

GROUP EXERCISE SCHEDULE



March 1– 31, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP™ Express (S3) 6am (45 min.) Hayden	Turn & Burn (S1) 6:30am (30 min.) Fitness Staff	Sunrise Yoga (S2/Green Roof) 6am - Trevor	Total Strength (S3) 5:30am Becky M.	Tabata (S3) 6am (30 min.) Becky M.		
	Core Strength (FF) 7am (15 min.) Fitness Staff	Barre Conditioning (S3) 6am Kat	Turn & Burn (S1) 6:30am Fitness Staff	Core Strength 6:30am (15 min.) Becky M.		
			Core Strength (FF) 7am (15 min.) Fitness Staff	Sunrise Yoga (S2/Green Roof) 7am – Becky W.	★ Barre Conditioning (S3) 8am Maggie	BODYFLOW (S2) 9:00 am Candice
					BODYCOMBAT (S3) 9am Candice	Cycling (S1) 9am Austin
					H2O Circuit (Pool) 9am Abby/Karen	Alignment Yoga (S2) 10am Becky W.
★ Cardio HIIT (S3) 11:30am (30 min.) Emily M.	Gentle Aqua (Pool) 10am Alyssa	Yoga Foundations (S2) 10:30am Daniel	Gentle Aqua (Pool) 10am Alyssa	Barre Conditioning (S3) 11:30am Staff	Slow Flow Yoga (S2) 9am (75 min.) Daniel	Barre Conditioning (S3) 10am Nicole
★ Total Strength (S3) 12pm (30 min.) Emily M.	Power Flow Yoga (S2) 10:30am Daniel	Cross-Training Revo (S3) 11:30am Sarah (S3)	Mat Pilates (S2) 12pm (45 min.) Karen P.	Cycling (S1) 12pm Caitlin	BODYPUMP (S3) 10am Candice	Aqua Fitness (Pool) 10am Austin
Flow Yoga (S2) 12pm Paige	Mat Pilates (S2) 11:30am Karen B.	Flow Yoga (S2) 12pm Daniel	BODYPUMP (S3) 12pm Rachel	Cardio HIIT (S2) 12pm (30 min.) Sarah/Emily M. (S2)		BODYPUMP (S3) 11am Devra/Nicole
Turn & Burn (S1) 12:15pm (30 min.) Fitness Staff	BODYPUMP (S3) 12pm Candice (S3)	Turn & Burn (S1) 12:15pm (30 min.) Fitness Staff		Core Strength (S2) 12:30pm (15 min.) Sarah/Emily M. (S2)		
Core Strength (FF) 12:45pm (15 min.) Fitness Staff	Tread & Shred (FF) 12:15pm (30 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						
Essentrics (S2) 4:30pm Lisa						
BODYPUMP Express 4:30pm (45 min.) (S3) Trevor	Cardio HIIT (S3) 4:30 p.m. Trevor	Tread & Shred (FF) 4pm (30 min.) Fitness Staff	Cardio HIIT (S3) 4pm (30 min.) Fitness Staff			
CXWORX (S3) 5:15pm (30 min.) Trevor	RPM (S1) 4:30pm (45 min.) Sunnee	Pound (S3) 4:30pm Leanna	Barre Conditioning (S3) 4:30pm Maggie			
Cycling (S1) 5:30pm Austin	CXWORX (S3) 5:30pm Trevor	BODYFLOW™ (S2) 4:30pm Candice	Flow Yoga (S2) 4:30pm Daniel			
Power Flow Yoga (S2) 5:30pm Adrielle	H2O Circuit (Pool) 5:30pm Abby	Aqua Interval (Pool) 5:30pm Cathy	Gentle Aqua (Pool) 4:30pm Abby	BODYCOMBAT (S3) 4:30pm Leanna		
Aqua Interval (Pool) 5:30pm Karen D.	Zumba (S3) 5:30pm Jenna	Yin Yoga (S2) 5:30pm Adrielle	Essentrics (S2) 5:30pm Lisa	BODYPUMP (S3) 5:30pm Brittany		
Step (S3) 5:45pm Candice	Hatha Yoga (S2) 5:30pm Laura	BODYPUMP (S3) 5:30pm Candice	★ Step & Sculpt (S3) 5:30pm Kat			
Barre Conditioning (S3) 6:45pm Nicole	BODYPUMP Express (S3) 6:30pm (30 min.) Trevor	Cycling (S1) 5:30pm Maggie	RPM (S1) 6pm (45 min.) Devra			
Sunset Yoga (S2) 6:30pm Paige	Cardio HIIT (S3) 7pm (30 min.) Austin	BODYCOMBAT (S3) 6:30pm Emily D.	Hip Hop (S3) 6:30pm Logan			
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) 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. 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

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.

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.

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 – 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.

ESSENTRICS – is a dynamic workout that lengthens and strengthens every muscle in the body, resulting in greater joint mobility and lean, long muscles. This completely original workout draws on tai chi, ballet, and physiotherapy, combined to create health and balance, long and lean muscles, and create a pain free body.

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.

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.

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 – RPM™ is group cycling 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.

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.

STEP & SCULPT – Get the best of both worlds in this action-packed class! This class alternates simple step moves with strength training exercises for an interval-based workout that truly works every muscle group and never disappoints. All levels welcome.

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. 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 YOGA – Yin Yoga focuses on the slow, patient, opening of the fascial layer of the body. The fascia is the connective tissue that underlies the skin, wraps the muscles, and holds the bones together. Yin helps to put your body, and your mind, back in working order.

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.

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***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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