

## **Town of Snowmass Village Recreation Center January 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 : Jan 5-Jan28 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: Jan 4-Jan 27 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: Jan 4-Jan 27 8 classes resident \$80.00 non-resident \$100.00

### **Stay Snowsport Fit**

Keep the edge that you attained in Ski Conditioning. This class will continue to work on your speed, agility and power at lower intensity. We also add assisted isolated stretch to help you prevent injury and to help your muscles recover from a great day on the hill!

Tuesday & Thursday 6:00pm-7:00pm

Session: Jan 4-Jan 27 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: Jan 4-Jan 27 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: Jan 4-Jan 27 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

Tuesday & Thursday 5:15pm-6:00pm

Session: Jan 4-Jan 27 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