

Fitness and Wellness



Group Fitness Classes

The Snowmass Village Recreation Center offers a variety of fitness and wellness programs, ranging from group fitness classes to specialized workshops as well as personal training. Our goal is to offer something for everyone, from the new fitness participant to the seasoned athlete. Please check the facility schedule located at the front desk; online at www.snowmassrecreation.com or call the front desk at 970-922-2240 for the classes and class times currently being offered. Classes, class times and fees are subject to change.

We offer several payment options for group fitness classes (see page 2 for fees):

- Fitness add-ons to your 3 month or 1 Year membership (Group Fitness classes are not included in your membership)
- Fitness Class punch passes
- Monthly Sessions
- Fitness Class Drop-In Fee - \$15.00 on a space available basis

Participants must Pre-register for all classes and programs.

Classes may be cancelled at any time please call to check class availability

Personal Training

The team of personal trainers at the Snowmass Village Recreation Center has the skills to help you achieve your fitness goal be it climbing Mt. Everest, losing weight or improving your blood profile. In addition to classic personal training we also offer personal training sessions for Yoga, Active Isolated Stretching, Olympic Lifting, Pilates Mat and Thai Massage. Our trainers are certified and have the background suited to a variety of needs. Call the Snowmass Recreation Center front desk for information on each trainer.

Personal Training Rates:

1 session \$85.00

5 sessions \$382.50

10 sessions \$765.00

Fitness Classes Descriptions

Enduro Spin Classes

Set to inspiring music, cycling classes offer a great cardio workout with interval, strength and all-terrain workout rides. These classes utilize the state of the art Keiser M3 indoor cycle. A great way to get in shape for the summer riding season.

Pilates Mat

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

Fit Women

A core workout with weight training and more! This class utilizes bosu balls, Swiss balls, bands and free weights. All levels welcome.

H.I.T

High Intensity Training! An intense one hour workout utilizing steps, weights, bosu balls and more, one of the fastest ways in the world to get in the best shape of your life!

Triathlon Training

This class will focus on getting you ready to compete in triathlons. Swimming, cycling and running. This class is suitable for all levels of fitness enthusiasts.

Mixed Martial Arts Club

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