

FITNESS CLASS DESCRIPTIONS

30-30-30

30 mins of low impact cardio plus 30 mins of Pilates core/abdominal development ending with 30 mins of Yoga stretch and relaxation. The complete workout for the entire body.

AQUASIZE

Meet in the pool area for a complete body workout using water resistance.

ANUSARA YOGA

Beginning postures with increased strength and flexibility, all levels welcome.

BALANCE AND STRENGTH

This class is focused on building lateral stability in ankle, knees and hips, strength in the core, and flexibility throughout the body.

BEGINNING YOGA

We welcome you to move to breathe and to feel. Beginning postures.

BOOT CAMP

Your body will sweat, muscles burn, heart pump.

BOSU BLAST

Take core training to the next level using the new stability ball training techniques on the BOSU Ballast Ball. Add fresh elements to abdominal and back training and learn many new core exercises that effectively challenge every muscle in your power center.

BUTTS GUTS & UPPER CUTS

Tighten and tone those trouble spots with added upper body strength moves.

CARDIO & CORE

Total body work-out utilizing the Step for cardio weights, bands and balls for all over toning. Immediately followed by resistance and strength training with a specially designed barbell system, lots of great legwork and abs at the end. Take one or stay for both.

CARDIO POWER FITNESS

Work at your own level. Flush it out on Friday. Anyone can do this cardio power class, that way you won't feel guilty if you miss the weekend workouts-use of bar bells, bands and balls.

CHISEL 'N BURN

Body sculpting while building strength and endurance with a variety of equipment. A true strength workout from head to toe leaving no muscle untouched.

CORE FUSION

Core, butt, and leg strengthening exercises using the Bosu ball, bands and tubes.

CORE STRENGTH

This class includes use of the body bar, hand weights, balls and tubes. Pilate's are incorporated to improve posture, flexibility and strength.

DANCE FIT

Dance away your work-out and have fun! All levels welcome, easy to catch on to.

EASY START

This class gets you started and keeps you going, a little bit of cardio and weights. Our experienced staff will familiarize you with the right equipment to keep you on your program.

FAMILY YOGA

Learn yoga positions, relaxation techniques and fun for the whole family.

GROUP CYCLING

High intensity, endurance, strengthening hill rides on our Schwinn Spinners.

IMPACT FITNESS

No Wimps or Whiners allowed in this class, get a total body workout military style.

INTEGRAL YOGA

The union between mind and body through the integration of stretching, breathing & relaxation techniques in a meditative style.

JR TAEKWONDO

Ages 8 & up. Your child will improve coordination, balance & discipline.

JR TENNIS

Ages 5 to 11. Beginner and advanced beginner tennis class for enthusiastic kids.

JR SQUASH

Ages 5 to 14. Beginner and advanced beginner squash class for all kids. Taught by Squash Pro Karen Kelso.

KARDIO KICKBOXING

A sixty minute kicking, punching, blocking, striking aerobic workout with Pilates strength moves incorporated moves.

PEE WEE TAEKWONDO

Ages 4 to 8. Your child will improve coordination, balance & discipline.

PEE WEE TENNIS

Ages 4 to 8. Introductory tennis class for beginners in a fun environment.

PILATES

The Pilate's method is designed to strengthen muscles by focusing on the development of strong center or "core" abdominal and postural muscles. Pilate's emphasizes total body alignment, which results in improved posture, flexibility, strength endurance and coordination.

POWER STEP

This step class offers powerful propulsion/jumping moves and more complex step choreography. Participants may adjust their personal level to jump or not.

POWER YOGA

Increased strength and flexibility, get all those ideas out of your head about yoga not being a hard work-out, you'll be sweating after this one.

RUN THE ROCKS

The ultimate step class! Enjoy the fresh Colorado air and gorgeous views at The Red Rocks Amphitheater while you run, jump, power walk and sprint the stairs. Sun, snow, wind or rain...no excuses, come outside and train! Meet at the Trading Post.

STEP PLUS

Athletic, energetic, fat burning and always a challenge! This class utilizes the Step for an awesome cardio workout. The "Plus" is something extra and may include Pilate's, dance, plyometrics, hillo, weights and any surprise to work you.

STORYTIME YOGA

Children are invited to come enjoy the magic of stories while developing body awareness as well as their imaginations. This 45 minute class includes some free play and everyone is invited to bring their own snack to enjoy at the end of class. Due to allergy concerns, please do not bring any snacks containing eggs, peanut butter, cheese or milk.

SUPER CIRCUIT

A fast paced workout using strength combined with cardio.

Tai Chi

Achieve stress reduction and improve your balance and flexibility through gentle movements.

TEEN SPORTS CONDITIONING

This class is for ages 13+ to learn the basics of weight training and sports conditioning.

TOTAL BODY PUMP

This barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music using simple, athletic movements such as squats, lunges, presses and curls, combined with cardio intervals using the step. Discover results.

TREAD & TRACK

A real Track Coach will lead you through interval training to improve your pace. On the treadmills during the winter months, outside at nearby track in warmer weather.

VINYASA YOGA

The purpose of vinyasa is to create heat in the body, which leads to purification through increased circulation and sweating while improving flexibility.

YOGA

Improve your posture, strength, flexibility and balance. Mind-body-spirit workout.

YOGALATES

Combine Yoga moves with Pilates and core strengthening.

ZUMBA

Ditch the workout-Join the Party! Zumbas is a fusion of Latin and International music. A mixture of body sculpting movements with easy-to-follow dance steps. Its fun,easy and effective.