

# GROUP EXERCISE SCHEDULE



January 7 – January 31, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP™ (S3) 6am Hayden	BODYCOMBAT™ Express (S3) 5:30am (30 min.) ★ Jason	Sunrise Yoga (S2/Green Roof) 6am - Trevor ★	Total Strength (S3) 5:30am Becky M.	Tabata (S3) 6am (30 min.) Becky M.		
Turn & Burn (S1) 6:30am (30 min.) Fitness Staff	CXWORX (S3) 6am (30 min.) ★ Jason	Barre Conditioning (S3) 6am Kat	Turn & Burn (S1) 6:30am Fitness Staff	Total Strength (S3) 6:30am (30 min.) Becky M.		
Core Strength (FF) 7am (15 min.) Fitness Staff	RPM (S1) 7am ★ Karen E.			Sunrise Yoga (S2/Green Roof) 7am - Blair	Barre Conditioning (S3) 8am Kate	BODYFLOW (S2) 8:30am Candice
					Cycling (S1) 9am Rachael/Lauren	Pound (S3) 9am Sue
			Gentle Aqua (Pool) 10am Alyssa		BODYCOMBAT (S3) 9am Candice	Alignment Yoga (S2) 10am Becky W.
Cardio HIIT (S3) 11:30am (30 min.) Rachel K.	Gentle Aqua (Pool) 10am Alyssa	Yoga Foundations (S2) 10:30am Daniel	Yoga Foundations Express (S2) 11:30am (30 min.) Karen P.	Barre Conditioning (S3) 11:30am Kate	H2O Circuit (Pool) 9am Abby	Aqua Fitness (Pool) 10am Richard
Total Strength (S3) 12pm (30 min.) Rachel K.	Power Flow Yoga (S2) 10:30am Daniel	Cross-Training Revo (S3) 11:30am Sarah (S3)	BODYPUMP (S3) 12pm Rachel	Cycling (S1) 12pm Lauren	Slow Flow Yoga (S2) 9am (75 min.) Daniel	Barre Conditioning (S3) 10am Nicole
Flow Yoga (S2) 12pm Blair	Mat Pilates (S2) 11:30am Karen B.	Flow Yoga (S2) 12pm Daniel	Mat Pilates (S2) 12pm (45 min.) Karen P.	Cardio HIIT(S2) 12pm (30 min.) Sarah (S2)	BODYPUMP (S3) 10am Candice	BODYPUMP (S3) 11am Devra/Nicole
Turn & Burn (S1) 12:15pm (30 min.) Fitness Staff	BODYPUMP (S3) 12pm Cady (S3)	Turn & Burn (S1) 12:15pm (30 min.) Fitness Staff	Tread & Shred (FF) 12:15pm (30 min.) Fitness Staff	Core Strength (S2) 12:30pm (15 min.) Sarah (S2)		
BODYCOMBAT Express 12:30pm (45 min.) (S3) Candice	Tread & Shred (FF) 12:15pm (30 min.) Fitness Staff	*Parkinson's Exercise (S3) 1:15pm Alyssa	CXWORX (S3) 1:00pm (30 min.) ★ Rachel	*Parkinson's Exercise 1:15pm (S3) Alyssa		
	Core Strength (FF) 12:45pm (15 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	Tread & Shred (FF) 4pm (30 min.) Fitness Staff			
BODYPUMP Express 4:30pm (45 min.) (S3) Jason	Mat Pilates (S3) 4:30pm Karen P.	Step (S3) 4:30pm Jason	Barre Conditioning (S3) 4:30pm Rachael			
CXWORX (S3) 5:15pm (30 min.) ★ Jason	RPM (S1) 4:30pm ★ Leigha	BODYFLOW™ (S2) 4:30pm Candice	Flow Yoga (S2) 4:30pm Daniel	Zumba (S3) 4:30pm ★ Cliff		
Cycling (S1) 5:30pm Rachael	Yin/Yang Yoga (S2) 4:30pm Lisa	Aqua Interval (Pool) 5:30pm Cathy	Gentle Aqua (Pool) 4:30pm Abby	BODYPUMP (S3) 5:30pm MaryLauren		
Power Flow Yoga (S2) 5:30pm Cori	H2O Circuit (Pool) 5:30pm Abby	Mat Pilates (S2) 5:30pm Emily	Strength Endurance (S3) 5:30pm Kat			
Aqua Interval (Pool) 5:30pm Karen D.	Zumba (S3) 5:30pm Jenna	BODYPUMP (S3) 5:30pm Candice	RPM (S1) 6pm ★ Devra			
Step (S3) 5:45pm (45 min.) ★ Candice	Hatha Yoga (S2) 5:30pm Wallace	Cycling (S1) 5:30pm Danielle	Hip Hop (S3) 6:30pm Logan			
Barre Conditioning (S3) 6:30pm Maggie	BODYPUMP Express (S3) 6:30pm (30 min.)	Sunset Yoga (S2) (S2/Green Roof) 6:30pm – Cori	BODYPUMP Express (S3) 7:30pm (30 min.) ★ CXWORX (S3) 8pm (30 min.) ★ Logan			
Sunset Yoga (S2) 6:30pm Cori	Cardio HIIT (S3) 7pm (30 min.) Austin					
TOTAL BODY		MIND/BODY	AQUA	CYCLING	CARDIO	

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](http://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. \*FIT GROUPS are fee-based. Please see the front desk or speak with a trainer for details. ★ Indicates a new or modified class.

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## CLASS DESCRIPTIONS

Indicates a new or modified class.

