



TOWN OF
SNOWMASS VILLAGE

PARKS, RECREATION & TRAILS

FITNESS CLASS SCHEDULE

SEPTEMBER 5TH - DECEMBER 31ST 2022

Monday

7:30- 8:30 AM | Body Pump
8:45-9:30 AM | Yoga-Lates

8:30- 9:30 AM | **Body Flow**
9:30- 10:00 AM | **Grit: Cardio**
11:30- 12:30 PM | **Body Flow**
2:00- 4:00 PM | **OnDemand**

4:30-5:15 PM | Cycling
5:15- 6:00 PM | Cardio Shred

Tuesday

6:15- 7:00 AM | Cycling
7:15- 8:00 AM | TRX & Kettlebells

8:30- 9:00 AM | **Grit: Athletic**
9:00- 10:00 AM | **Body Pump**
11:30- 12:00 PM | **Grit: Cardio**
2:00- 4:00 PM | **OnDemand**
4:00- 4:30 PM | **LesMills Barre**

5:15- 6:00 PM | HIIT
6:30- 7:15 PM | Pilates

Wednesday

6:15- 7:15 AM | Bootcamp
7:30- 8:30 AM | Body Pump

8:30- 9:30 AM | **Body Flow**
9:30- 10:00 AM | **Grit: Cardio**
11:30- 12:30 PM | **Body Flow**
2:00- 4:00 PM | **OnDemand**

4:30-5:15 PM | Ski Conditioning
5:15- 6:00 PM | Cardio Shred

Reservations are required to attend classes

Classes listed are included with any type of membership

Live classes are listed in black

No Classes on 11/ 24 and 12/25

Virtual classes are listed in green

Thursday

7:15- 8:00 AM | TRX & Kettlebells

8:30- 9:00 AM | **Grit: Athletic**
9:00- 10:00 AM | **Body Pump**
11:30- 12:30 PM | **Grit: Cardio**
2:00- 4:00 PM | **OnDemand**
4:00- 4:30 PM | **LesMills Barre**

5:15 - 6:00 PM | HIIT
6:30 - 7:15PM | Pilates

Friday

7:15-8:00 | HIIT Hard Core
8:30- 9:15 AM | Body Pump

9:30- 10:00 AM | **Grit: Cardio**
11:30- 12:30 PM | **Body Flow**
12:15- 1:00 PM | **OnDemand**
4:00- 5:00 PM | **Body Flow**

Saturday

10:30- 11:00 AM **CXWORX**
1:00- 2:00 PM | **Body Flow**
3:30- 4:30 PM | **Body Pump**

Sunday

8:15- 9:15 AM | **Body Flow**
10:30- 11:00 AM | **CXWORX**
1:00- 2:00 PM | **Body Flow**
3:30- 4:30 PM | **Body Pump**

Class Descriptions:

Cycling

Indoor Cycling will help you stay prepared to bike the mountains or trails year round

HIIT

High Intensity Interval Training. A workout consisting of challenging exercises that take on all parts of your body with high impact exercises

Body Pump (Live & On-Demand Classes)

Barbell focused workout that uses light to moderate weights with lots of repetition to help you build strength, get lean, toned, and fit-fast

Cardio Shred

A HIIT style class that has an emphasis on cardio based workouts

Pilates

Mat workout to strengthen the whole body with a core emphasis

Yoga-lates

Takes the ideas of yoga and combines it with the workout provided from pilates to give a great mat workout

Bootcamp

A combination of weights and cardio stations following a circuit format.

TRX & Kettlebells

This class takes the suspension system of TRX and adds the additional challenge of kettlebells to up your game

Ski Conditioning

Get in shape for the slopes with a variety of workouts that will have you shredding hard

HIIT Hard Core

High intensity interval training combining ski conditioning, increased aerobic capacity and core strengthening

Les Mills Virtual Classes:

CXWORX

A 30-minute virtual class that exercises all muscles surrounding the core to aid in overall fitness improvement.

Body Flow

Yoga-based class that improves flexibility and core strength while reducing stress levels. Incorporates Tai Chi and Pilates movements.

Les Mills Barre

Virtual class that utilizes classis balletic training to shape and tone the muscles and build core strength.

Les Mills Grit

HIIT series of workouts- cardio, strength, and plyo that are designed to work the body in different ways. Build cardio, endurance, and strength.