

Group Fitness Classes



<i>May Classes</i>	<i>Days</i>	<i>Dates</i>	<i>Time</i>	<i>Mem</i>	<i>Non-Mem</i>
Enduro Spin	Monday & Wednesday	May 4 - May 27	6:30a - 7:15a	\$61.25	\$87.50
Enduro Spin	Monday & Wednesday	May 4 - May 27	6:00p - 7:00p	\$61.25	\$87.50
Pilates Mat	Tuesday & Thursday	May 5 - May 28	12:00p - 1:00p	\$70.00	\$100.00
Fit Women	Monday & Wednesday	May 4 - May 27	4:00p - 5:00p	\$61.25	\$87.50
H.I.T	Monday & Wednesday	May 4 - May 27	5:30p - 6:30p	\$61.25	\$87.50
Triathlon Training	Monday & Wednesday	May 4 - May 27	5:30p - 6:30p	\$61.25	\$87.50
Mixed Martial Arts	Tuesday & Thursday	May 5 - May 28	7:00p - 8:15p	\$70.00	\$100.00

<i>June Classes</i>	<i>Days</i>	<i>Dates</i>	<i>Time</i>	<i>Mem</i>	<i>Non-Mem</i>
Enduro Spin	Monday & Wednesday	June 1 - June 29	6:30a - 7:15a	\$78.75	\$112.50
Enduro Spin	Monday & Wednesday	June 1 - June 29	6:00p - 7:00p	\$78.75	\$112.50
Pilates Mat	Tuesday & Thursday	June 2 - June 30	12:00p - 1:00p	\$78.75	\$112.50
Fit Women	Monday & Wednesday	June 1 - June 29	4:00p - 5:00p	\$78.75	\$112.50
H.I.T	Monday & Wednesday	June 1 - June 29	5:30p - 6:30p	\$78.75	\$112.50
Triathlon Training	Monday & Wednesday	June 1 - June 29	5:30p - 6:30p	\$78.75	\$112.50
Mixed Martial Arts	Tuesday & Thursday	June 2 - June 30	7:00p - 8:15p	\$78.75	\$112.50

<i>July Classes</i>	<i>Days</i>	<i>Dates</i>	<i>Time</i>	<i>Mem</i>	<i>Non-Mem</i>
Enduro Spin	Monday & Wednesday	July 1 - July 29	6:30a - 7:15a	\$61.25	\$87.50
Enduro Spin	Monday & Wednesday	July 1 - July 29	6:00p - 7:00p	\$61.25	\$87.50
Pilates Mat	Tuesday & Thursday	July 2 - July 30	12:00p - 1:00p	\$70.00	\$100.00
Fit Women	Monday & Wednesday	July 1 - July 29	4:00p - 5:00p	\$61.25	\$87.50
H.I.T	Monday & Wednesday	July 1 - July 29	5:30p - 6:30p	\$61.25	\$87.50
Triathlon Training	Monday & Wednesday	July 1 - July 29	5:30p - 6:30p	\$61.25	\$87.50
Mixed Martial Arts	Tuesday & Thursday	July 2 - July 30	7:00p - 8:15p	\$70.00	\$100.00

<i>August Classes</i>	<i>Days</i>	<i>Date</i>	<i>Time</i>	<i>Mem</i>	<i>Non-Mem</i>
Enduro Spin	Monday & Wednesday	Aug 3 - Aug 26	6:30a - 7:15a	\$78.75	\$112.50
Enduro Spin	Monday & Wednesday	Aug 3 - Aug 26	6:00p - 7:00p	\$78.75	\$112.50
Pilates Mat	Tuesday & Thursday	Aug 4 - Aug 27	12:00p - 1:00p	\$78.75	\$112.50
Fit Women	Monday & Wednesday	Aug 3 - Aug 26	4:00p - 5:00p	\$78.75	\$112.50
H.I.T	Monday & Wednesday	Aug 3 - Aug 26	5:30p - 6:30p	\$78.75	\$112.50
Triathlon Training	Monday & Wednesday	Aug 3 - Aug 26	5:30p - 6:30p	\$78.75	\$112.50
Mixed Martial Arts	Tuesday & Thursday	Aug 4 - Aug 27	7:00p - 8:15p	\$78.75	\$112.50

Specialty Classes

Outdoor Cycling Classes

Have fun, learn new skills and meet other cyclists! All Cycling classes will originate from the Snowmass Village Recreation Center
Classes may be cancelled due to inclement weather
Must provide own equipment

