

Durango Sports Club Class Schedule December 2019

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 - 7:00 MORNING KICKSTART Mary	6:15 - 6:45 HIIT IT UP Kaija	6:15 - 7:00 ROOSTER CREW Kaija	6:15 - 7:00 MORNING KICKSTART Mary		
8:30 - 9:00 POWER ZONE HIIT Brian	8:30 - 9:20 CYCLING Kat	8:30 - 9:30 CYCLING Brian		8:30 - 9:30 BEG. CYCLING & CORE Maggie	
8:30 - 9:30 SPORT PUMP Maggie	8:30 - 9:30 PILATES Priscilla	8:30 - 9:30 TOTAL FITNESS Maggie	8:30 - 9:30 PILATES Priscilla	8:30 - 9:30 BOOTY BOOTCAMP Kat	
8:30-9:30 \$ CIRCUSFIT Val	8:30 - 9:30 BARRE Kate			8:30 - 9:30 BARRE Kate	
9:15 - 10:00 FUCNTIONAL TRNG. Adrian		9:15 - 10:00 FUNCTIONAL TRNG. Adrian		9:15 - 10:15 HYBRID POWER Kaija	
	9:30 - 10:00 CORE 30 Kat		9:30-10:00 UPPER HIIT Kat	9:30 - 10:00 CORE 30 Kat	
10:00 - 11:00 FULL FUNCTION Chris	10:00 - 11:00 SENIOR FITNESS JoC		10:00 - 11:00 SENIOR FITNESS Chris	10:00 - 11:00 FULL FUNCTION Chris	10:00 - 10:45 SENIOR FITNESS Sue
			10:00 - 11:15 HATHA FLOW Sandy		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	
12:00 - 1:00 THERAPEUTIC YOGA Susan		12:00 - 1:00 THERAPEUTIC YOGA Susan	12:00 - 1:00 CYCLING Chris	12:00 - 1:00 SILVER YOGA Sandy	Room Color Key
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.		CYCLING STUDIO
1:15 - 2:00 SILVER CIRCUIT Sue		1:15 - 2:00 SILVER CIRCUIT Sue			AEROBIC ROOM
					CIRCUIT ROOM
					YOGA STUDIO
5:30 - 6:30 SKI FIT Julie		5:30 - 6:30 SKI FIT Robin / Mary			FUNCTIONAL TRAINING ROOM
5:30 - 6:30 RESTORATIVE YOGA Nicole / Cristina		5:30 - 6:30 \$ INTRO TO AERIAL Val	5:30 - 7:00 YOGA Cristina		POOL/ OUTSIDE
	6:00 - 7:00 BARRE Devin				Thick box border = New Class, Time, or Instructor

NO CLASSES 12/24, 12/25, & 1/1

Pay (\$) for aerial classes. \$20 for drop-ins. \$10 for members. Pay instructor.

BARRE	A workout designed to tone, trim & transform the body with a fusion of ballet, Pilates & resistance training.
BEGINNING CYCLING AND CORE	Indoor cycling for those that are new to it. Teach you the basics and get you comfortable to riding indoors. The last 15-10 minutes will be focused on core work.
BOOTY BOOTCAMP CIRCUSFIT	This class is combination of functional movements, Pilates, and Barre exercises for your booty. Get ready to burn that booty! Learn strength building sequences on Aerial Trapeze, Lyra, and Fabrics. Introduction to flexibility, conditioning, and stamina. All body types and levels welcome!
CORE 30 CYCLING	Barre inspired core workout. This is a great compliment to the Barre class finishing off a full body toning workout. Indoor cycling classes improve cardiovascular fitness while burning maximum calories in an efficient and low impact manner.
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. Class limit of 12 people.
HIIT IT UP	30 minute High Intensity Interval workout where you are lead through circuits by the instructor for a full body workout.
HYBRID POWER	If you're looking to build strength, power, endurance, agility and mobility, this class is for you. Hybrid Power will train you to take on anything life throws at you through dialing in proper movement patterns and building your engine with a new dynamic workout each class. All fitness levels are welcome!
INTRO TO AERIAL	Mixed apparatus class will get you circus FIT. This class is suitable for all backgrounds, strength levels, body types, and ages. Learn fabrics, trapeze, lyra, and hammock in a fun and safe environment.
MORNING KICKSTART	Get your body moving to start your day, kick up your metabolism to burn more calories throughout the day, and build strength. Class will consist of full body mobility and strength while getting your heart rate up. All levels welcome!
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.
POWER BARRE	Increase your heart rate and burn those buns! This class is similar to a regular barre class, but with the added benefit to get your heart up and sweat! Tone, tighten, and lift your booty all the while hitting a target zone for some fat burning fun!
POWER ZONE HIIT	Efficient and effective training:10min warm-up/build-up 20 Minutes of Zone 3/6 intervals. This intervals-driven class, helps you explode in and out of the saddle, boosts metabolism and challenges your fitness level to grow. At the very least it gives you a heart-healthy workout leaving you full of energy and confidence.
ROOSTER CREW	45 minute High Intensity Interval Training with stations where you can go at your own pace using different training apparatuses in the Functional Training room.
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.
SPIN & TONE	45 minutes of indoor cycling with the last 15 minutes for a toning blast to top off the workout.
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.
TOTAL FITNESS	A full body workout of timed segments including Strength, Balance, Cardio, and Core. All levels of fitness welcome.
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 HATHA FLOW - A powerful flowing practice incorporating asana, pranayama, and meditation. RESTORATIVE YOGA - A slow, relaxing, and calming yoga practice using props to get into proper alignment to hold poses for long periods. SILVER YOGA - A gentle focus on flexibility and mobility for seniors. THERAPEUTIC YOGA - Safely and systematically improve balance, flexibility, alignment; repattern muscular habits and increase core strength while calming the nervous system and relieving stress.