

SCHEDULE

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

GROUP FITNESS SCHEDULE SEPTEMBER 2018

\$20 Drop-In | Punch Card Packages Available

Mondays	7:00am	Spin	Joel
	9:00 am	Core and More	Kara
	12:15 pm	Spin Fusion	Michelle
Tuesdays	9:00 am	Pliates Mat	Michelle
	12:15 pm	Spin Fusion	Michelle
	5:15 pm	HIIT/Tabata	Nathalie
Wednesdays	7:00 am	Spin	Joel
	12:15 pm	Kinesis for Strength	Kara
Thursdays	7:00 am	Spin	Joel
	12:15 pm	Spin Fusion	Michelle
	5:15 pm	HIIT/Tabata	Nathalie
Fridays	9:00 am	Pilates Mat	Michelle
	12:15 pm	Kinesis for Strength	Kara
Saturdays	9:00 am	Yoga	Staff
Sundays	9:00 am	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.

Tabata: One of the hot trends in fitness is tabata training with good reason – it works! This structured interval workout consists of 20 seconds of all-out effort followed by 10 seconds of rest and recovery. Each cycle is then repeated 8 times giving you a hard core cardio and strength burn. *High level of fitness encouraged

STRENGTH TRAINING

HIIT: High Intensity Interval Training (HIIT) isn't a new fitness fad but a lasting trend that seamlessly incorporates cardiovascular training with elements of strength and power. This intense full body workout will have you breathing hard and moving dynamically. Expect short bursts of hard effort followed by brief periods of rest or lower intensity. HIIT is proven to help reduce fat mass while teaching you to move more functionally. *High level of fitness encouraged

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.

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!

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 | 970.827.6660 | WWW.ALLEGRIASPA.COM