

GROUP FITNESS SCHEDULE: DEC 22 - JAN 31, 2016

\$20 Drop-In | Punch Cards Available

Mondays	7:10am 9:00 am 12:15 pm 5:15 pm	Spinning Classical Mat Pilates SkiLATES 10 More!	Joel Michelle Michelle Nathalie
Tuesdays	8:00 am 9:00 am 12:15 pm 5:15 pm	Vinyasa Flow Yoga Contemporary Mat Burn Power Pilates	Jodie Michelle Mike Chad
Wednesdays	8:00 am 9:00 am 12:15 pm 5:15 pm	Vinyasa Flow Yoga Core & More Winter Sports Conditioning Barre Cardio	Jodie Nathalie Mike D Nathalie
Thursdays	7:10 am 9:00 am 10:30 am 12:15 pm 5:15 pm	Spinning Balance & Core **90 Snowshoe Burn 10 More!	Joel Kara Mike D Mike D Nathalie
Fridays	8:00 am 9:00 am 12:15 pm	Vinyasa Flow Yoga SkiLATES Cardio Fusion	Marley Michelle Michelle
Saturdays	8:00 am 9:00 am 10:30 am	Vinyasa Flow Yoga Classical Mat Pilates **90 Snowshoe	Meg Michelle Mike G
Sundays	10:00 am 10:30 am	Vinyasa Flow Yoga **90 Snowshoe	Melissa Morgan

*** Schedule is subject to change, please check online for most up-to-date version!*

*** Private snowshoe available upon request.*

*** 90 Snowshoe Class is \$40*

THE CLUB AT
Allegria
Spa

**Small Group
Training Available:**
Accountability and
results guaranteed!

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GROUP CLASS DESCRIPTIONS

10 More! - NEW! - An intense full body workout class incorporating high and low movements, plyometrics, and elements of HIIT training programming perfect for intermediate to advanced fitness levels. Prepare for Nathalie to tell you "10 More" after "10 More" to make you sweat and push your body to the next level!

Balance and Core - NEW! - Low impact and core focused this class will provide a full body workout focused on functional movement. This combo of lower body, upper body, and core movements that will utilize bodyweight. This class is fun and will help you get results. Every exercise can be modified and made easier or harder.

Classical Mat Pilates - Enjoy a terrific core workout in this traditional Pilates callisthenic routine. This class will help you to understand the fundamentals of movement and enhance your daily routine.

Contemporary Mat Pilates: This class uses props to help generate deep core awareness using precision and control to enhance Pilates mat work.

Core and More - An intense abdominal workout along with deep core exercises will be followed with a restorative stretch.

Barre Cardio - NEW! - For the Barre enthusiast or novice, this variation of traditional Barre class will get your heart rate soaring! Expect to have 4 sections of class dedicated to cardio and then back to the Barre, this enhances fat burning and body sculpting. All levels welcome

Kinesis Cut & Core - This class focuses on powerful, dynamic exercises that challenge the entire body. Each session includes power movements, agility training and small muscle refinement. Class will be held in the Kinesis Studio.

POWER Pilates - NEW! - Lets take Pilates to a new intensity. Concentrate on flow and power while learning to make movements more effective and efficient.

SkiLATES - NEW! - This class will get you ready for nonstop cruisers, double black bump runs or just the confidence you need to enjoy your mountain experience. Learn to engage deep core musculature using Pilates principles. The Pilates chair will be used in Skilates.

Spin Fusion - Welcome to the altitude! This class will focus on endurance drills, speed training, and maximum results. Expect to ride for 45 minutes, and finish with core work and stretching. A great way to get acclimated to the Rockies.

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Tabata - The hottest new trend in high intensity interval training . This structured interval workout consists of 20 seconds of all out work followed by 10 seconds of rest, repeated for 8 cycles. Try this new workout and experience hard core cardio with strength intervals.

Vinyasa Flow Yoga - A flowing practice that links Hatha yoga postures together with dynamic movements and conscious breathing. Includes sun salutations, standing poses and optional inversions.

Winter Sports Conditioning - Get ready for winter activities with this class focusing on leg strength and endurance along with balance and coordination. It will be progressive and geared to all fitness levels.

- Appropriate gym apparel including athletic shoes required in the Club. Please respect the experience of the guests and members.
- This is a CELL PHONE FREE environment.
- Minimum age for fitness classes is 14 years old.
- Minimum age for the Club and Locker Room is 16 years old.

Please sign
in at front
desk before
class!

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