# Fitness Class Schedule

**January 2019**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>6:00am</td>
<td><strong>Boot Camp</strong></td>
<td><strong>Cycle 2</strong></td>
<td><strong>Tabata</strong></td>
<td><strong>Boot Camp</strong></td>
<td><strong>Cycle 2</strong></td>
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<td></td>
<td>Gym 6:00-7:00am</td>
<td>Line Out 6:00-7:00am</td>
<td>Studio 7:00-7:30am</td>
<td>Gym 6:00-7:00am</td>
<td>Line Out 6:00-7:00am</td>
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<td>8:00am</td>
<td><strong>Flow &amp; Core</strong></td>
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<td><strong>Cycle &amp; Sculpt</strong></td>
<td><strong>T'ai Chi Chih</strong></td>
<td><strong>Power Yoga</strong></td>
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<td>Studio 7:45-8:30am</td>
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<td>Line Out 8:30-9:30am</td>
<td>Studio 9:00-10:15am</td>
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<td>9:00am</td>
<td><strong>Hatha Yoga</strong></td>
<td><strong>Strength HIIT</strong></td>
<td><strong>Power Pump</strong></td>
<td><strong>T'ai Chi Chih</strong></td>
<td><strong>Power Yoga</strong></td>
<td><strong>T'ai Chi Chih</strong></td>
<td><strong>T'ai Chi Chih</strong></td>
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<td></td>
<td>Studio 9:00-10:00am</td>
<td>Studio 9:15-9:45</td>
<td>Studio 9:30-10:30am</td>
<td>Studio 9:15-10:15am</td>
<td>Studio 9:00-10:15am</td>
<td>Studio 9:30-10:30am</td>
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<td></td>
<td><strong>SilverSneakers® Circuit</strong></td>
<td><strong>SilverSneakers® Classic</strong></td>
<td><strong>Essentrics</strong></td>
<td><strong>SilverSneakers® Classic</strong></td>
<td><strong>SilverSneakers® Yoga</strong></td>
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<td>Gym 9:30-10:30am</td>
<td>Gym 9:30-10:30am</td>
<td>Gym 9:30-10:30am</td>
<td>Gym 9:30-10:30am</td>
<td>Yoga 10:45-11:45am</td>
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<td>10:30am</td>
<td><strong>Zumba® Gold</strong></td>
<td><strong>SilverSneakers Classic</strong></td>
<td><strong>Zumba® Gold</strong></td>
<td><strong>SilverSneakers Circuit</strong></td>
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<td>Studio 10:45-11:45am</td>
<td>Gym 11:00-12:00pm</td>
<td>10:45-11:15am Studio</td>
<td>Gym 11:00-12:00pm</td>
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<td>10:30-11:30am Studio</td>
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<td>12:00pm</td>
<td><strong>Power Yoga</strong></td>
<td><strong>Yin &amp; Yang Yoga</strong></td>
<td><strong>Meditation</strong></td>
<td><strong>Vinyasa Yoga</strong></td>
<td><strong>Vinyasa Yoga</strong></td>
<td><strong>Hatha Yoga</strong></td>
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<td>Studio 12:00-1:00pm</td>
<td>Studio 12:15-1:15pm</td>
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<td>Studio 11:45-12:45pm</td>
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<td>1:00pm</td>
<td><strong>Laughter Yoga</strong></td>
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<td>4:00pm</td>
<td><strong>Nia</strong></td>
<td><strong>Zumba®</strong></td>
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<td>5:00pm</td>
<td><strong>Boot Camp</strong></td>
<td><strong>Core Challenge</strong></td>
<td><strong>Tabata</strong></td>
<td><strong>Total Body Blast</strong></td>
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<td>Studio 5:15-6:00pm</td>
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<td>6:00pm</td>
<td><strong>Vinyasa Yoga</strong></td>
<td><strong>Zumba®</strong></td>
<td><strong>Power Yoga</strong></td>
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<td>Studio 6:30-7:30pm</td>
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**Contact:**

4500 E Kentucky Ave., Glendale, CO 80246 | 303.639.4711 | www.SportsCenterGlendale.com
Fitness Class Descriptions

**Strength Training**

**Essentrics**
This dynamic full body, low impact workout is designed to simultaneously lengthen and strengthen every muscle in the body, resulting in greater joint mobility and long lean muscles.

