



GROUP EXERCISE SCHEDULE

Effective Jan 1, 2016

call **970-330-9691**



Turbo Kick

Burn up to 800 calories in one hour to great music in this fast-paced cardio-blasting kickboxing class. Sculpts your entire body and develops core strength. A class that feels like a party.

willPower & Grace

A sweaty, dynamic fusion of the most popular (and most effective) group exercise workouts. This class is the perfect cardiovascular solution for Pilates and Yoga practitioners! All you need is your body weight and your bare feet. The cardio segment is a fusion of calisthenics, dance principles and functional training drills. You will walk away sweaty, sculpted and stretched. Over time willpower & Grace will help you stand taller, walk with greater confidence, and function with agility. The class also includes our foot fitness program, Sole Training, that increases strength and balance while rehabilitating old injuries and preventing new ones.

X-Works

Work Out West's new X-WORKS program will work you to the core. Test your endurance and agility. Master your coordination and stamina. Find your power, balance and strength, while working on overall flexibility, accuracy and speed. By combining weightlifting, resistance training and your own mind over matter, you'll cross-train like never before. Hard core athletes and motivated fitness enthusiasts take note, this is the best strength and conditioning program in the area.

Yoga

Experience the many benefits Yoga offers: strength, flexibility and inner focus.

Zumba/ Zumba Gold

An exciting hour of calorie burning, body energizing, awe-inspiring, easy-to-follow movements set to upbeat Latin rhythms. This unique fitness program introduces Latin dance such as Salsa, Cumbia, Merengue, and Reggaetone. All fitness levels.

Zumba Gold is a low impact version of Zumba.

Kettlebell Xtreme

Kettlebell Xtreme is a whole body workout that incorporates cardio, core and resistance training. You will get effective results and proper kettle bell form. Something new to try!

Step & Sculpt

Utilizes the STEP platform and hand weights for cardio and weight training. It is designed for all fitness levels. Located in the Tennis Center Yoga Room.

Women's Conditioning

Focuses on overall fitness including increased strength, toning and core stabilization.

PiYo Strength

Relax & Stretch? No thanks! PiYo Strength is all about strength training and core conditioning for people who want to sweat their way to sculpted abdominals, increased core strength and greater stability! It's the perfect fusion equaling strength building, rhythmic movement and power with a foundation in Pilates and yoga that burns calories while transforming the body. It includes modifications so everyone can participate, yet offers progressions to challenge the more advanced. Either way, you'll get results.

Please adhere to the following guidelines to maximize each class experience:

- 1 Arrive to class on time to ensure a complete warm-up, wearing comfortable clothing and aerobic shoes. (Pilates, Yoga and willPower & Grace are typically practiced barefoot.)
- 2 Exercise at your own pace, staying within your target training zone.
- 3 Drink plenty of water before, during and after your workout.
- 4 Stay through the end of class to ensure you are properly stretched after your workout.
- 5 Please be courteous to all participants and the instructor.
- 6 Please note that instructors and classes are subject to change and can be cancelled due to low participation.



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MONDAY

5-6am	Boot Camp	AF	Kim
5:30-6:30am	Step & Sculpt	TC	Susie
6-7am	Kettlebell/Body Shred	AF	Kim
6-7am	Spinning	SS	Mark
8-9am	Forever Young	AF	Susan
8-9am	Womens Conditioning	Gym	Patti
9-10am	Turbo Kick	AF	Patti
9-10am	Spinning	SS	Mary
5:15-6:15pm	Yoga	TC	Sandi
5:30-6:30pm	Power Up	AF	Kim
5:30-6:30pm	Spinning	SS	Colleen
6:30-7pm	Insanity	AF	Jeremy
7-8pm	Zumba	AF	Amy O.

TUESDAY

4:30-5am	Insanity	AF	Jeremy
5-6am	Power Up	AF	Susie
5-6am	Spinning	SS	Dave
5-6:15am	Masters Swimming	TC	Kaylee
6-7am	PiYo Strength	AF	Susan
8-9am	Mat Pilates	AF	Susan
9-10am	Water Aerobics	TC	Jane/Brenda
9-10am	Body Sculpt	AF	Susan
5:30-6:30pm	Boot Camp	AF	Kim
5:30-6:30pm	Spinning	SS	Mark
6:30-7:30pm	Aqua Zumba	TC	Tanya
6:45-7:30pm	Synergy Cycle	SS	Dolly
6:45-7:30pm	X-Works	AF	Mark

WEDNESDAY

5-6am	Boot Camp	AF	Kim
5-6am	Spinning	SS	Mark
5:30-6:30am	Step & Sculpt	TC	Susie
6-7am	Kettlebell/Tabata	AF	Kim
8-9am	Forever Young	AF	Susan
8-9am	Womens Conditioning	Gym	Patti
9-10am	Water Aerobics	TC	Laurie
9-10am	Turbo Kick	AF	Patti
9-10am	Spinning	SS	Mary
5:30-6:30pm	Power Up	AF	Kim
5:30-6:30pm	Spinning	SS	Kristin
5:45-6:45pm	Yoga	TC	Amanda
6:30-7pm	Insanity	AF	Jeremy
7-8pm	Zumba	AF	Rebecca/Sue

THURSDAY

5-6:15am	Masters Swimming	TC	Kaylee
4:30-5am	Insanity	AF	Jeremy
5-6am	Power Up	AF	Susie
6-7am	PiYo Strength	AF	Susan
8-9am	Spinning	SS	Jason
8-9am	Mat Pilates	AF	Susan
9-10am	Water Aerobics	TC	Barb
9-10am	Body Sculpt	AF	Susan
10-11am	Zumba	AF	Amy O.
5:30-6:30pm	Boot Camp	AF	Kim
5:30-6:30pm	Spinning	SS	Mark
6:30-7:30pm	Aqua Zumba	TC	Tanya
6:45pm	Synergy	SS	Dolly
6:45-7:30pm	X-Works	AF	Mark

FRIDAY

5-6am	Boot Camp	AF	Kim
6-7am	Spinning	SS	Mark
5:30-6:30am	Step & Sculpt	TC	Susie
6-7am	Kettlebell Xtreme	AF	Kim
8-9am	Forever Young	AF	Beth
8-9am	Women's Conditioning	Gym	Patti
9-10am	Turbo Kick	AF	Kelsey
9-10am	Spinning	SS	Mary

SATURDAY

7:45-8:45	Boot Camp	AF	Jeremy
7:45-8:45am	Spinning	SS	Natalie
8-9am	willPower Method	TC	Patti
9-10am	Power Up	AF	Beth
10-11am	Turbo Kick	AF	Natalie

SUNDAY

8-8:45am	Spinning	SS	Kim
9-10am	Zumba	AF	Amy O.
10-10:50am	Insanity	AF	Jeremy

FITNESS CENTER HOURS

Mon - Thurs: 3:30am - 9pm | Fri: 3:30am - 8pm | Sat & Sun: 6am - 6pm

TENNIS CENTER HOURS

Mon - Thurs: 6am - 10pm | Fri: 6am - 8pm | Sat & Sun: 7am-6pm

CHILD CARE HOURS

Mon - Thurs: 8am-noon; 4:30 - 8pm | Fri: 8am - 1pm
Sat: 8am-noon Sun: Closed

KEY

AF - Aerobic Floor SS - Spin Studio Gym - Gym Floor TC - Tennis Center