

# SCHEDULE

## GROUP FITNESS SCHEDULE DEC 16 - JAN 31, 2019

Punch Card Packages Available

Mondays	7:00am	Spinning	Joel
	9:00 am	Core and More	Ashley
	12:15 pm	Spin Fusion	Michelle
	5:15 pm	Pilates Chair for Athletes	Michelle
Tuesdays	9:00 am	Classical Mat Pilates	Michelle
	12:15 pm	Spin Fusion	Michelle
	4:00 pm	Après Yoga	Jodie
	5:15 pm	Cardio Barre	Nathalie
Wednesdays	7:00 am	Spinning	Joel
	8:00 am	Vinyasa Flow Yoga	Jodie
	12:15 pm	Trending Circuit Challenge	Nathalie
Thursdays	7:00 am	Spinning	Joel
	12:15 pm	Kinesis for Strength	Joel
	5:15 pm	Trending Circuit Challenge	Nathalie
Fridays	9:00 am	Classical Mat Pilates	Michelle
	12:15 pm	Trending Circuit Challenge	Ashley
	5:15-6:00 pm	Meditation	Surya
Saturdays	8:30-9:50 am	Yoga with Meditation	Surya
	10:30-Noon	Morning Snowshoe Tour	Mike
Sundays	10:00 am	Vinyasa Flow Yoga	Melissa
	1:30-3:30pm	Afternoon Snowshoe	Charlotte

\*Private & small group trainings available upon request.

\*Private snowshoe tours available upon request.



Limited classes offered 12/24, 12/25, 12/31 and New Year's Day,  
Check fitness desk and website for more information

970.748.7500 | www.allegriaspa.com

## GROUP CLASS DESCRIPTIONS

### ENDURANCE TRAINING

**Cardio Barre:** The barre is used as a prop to balance while doing a variety of isometric exercise that will tone your muscles, intervals of cardio segments will elevate your heart rate to burn more calories and make your workout more effective.

**Spinning:** Don't mistake this low impact class for low intensity! Whether you're gearing up for a great season of cycling or looking to beef up your cardiovascular fitness, spin is the king of cardio. Spin is a great compliment to strength and flexibility training and a convenient option for those busy (or snowy) days when you can't fit a ride or a run in.

**Spin Fusion:** If sitting on the bike for an entire hour isn't your thing, spin fusion will also have you incorporating elements of strength and core conditioning. This class works on a bell curve to elevate your heart rate and sustain average power. Spin fusion is a great way to emphasize the heart, lungs, legs and core without putting stress on your joints.

### STRENGTH TRAINING

**Core and More:** A total body workout emphasizing the use of core musculature during each and every movement. This workout will have you training from the inside out and includes a mixture of strength, balance, and flexibility exercises.

**Kinesis for Strength:** Using the Technogym Kinesis wall, this class will move you through a station-by-station circuit style workout. This unique class uses a low-impact and dynamic modality of training in Kinesis which helps improve your strength and coordination.

**Pilates Chair for Athletes:** This class will get you ready for nonstop cruisers, double black bump runs or just the confidence you need to enjoy your mountain experience. Learn to engage deep core musculature using Pilates principles.

**Trending circuit challenge:** Using kettle bells, TRx, slam balls, plyo boxes and more! Get fit while working your entire body with challenging exercises that promote strength and agility. There will be modifications and corrections to form so all levels are welcome.

### MIND AND BODY

**Classical Mat Pilates:** This class uses classical Pilates callisthenic exercises to strengthen deep core musculature. Learn the fundamentals of movement that will create postural awareness and integrity all day and every day!

**Meditation:** Take a break and learn the ancient wisdom traditions that help people to grow in awareness to bring joy, health and abundance into all aspects of life. Focus your mind for a period of time as a method of relaxation.

**Snowshoe Tours:** Take your cardio workout to the great outdoors! This Mountain loop will give you 90 minutes of breathtaking beauty that burns an abundance of calories. Make sure to wear a comfortable waterproof boot and dress in layers.

**Vinyasa Flow Yoga:** A flowing yoga practice that links Hatha postures together with movements, mindfulness, and conscious breathing. Our practice includes sun salutations, standing poses, and optional inversions.

- Appropriate gym apparel including athletic shoes required in the Club.
- Please respect the experience of the guests and members.
- This is a CELL PHONE FREE environment.
- Minimum age for the Club and Locker Room is 16 years old.

Please sign in at front desk before class!

THE CLUB AT ALLEGRIA SPA | 970.748.7500 | WWW.ALLEGRIASPA.COM