**Power Pump**
Using basic lifting techniques, this variable weight barbell class uses motivating music to challenge every major muscle in the body. Great for all levels.

**Strength HIIT**
30 minutes of Strength Training in a High Intensity format! Come in, and get your workout done! All levels welcome.

**Interval Training**

**Tabata**
Tabata consists of 8 rounds of 20 second high intensity intervals with 10 seconds of rest in between. This workout produces maximum results in minimum time.

**Boot Camp**
Train multiple muscles at once in this workout unlike anything else! This class challenges participants with a fast-paced workout that combines strength with cardio drills.

**Total Body Blast**
A mix of cardio and strength to target your whole body! A variety of equipment will be used in this fun 60 minute workout. All levels are welcome.

**Core Challenge**
This class mirrors working with Pilates apparatus equipment in a studio. We utilize standing, sitting, and laying down movements with all of the tools to strengthen your core.

**Cycling**

**Cycle 1**
Enjoy a lower intensity cycle class with hills, sprints, and drills with the motivation of your instructor.

**Cycle 2**
A 45-60 minute class designed to get your heart rate pumping. Enjoy hills, sprints, and drills with the motivation of your instructor.

**Cycle & Sculpt**
40 minutes of cycling with an instructor that will motivate and push your limits followed by 20 minutes of strength training.

**Virtual Cycle**
Enjoy this 40-65 min. ride with a medium intensity instructor. With upbeat and moti-

**Active Older Adults**

**SilverSneakers® Circuit**
Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength workout with hand held weights, elastic tubing and a ball. A chair is offered for support, stretching and relaxation exercises. **SilverSneakers® Classic**
Move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand held weights, elastic tubing, and a ball are offered for resistance. A chair is used for support.

**SilverSneakers® Yoga**
This class will move your whole body through a complete series of seated and standing Yoga poses. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**Moving for Better Balance**
Tai Chi: Moving for Better Balance is an evidence-based falls prevention program that has been shown to decrease falls risk by as much as 55%. The complete routine consists of 8 movements ("forms") adapted and modified from Yang-style Tai Ji Quan ("Tai Chi") in order to specifically address falls prevention, as well as balance and function.

**Dance**

**Nia**
Nia tones your body while transforming your wind, by combining 52 simple dance moves with martial arts and mindfulness.

**Zumba®**
Zumba is a fusion of Hip Hop, Latin dance and international music creating a dynamic, exciting fitness system. All levels welcome.

**Zumba® Gold**
A fitness program designed to take the exciting Latin and international dance moves created in the original Zumba program and bring them to the Active Older Adult, beginner and anyone else needing modifications.

**Zumba® Gold Toning**
The same great Zumba Gold dance class with an extended time frame to include a toning aspect.

**Mind & Body**

**Flow & Core Yoga**
A slow flow yoga practice that weaves in and then ends with movements to strengthen your core.

**Meditation**
Learn a wide variety of techniques, including breath awareness, mantra repetition, breath control, heart centering, creative visualization and tension release.

**Hatha Yoga**
Hatha is a general category that includes most yoga styles. It is an old system that includes the practice of asanas (yoga postures) and pranayama breathing exercises, which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation.

**Power Yoga**
This challenging, interesting and balanced yoga flow underlines core strength, balance and flexibility to harmonize the body and mind.

**Tai Chi Chih**
(Pronounced Tie Chee Chuh) is a series of gentle, flowing movements designed to circulate and harmonize the Chi—the vital energy force flowing through the body.

**Vinyasa Yoga**
This class is a series of flowing postures linked by breath to detoxify, stretch and strengthen the body.

**Yin & Yang Yoga**
Yin & Yang combines 20 minutes of active Vinyasa flow (Yang) with 40 minutes of seated poses (Yin) for a total body/mind, muscle, joint and fascia yoga practice.

**Stretch & Relax**
A short, meditative stretching session to finish your day the right way!

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**Fitness classes are for adults. You must be 14 years or older to participate.**
A minimum of two people is required to hold a class.

$ Additional Fee/registration required.