

SCHEDULE

Schedule is subject to change, please check online for most up-to-date version!

GROUP FITNESS SCHEDULE OCTOBER 2018

\$20 Drop-In | Punch Card Packages Available

Mondays	7:00am	Spin	Joel
	9:00 am	Core and More	Kara
	12:15 pm	Total Body Workout	Kara
Tuesdays	10:00 am	Pliates Mat	Nathalie
	12:15 pm	Spin Fusion	Joel
Wednesdays	7:00 am	Spin	Joel
	12:15 pm	Kinesis for Strength	Kara
Thursdays	7:00 am	Spin	Joel
	5:15 pm	Total Body Workout	Nathalie
Fridays	10:00 am	Pilates Mat	Nathalie
	12:15 pm	Kinesis for Strength	Kara
Saturdays	8:30-9:50 am	Yoga with Meditation	Suyra
Sundays	10:00 am	Vinyasa Flow Yoga	Melissa

*Private & small group trainings available upon request.

*Private hikes available upon request.

THE CLUB AT
Allegria
 Spa
 PARK HYATT BEAVER CREEK®

970.827.6660 | www.allegriaspa.com

GROUP CLASS DESCRIPTIONS

ENDURANCE TRAINING

Spin: 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.

Total Body Workout : This class incorporates a multitude of props; weights, body bar, bosu, stability ball, sliders and more. The instructor will begin with a warm up and lead the class through a variety of exercises that will create challenge and fitness on all levels.

MIND AND BODY

Pilates Mat: 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!

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.

Yoga with Meditation: This 80 minute class includes a traditional Vinyassa flow followed with a guided Meditation, helping to focus your mind to achieve a mentally clear and emotionally calm state. During this 20 minute segment the meditation will aim to reduce stress, anxiety, depression, and pain, helping to increase peace, perception and well-being.

- 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 | 970.827.6660 | WWW.ALLEGRIASPA.COM