

## GROUP FITNESS SCHEDULE: JULY 1 - AUG 31, 2017

**\$20 Drop-In | Punch Cards Available**

Mondays	7:10am	Spinning	Joel
	9:00 am	Injury Prevention	Kara
	12:00 pm	Kinesis 4 Strength	Mike D
	5:15 pm	Pilates Crossing Training	Nathalie
Tuesdays	9:00 am	Pliates Mat	Michelle
	12:15 pm	Sport Legs	Michelle
	5:15 pm	Cross Training	Nathalie
Wednesdays	6:45 am	Power Hour	Morgan
	8:00 am	Yoga Flow	Jodie
	12:00 pm	Strength Conditioning	Mike D
	5:15 pm	Cardio MIX	Michelle
Thursdays	7:10 am	Spinning	Joel
	12:15 pm	Spin Fusion	Michelle
	5:15 pm	Cross Training	Nathalie
Fridays	9:00 am	Pilates Mix	Michelle
	12:15 pm	Sports Legs	Michelle
Saturdays	9:00 am	Pilates Mat	Michelle
	1:00 pm	Yoga Stretch & Flow	Jodie
Sundays	10:00 am	Recovery Yoga	Melissa

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

Small Group  
Training Available:  
Accountability and  
results guaranteed!

970.827.6660 | [www.allegriaspa.com](http://www.allegriaspa.com)

## GROUP CLASS DESCRIPTIONS

**Spinning:** This class will strengthen your fitness and gear you up for the best summer riding or just a great way to fit your cardio workout into your busy schedule.

**Injury Prevention:** Focusing on sports trauma and overuse prevention is key as we begin reengaging into playing our favorite summer sports. This class will help with body awareness, balance and core.

**Sport Legs:** Using the Pilates Chair, this class is best for the athlete who wants to strengthen their legs and core. A good overall conditioning class that applies to any sport.

**Power Hour:** A great early morning workout. This class is a traditional spin class combined with core work. Great training for biking, running, and hiking.

**Cross Training:** This high intensity class will help you improve your performance in any sport.

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

**Yoga Stretch and Flow:** An all levels class concentrating on muscle stretching & recovery within a yogic asana flow.

**Cardio MIX:** This circuit class will include spinning segments followed by a variety of 2 minute stations that will keep your heart rate elevated while ensuring a complete full body workout.

**Strength and Conditioning:** Looking to increase your speed? All you need is yourself. This challenging workout will focus on training your muscles to react faster and with more force.

**Spin Fusion:** This spin class will work on a bell curve to elevate your heart rate and sustain average power. Condition your heart, lungs, legs and core without impact or stress to your joints.

**Kinesis 4 Strength:** Strong muscles are key for your summer sport performance. This training will help put that extra strength into your golf or tennis swing. Class is held in the Kinesis Studio.

**Pilates Cross Training:** Pilates makes everything better! Helping you get the most out of your week this new class will light up your abs and legs engaging body and mind to fulfill every athletes dream workout.

**Pilates Mat:** This class uses the classical Pilates callisthenic exercises to strengthen deep core musculature. Learn the fundamentals of movement that will create postural awareness all day long!

**Pilates Mix:** This class will utilize the Pilates chair, magic circle and other props to enhance your core workout.

- 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!

THE CLUB AT ALLEGRIA SPA | 970.827.6660 | [WWW.ALLEGRIASPA.COM](http://WWW.ALLEGRIASPA.COM)