

## **Town of Snowmass Village Recreation Center February Group Fitness Classes**

### **Core Yoga**

This class will target abs, hips, and thighs. Excellent for alignment, lengthening and strengthening. You will feel balanced and revitalized

Tuesday & Thursday 8:30am-10:00am

Session : Feb 2-Feb 25 8 classes resident \$80.00 non-resident \$100.00

### **Vinyasa Flow Yoga**

Vinyasa means breath synchronized movement, tends to be a more vigorous style based on the performance of a series of poses classed Sun Salutations, in which movement is matched to breath

Monday & Wednesday 6:00pm-7:15pm

Session: Feb 1-Feb24 8 classes resident \$80.00 non-resident \$100.00

### **Stretch and Restore Yoga**

This class utilizes the basic poses and principles of hatha yoga. Class will focus on reducing everyday stress and increasing flexibility, strength and balance. This is a great way to get started in yoga or to recover from more strenuous pursuits

Monday & Wednesday 5:00pm-6:00pm

Session: Feb 1-Feb24 8 classes resident \$80.00 non-resident \$100.00

### **Mixed Martial Arts**

The fight club! This class is for all levels of martial arts enthusiasts. Please bring your own equipment. Train with the best in the valley!

Tuesday & Thursday 7:00pm-8:00pm

Session: Feb 2-Feb 25 8 classes resident \$80.00 non-resident \$100.00

### **Indoor Cycling**

This class utilizes stationary bikes and music. The cycling offers a great cardio workout with interval, strength and all-terrain workout rides

Monday & Wednesday 6:00pm-7:00pm

Session: Feb 1-Feb24 8 classes resident \$80.00 non-resident \$100.00

### **Pilates Mat**

The Pilates Method is a unique series of exercises developed to strengthen and tone core muscles, improve posture and flexibility, unite body mind and spirit and create a streamlined shape

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Session: Feb 2-Feb 25 8 classes resident \$80.00 non-resident \$100.00

**Drop-In on a space available basis \$15.00**

**SCHEDULE IS SUBJECT TO CHANGE**

**PLEASE SIGN-UP CLASS WILL BE CANCELLED IF THE MINIMUM IS NOT MET  
48HRS BEFORE THE FIRST DAY OF CLASS**

970-922-2240 snowmassrecreation.com