

Durango Sports Club Class Schedule November 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:15 - 9:15 CYCLING Kat				
8:30 - 9:30 SPORT PUMP Lauren	8:20 - 9:20 PILATES Priscilla		8:20 - 9:20 PILATES+ Kat		
	8:20 - 9:20 BARRE Kim H.			8:20 - 9:20 BARRE Kim H.	
9:15 - 10:00 FUCNTIONAL TRNG. Adrian/ Sam		9:15 - 10:00 FUNCTIONAL TRNG. Adrian/ Sam	9:15 - 10:15 SCAM TRAINING Leslie		
	9:30 - 10:00 CORE 30 Kat		9:30-10:00 UPPER HIIT Kat	9:30 - 10:00 CORE 30 Kat	
9:50 - 10:50 FULL FUNCTION Chris	10:10 - 11:10 SENIOR FITNESS JoC		10:10 - 11:10 SENIOR FITNESS Kim H.	9:50 - 10:50 FULL FUNCTION Chris	9:50 - 10:35 SENIOR FITNESS Sue
					10:45 - 11:15 SILVER SNEAKERS CLASSIC Sue
11:00 - 12:00 SENIOR PILATES Diane		11:00 - 12:00 SENIOR PILATES Diane		11:00 - 12:00 SENIOR PILATES Sue	
12:10 - 1:10 THERAPEUTIC YOGA Jaclyn		12:10 - 1:10 THERAPEUTIC YOGA Jaclyn		12:10 - 1:10 STRETCH & FLEX Kim H.	
12:15 - 1:00 SENIOR BARRE Kim E.	12:15 - 1:00 SILVER SNEAKERS CLASSIC Sue		12:15 - 1:00 SENIOR SPORT PUMP Kim E.		Room Color Key
1:15 - 2:00 SILVER CIRCUIT Sue		1:15 - 2:00 SILVER CIRCUIT Sue			CYCLING STUDIO
					AEROBIC ROOM
					CIRCUIT ROOM
					DSC LIVE 1
					FUNCTIONAL TRAINING ROOM
5:30 - 6:30 RESTORATIVE YOGA Sarah		5:30 - 6:30 SKI FIT Sam			OUTSIDE
			6:00 - 7:00 BARRE Devin/ Kim H.		Thick box border = New Class, Time, or Instructor

NO CLASSES AFTER 2pm on 11/26 & ALL DAY 11/27 & 11/28
Please contact the front desk on how to join DSC Live 1

BARRE	A workout designed to tone, trim & transform the body with a fusion of ballet, Pilates & resistance training.
CORE 30	Barre inspired core workout. This is a great compliment to the Barre class finishing off a full body toning workout.
CYCLING	Indoor cycling classes improve cardiovascular fitness while burning maximum calories in an efficient and low impact
FULL FUNCTION	This class is based on the primary nine core moves and the yoga stretches that compliment them. It combines stability, mobility, balance, and flexibility. Every sporto needs this class to be efficient and maintain physiological balance.
FUNCTIONAL TRAINING	Learn to use the equipment in the Functional Training Room in a 45 minute circuit open to all levels. This class has a focus on core, whole body, and functional moves translatable to everyday life.
HIIT	45 minute class of high intensity interval exercises ranging from explosive to toning for 20 seconds hard/ 10 seconds of rest for six to eight sets of each exercise. Since it is for time, each person goes at their own pace and modifications/ progressions are offered. All fitness levels encouraged!
PILATES	Pilates is a mat class that strengthens and stretches the muscles while focusing on core body muscles. Pilates flows through a series of systematic and anatomically based movements to achieve functional strength.
PILATES+	Not your traditional Pilates style mat class, more core and glute work.
SCAM TRAINING	No scam here, just whole body Strength, Conditioning, Alignment and Mobility training done in one class using a variety of formats and functional training modalities. This class will challenge you to the max at any level, building from fundamental movement patterns and adding resistance and speed to challenge the most advanced levels. This isn't just a workout, it is training for life's everyday movements to the most powerful ones.
SENIOR BARRE	Barre class with focus on posture and alignment. Exercises for joint care and balance. All ages and fitness levels welcome!
SENIOR FITNESS	Designed for those 55+ folks and for those who are interested in a mildly intense class. It includes warm-up, cardio, and strength training followed by a relaxing stretch.
SENIOR SPORT PUMP	Total body workout with focus on strength, balance, and memory. Warm-up and cooldown included. Exercises from large to small muscle groups. All ages and fitness levels welcome.
SENIOR PILATES	New to Pilates? Learn the basics of this core-strengthening mat class while focusing on the proper alignment and form. Controlled movements improve strength, balance and coordination.
SILVER CIRCUIT	Visit Court 10 for a kinder more gentle strength and aerobic conditioning
SILVER SNEAKERS CLASSIC	Have fun and move to the music through a variety of exercises that increase muscular strength, balance, and flexibility for daily living skills.
SKI FIT	Cardio and strength drills and exercises to get you ready for ski season.
SPORT PUMP	A light-weight, high repetition strength training workout involving large and small muscle groups. High energy, sport specific training using a circuit layout with various interval/recovery techniques.
STRETCH & FLEX	Dynamic and static movements (stretching) incorporating core work and correct breathing techniques.
UPPER HIIT	High intensity interval training 30 minute class for the upper body. All fitness levels welcome!
YOGA	A practice that increases flexibility, improves balance & strength, lubricates joints, calms the mind & relaxes the nervous system while promoting increased mind-body awareness RESTORATIVE YOGA - A slow, relaxing, and calming yoga practice using props to get into proper alignment to hold poses for long periods. THERAPEUTIC YOGA - Safely and systematically improve balance, flexibility, alignment; repattern muscular habits and increase core strength while calming the nervous system and relieving stress.