome!"	<i>Madison</i>
Cardio Kick Box Tone	All levels welcome! A physical activity that combines kickboxing movements and you will learn proper form for the famous jab, hooks, crosses, upper cuts, back kicks, front kicks while engaging, both lower and upper body muscles. Followed by static stretching to cool you down.	<i>Heather</i>
HIIT	High Intensity Interval Training features a modified version of interval training, alternating periods of intense anaerobic exercise with less recovery periods. Boost metabolism and fat burning. All fitness levels welcome	<i>Sharma</i>
Aqua Fit Boot Camp	High-energy water workout, designed to provide a challenging full body workout. It includes a variety of cardio movements along with strength training exercises. Fun and effective way to stay active, burn calories and improve your overall fitness. All fitness levels are welcome	<i>Heather</i>