Road Bike Classes

Min/Max: 2 / 5

Must sign up at least 24 hrs in advance

Dates: Every Saturday in June, July and August

Time: 10:00am-1:00pm(times may vary)

Cost: \$25.00 per person per ride

Mountain Bike Classes

Min/Max: 2 / 5

Must sign up at least 24 hrs in advance

Dates: Every Friday in June, July and August

Time: 6:00pm-8:00pm(times may vary)

Cost: \$25.00 per person per ride

Group Fitness Classes



Yoga Class Descriptions

Core Yoga

This class will target Abs, hips, and thighs. You will feel balanced and revitalized. Hatha and Vinyasa Flow combined for a well balanced physical, mental and spiritually rewarding practice. Focus on movement and self-awareness.

Beginning Yoga

This class is an introduction to the 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 add a change to your fitness routine.

Power Yoga

Get your heart pumping, sweat dripping and internal heat building all while listening to cool music in this intense flow class designed to build strength, flexibility and balance. Must have previous yoga experience.

Basic Yoga (Good for all levels).

Emphasis is placed on the cultivation of core strength. Balance, breath control and flexibility through focus and concentration

<i>May Classes</i>	<i>Days</i>	<i>Dates</i>	<i>Time</i>	<i>Mem</i>	<i>Non-Mem</i>
Core Yoga	Tuesday & Thursday	May 5 - May 28	8:30a - 9:45a	\$70.00	\$100.00
Beginning Yoga	Monday & Wednesday	May 4 - May 27	5:00p - 6:00p	\$61.25	\$87.50
Power Yoga	Monday & Wednesday	May 4 - May 27	7:00p - 8:00p	\$61.25	\$87.50
Basic Yoga	Saturdays	May 4 - May 27	4:00p - 5:00p	\$43.75	\$62.50

<i>June Classes</i>	<i>Days</i>	<i>Dates</i>	<i>Time</i>	<i>Mem</i>	<i>Non-Mem</i>
Core Yoga	Tuesday & Thursday	June 2 - June 30	8:30a - 9:45a	\$78.75	\$112.50
Beginning Yoga	Monday & Wednesday	June 1 - June 29	5:00p - 6:00p	\$78.75	\$112.50
Power Yoga	Monday & Wednesday	June 1 - June 29	7:00p - 8:00p	\$78.75	\$112.50
Basic Yoga	Saturdays	June 6 - June 27	4:00p - 5:00p	\$35.00	\$50.00

<i>July Classes</i>	<i>Days</i>	<i>Dates</i>	<i>Time</i>	<i>Mem</i>	<i>Non-Mem</i>
Core Yoga	Tuesday & Thursday	July 2 - July 30	8:30a - 9:45a	\$78.75	\$112.50
Beginning Yoga	Monday & Wednesday	July 1 - July 29	5:00p - 6:00p	\$78.75	\$112.50
Power Yoga	Monday & Wednesday	July 1 - July 29	7:00p - 8:00p	\$78.75	\$112.50
Basic Yoga	Saturdays	July 11 - July 25	4:00p - 5:00p	\$26.25	\$37.50

<i>August Classes</i>	<i>Days</i>	<i>Dates</i>	<i>Time</i>	<i>Mem</i>	<i>Non-Mem</i>
Core Yoga	Tuesday & Thursday	August 4 - August 27	8:30a - 9:45a	\$70.00	\$100.00
Beginning Yoga	Monday & Wednesday	August 3 - August 26	5:00p - 6:00p	\$78.25	\$112.50
Power Yoga	Monday & Wednesday	August 3 - August 26	7:00p - 8:00p	\$78.25	\$112.50
Basic Yoga	Saturdays	August 1 - August 29	4:00p - 5:00p	\$43.75	\$62.50

Stroller Fitness

Got a stroller, got a baby or a toddler, want a fun, safe way to get into shape or stay in shape? Meet and workout with other mothers and babies. This class is for mothers who have been released from their physician to exercise and are at least six weeks post-natal. Resistance training, abdominal work and cardiovascular endurance utilizing the stroller and your baby are emphasized. Suitable for all fitness levels.

Min/Max: 4 / 10 **Days:** Tuesday & Thursday

Time: 10:00am-11:00am

Location: Meet at the Recreation Center

Dates: **Cost: Mem Non Mem**

Session 1: June 2-30 \$78.75 \$112.50

Session 2: July 2-30 \$78.75 \$112.50

Session 3: August 4-27 \$70.00 \$100.00

Registration Deadline: 24 hours prior to start of session