

# GROUP EXERCISE SCHEDULE



November 1-30, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Total Strength (S3) 5:30am Becky M.			Slow Flow Yoga (S2/Green Roof) 8:30am Trevor	
BODYPUMP™ (S3) 6:00am Trevor	Cycling (S1) (In-Person Only) 5:30am (45min) Rachel K.	FIT Group* (In-Person Only) 5:30am Fitness Staff	Cycling (S1) (In-Person Only) 5:30am (45min) Rachel K. ★		FIT Group* (In-Person Only) 9:00am Fitness Staff	
					H2O Circuit (Pool) (In-person Only) 9:00am Staff	
	ZONE 4 (1st Floor Treadmills) (In-Person Only) 11:30am (45 min) David		ZONE 4 (1st Floor Treadmills) (In-person Only) 11:30am (45 min) David		BODYCOMBAT™ (S3) 9:00am Leanna E.	BODYPUMP™ (S3) 9:00am Rachel P.
Cardio HIIT (S3) 11:30am (30 min) Tim	Flow Yoga (S2) 12:00pm Trevor	RPM™ (S1) (In-Person Only) 11:30am (45min) Candice	Mat Pilates (S2) 12:00pm (45min) Karen B.	RPM™ (S1) (In-Person Only) 11:30am (45min) Candice	BODYPUMP™ (S3) 10:00am Candice	BODYBALANCE™ (S2) 10:00am Candice
Total Strength (S3) 12:00pm (30 min) Tim			BODYPUMP™ (S3) 12:00pm Trevor	Les Mills CORE™ (S3) 11:30am (30min) Karen B.		
				BODYBALANCE™ Express (S3) 12:00pm (30min) Karen B.		
Flow Yoga (S2) 4:30pm Trevor		Cardio Barre (S3) 4:30pm Karen B.				
BODYCOMBAT™ (S3) 4:30pm Candice	BODYPUMP™ (S3) 4:30pm Trevor	Cycling (S1) (In-Person Only) 5:30pm (45min) Chris		BODYPUMP™ (S3) 4:30pm Lisa		
FIT Group* (In-Person Only) 5:00pm Fitness Staff	Hatha Yoga (S2) 5:30pm Daniel	BODYCOMBAT™ (S3) 5:30pm MaryLauren	BODYBALANCE™ (S2) 4:30pm Candice B.			
BODYPUMP™ (S3) 5:30pm Candice	FIT Group* (In-Person Only) 5:00pm Fitness Staff	Essentrics (S2) 5:30pm Lisa	FIT Group* (In-Person Only) 5:00pm Fitness Staff			
Essentrics (S2) 5:30pm Lisa	Les Mills CORE™ (S3) 5:30pm (30min) Trevor	Aqua Interval (Pool) (In-person Only) 6:00pm Karen	Les Mills CORE™ (S3) 5:30pm (30 min) Trevor			
H2O Circuit (Pool) (In-person Only) 5:30pm Karen D.	Zumba (S3) 6:00pm Jenna	BODYPUMP™ (S3) 6:30pm MaryLauren	Strength Endurance (S3) 6:00pm Kat K.			
<b>FIT GROUP*</b>	<b>CYCLING</b>	<b>MIND/BODY</b>	<b>CARDIO</b>	<b>AQUA</b>	<b>TOTAL BODY</b>	

All group exercise classes are live-streamed unless otherwise indicated.

\*FIT GROUP is a fee-based program and requires a reservation. Please see the front desk or speak with a trainer for details.

★ Indicates new or modified class

**FITNESS CENTER HOURS:**

Monday - Thursday 5:00 a.m. - 10:00 p.m.  
Friday 5:00 a.m. - 9:00 p.m.  
Saturday - Sunday 7:00 a.m. - 5:00 p.m.

Operating hours subject to change.

**WELLNESS  
CHANGES  
EVERYTHING**





## CLASS DESCRIPTIONS

**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.

**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.

**BODYPUMP/FLOW™ 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 new to BODY-PUMP or BODYBALANCE.

**BODYBALANCE™** - Ideal for anyone and everyone, BODYBALANCE™ 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.

**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.

**CARDIO BARRE** - This high energy, low-impact class combines large range, whole body movements and intense isolation exercises to work the entire body while developing greater physical awareness and posture. This energizing class will strengthen the muscles of your core, arms, thighs, and seat and give your heart a pumping cardio workout. A final stretch at the finish encourages muscle length, balance, and recovery.

- In-person classes require a reservation. Members may reserve a class up to 24 hours in advance on the member app or online portal.
- Please arrive at least 5 minutes early for all in-person classes to allow for setup time; late arrival may result in the loss of your reservation
- Access our virtual classes on the member app or desktop portal at [ahwc.clubautomation.com](http://ahwc.clubautomation.com)
- Reservations are not required to participate on Zoom
- All classes are 55 minutes unless otherwise indicated call 303-724-9355
- We reserve the right to modify the group exercise schedule based on participation and staff availability

### CLASS LOCATIONS:

**S3 - Studio 3 (basement)**

**S2 - Studio 2 (ground floor)**

**S1 - Studio 1 (ground floor cycling studio)**

**Green Roof - Take elevator to 3rd Floor**

**CARDIO HIIT AND CORE** - The best of both worlds! Athletic cardio interval training and core strength moves come together in a true total body workout! Increase cardiovascular performance, while building strength and shaping your abdominals.

**CYCLING** - Our cycling classes provide a low-impact, customized intensity workout that will help you push your fitness to a new level.

**ESSENTRICS** - 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.

**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!

**HATHA YOGA** - Hatha is one of the most commonly practiced forms of yoga where the breath guides each posture. This slower practice focuses on alignment to achieve balance between body and mind and ultimately free your spirit through the physical poses.

**Les Mills CORE** - During this express workout, trained instructors guide you through a complete core strength class, 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. Try the classic, 30 minute class or gear-up for the brand new 45 minute version!

**FIT GROUP** - FIT stands for functional integrative training, which is exercise focused on providing you with the strength, stability and mobility your body needs in order for you to thrive in everyday life. Whether it's sports, hiking, or just playing with your kids or grandkids - our FIT Groups utilize exercises that improve your ability to do what you love to do, safely and effectively.

**FLOW YOGA** - This is 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.

**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.

**RPM** - 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. Get a fantastic aerobic workout, while learning footwork combinations that take you up, over, and around your step! Every move is broken down for all levels to create a fun cardio routine that everyone can do!

**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.

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

**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.

**ZONE 4** - ZONE 4 is an interval-based treadmill workout designed to elicit different training responses around the metabolic energy systems. The program is specifically geared toward your current fitness level and will challenge you to reach new levels of cardio endurance and stamina.

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