**ALIGNMENT YOGA** – This approach to yoga focuses on slower transitions and longer periods spent in each pose. The methodical placement of each pose allows for maximum benefit of each posture.

**AQUA FITNESS** – Intensify your aerobic routine with the resistance of water! This fast-paced class will keep you moving with innovative routines featuring flowing movements, jumps, kicks and more! A class sure to get you aqua fit while being easy on your joints.

**AQUA INTERVAL** – Interval water aerobics offers the benefits of anaerobic and aerobic intervals for a fat-burning total body workout in a non-impact setting.

**BARRE CONDITIONING** – This class utilizes the ballet barre, combining a progression of movements to work the entire body while developing greater physical awareness and posture. Intense yet low impact, this class will stabilize your core while working major muscle groups as well as the smaller muscles in the thighs and seat. A final stretch encourages muscle length and balance.

**BODYCOMBAT™** – 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. Your instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

**BODYCOMBAT/PUMP™ EXPRESS** – A 30-minute version of the classics. Our express classes are structured to ensure a balanced workout – perfect for those short on time or beginners to BODYCOMBAT or BODYPUMP. Like the full version, a ticket is required for entrance to BODYPUMP Express.

**BODYFLOW™** – Ideal for anyone and everyone, BODYFLOW™ is the yoga-based class that will improve your mind, your body and your life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.

**BODYPUMP™** – The original barbell class, will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. Space is limited – online reservation required.

**BOOT CAMP CIRCUIT** – This multiple intensity class uses athletic movements designed to take you to a new level of fitness. Cross train between jump rope, boxing drills, cardio step circuits, sit-ups, push-ups, weight training movements and so much more.

**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.

**CROSS-TRAINING REVO** – It's a revolution! A total fitness approach to enhance competence in all components of fitness: cardiovascular endurance, strength, flexibility, coordination and balance for improved overall wellness and fat loss.

**CYCLING** – Our cycling classes provide a low-impact, customized intensity workout that will help you push your fitness to a new level. 30 minute classes are a great option for beginners!

**CXWORX – NEW!** During the 30-minute workout trained instructors guide you through a complete core workout, coaching correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

**FLOW & POWER FLOW YOGA** – This an intense, detoxifying, empowering and completely engaging practice. It is a challenging strength and stamina focused class that provides a powerful workout. This class will help you attain a stronger, more toned yoga body and a calmer, more focused mind.

**GENTLE AQUA** – This is a lower intensity, low impact water class designed to train the body for functional movement on land. Low intensity aerobic activities combined with toning make for a total body experience. Instructor may use water noodles.

**HATHA YOGA** – Hatha refers to the practice of physical yoga postures. Hatha practices are designed to align and calm your body, mind, and spirit.

**HIP HOP** – If you love to dance, or would love to learn to dance, this is the class for you! In this class, hip-hop and dance moves are choreographed to high energy and motivating music. All moves are broken down and simplified step by step in order to ensure that everyone can participate.

**H2O CIRCUIT** – Water aerobics offers a total body workout in a non-impact setting. We combine cardiovascular, strength and flexibility exercises to provide you with a complete workout. Whether you are rehabilitating from an injury or simply looking for something new to try, come experience H2O!

**MAT PILATES** – Think "long lean body." This class focuses on strength and flexibility of the entire core or "powerhouse" and is based on the traditional studies of Joseph Pilates. The exercises combine core activities and breathing/relaxation. All levels welcome.

**NEXT LEVEL FLOW** – This Vinyasa (Flow) Yoga class is tailored to students who are comfortable in Flow and Power Flow Yoga and ready for more advanced transitions, plyometrics, and challenge postures.

**Parkinson's Exercise** – Our Parkinson's exercise classes are designed to help combat symptoms of Parkinson's, improve balance and strength and keep the body moving!

**POUND®** – Pound is a full-body cardio jam session, combining light resistance with constant simulated drumming. Fusing cardio, Pilates, isometric movements, plyometrics and isometric poses into a 45-minute series, means you burn calories, strengthen and sculpt infrequently used muscles, for a leaner, slimmer physique – all while rocking out to your favorite music! Rock out. Work out.

**RPM – NEW!** RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session\*. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

**SLOW FLOW YOGA** – For those who are beginners to flow yoga or who wish to practice at a slower pace, this class is a perfect way to end the day – nourishing body and mind.

**STEP** – Step Aerobics is one of the most traditional, long-standing group fitness classes. Combinations are broken down and taught building up to a fun routine – all while giving you a great cardiovascular workout.

**STRENGTH ENDURANCE** – This class alternates simple step moves with strength training exercises for an interval-based workout that truly works every muscle group and never disappoints

**SUNRISE YOGA** – De-stress with this breath-centric class. Smooth movements help participants achieve better posture, flexibility, balance and strength while meditation helps to improve focus. All levels welcome.

**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! 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!

**YIN/YANG YOGA** – This balanced class reflects the Taoist principles of passive (yin) and vigorous (yang) to prepare the body with heat-building flow yoga, followed by a slower pace and stretches held for longer periods.

**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.

**ZUMBA™** – Zumba™ combines high energy, captivating music with Latin inspired moves that will leave you asking for more. Zumba™ is a "feel good" workout geared toward all levels. We bet you'll find the dancer within. All levels welcome.

\***BODYPUMP, all Cycling classes, Tread & Shred, POUND and Barre Conditioning** require a reservation, which can be made online beginning 24 hours prior to the start of class. Late arrivals may result in the loss of your spot.

\*\*\*Based on your online reservation, please check-in for **BODYPUMP** at the front desk to receive a ticket to class.

*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

All classes are 55 minutes unless otherwise indicated.

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