



EXPRESS CLASSES | September 1 – September 30, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Tabata (S3) 6am (30 min.) Becky M.
Turn & Burn (S1) 6:30am (30 min.) Fitness Staff	Cardio HIIT (S2) 6:30am (30 min.) Fitness Staff			Total Strength (S3) 6:30am (30 min.) Becky M.
Core Strength (FF) 7am (15 min.) Fitness Staff	Core Strength (S2) 7am (15 min.) Fitness Staff			
Cardio HIIT (S3) 11:30am (30 min.) Rachel K.			Yoga Foundations (S2) 11:30am (30 min.) Karen P.	
Total Strength (S3) 12pm (30 min.) Rachel K.			Mat Pilates (S2) 12pm (45 min.) Karen P.	Cardio HIIT(S2) 12pm (30 min.) Sarah (S2)
Turn & Burn (S1) 12:15pm (30 min.) Fitness Staff	Tread & Shred (FF) 12:15pm (30 min.) Fitness Staff	Turn & Burn (S1) 12:15pm (30 min.) Fitness Staff	Tread & Shred (FF) 12:15pm (30 min.) Fitness Staff	
BODYCOMBAT Express (S3) 12:30pm (30 min.) Candice				Core Strength (S2) 12:30pm (15 min.) Sarah (S2)
Core Strength (FF) 12:45pm (15 min.) Fitness Staff	Core Strength (FF) 12:45pm (15 min.) Fitness Staff	Core Strength (FF) 12:45pm (15 min.) Fitness Staff	Core Strength (FF) 12:45pm (15 min.) Fitness Staff	
Tread & Shred (FF) 4pm (30 min.) Fitness Staff	Cardio HIIT (S3) 4pm (30 min.) Fitness Staff	Tread & Shred (FF) 4pm (30 min.) Fitness Staff	Cardio HIIT (S3) 4pm (30 min.) Fitness Staff	
			Tread & Shred (FF) 4pm (30 min.) Fitness Staff	
	BODYPUMP Express (S3) 6:30pm (30 min.) MaryLauren			
	Cardio HIIT (S3) 7pm (30 min.) Austin			

All classes are 55 minutes unless otherwise indicated. *BODYPUMP, all Cycling classes, POUND, Tread & Shred and Barre Conditioning require a reservation, which can be made online (www.anschutzwellness.com) beginning 24 hours prior to the start of class. Late arrivals may result in the loss of your spot. *Parkinson's Exercise classes are fee-based. Please see the front desk for details. **Based on your online reservation, please check-in for BODYPUMP at the front desk to receive a ticket to class. For more information call 303-724-9355.

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CLASS DESCRIPTIONS

BODYCOMBAT™ Express - Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. You'll release stress, have a blast and feel like a champ.

BODYPUMP™ EXPRESS – A 30-minute version of the classic original barbell class that will tone, sculpt and strengthen your entire body – FAST! Our express classes are structured to ensure a balanced workout – perfect for those short on time or beginners to BODYPUMP. Like the full version, a ticket is required for entrance to BODYPUMP Express.

CARDIO HIIT – Simple, athletic movements performed in short, explosive intervals for an efficient, effective cardio workout. Timed anaerobic work (based on your heart rate monitor or rate of perceived exertion) is followed by aerobic recovery to stimulate improved cardiovascular performance, while burning fat and calories. One of the benefits of HIIT is that the calories keep burning even after you've completed the workout!

CORE STRENGTH – A strong core is the foundation of your fitness program. In this class, you will work your entire core from every angle – front, back and sides – for a strong, sleek midsection.

Simplified step by step in order to ensure that everyone can participate.

MAT PILATES – Pilates focuses on the strength and flexibility of the entire core, the “Powerhouse”, and is based on the teachings of Joseph Pilates.

TABATA – Tabata protocol calls for short bouts of high intensity effort followed by a short recovery period. This class is short in length but high in results.

TURN & BURN – High intensity interval training on a bike! You will achieve an effective cardio workout in just 30 minutes. HIIT is scientifically proven to return rapid results. Turn & Burn combines short bursts of high intensity, where you work at maximum effort, followed by a short recovery that prepares you for the next effort. It's just 30 minutes and you vary the intensity – great for beginners to group cycling! Reservation required.

TOTAL STRENGTH – This total body class focuses on achieving muscular strength through simply choreographed exercises targeting all muscle groups.

TREAD & SHRED – Join us on the treadmill for an interval-based workout designed to maximize fat burning. Energy system development training allows you get a killer workout in 30 minutes!

YOGA FOUNDATIONS - This class is slowly paced and ideal for beginners, as well as intermediate and advanced students who want to work on their alignment, building strength and increasing flexibility.

We reserve the right to modify the schedule based on participation. Appropriate attire is required.

CLASS LOCATIONS:

S1 – Studio 1 (first floor, just off the main fitness floor)

S2 – Studio 2 (first floor, next to studio 2)

S3 – Studio 3 (basement)

FF – Fitness Floor

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