 <b>SPINNING</b>				
<b>Studio</b>				
	5:30 – 6:15	AM	Cycling	Terri/Shaleen
<b>MON</b>	8:30 – 9:15	AM	Cycle Cross	Dixie
	5:30 – 6:15	PM	Cycling	Karen
<b>TUE</b>	5:30 – 6:15	PM	Cycling	Terri
<b>WED</b>	5:30 – 6:15	AM	Cycling	Terri
	8:30 – 9:15	AM	Cycling	Dixie
<b>THU</b>	8:30 – 9:15	AM	Cycling	Kate
	5:30 – 6:15	PM	Cycling	Cycling Team
<b>FRI</b>	5:30 – 6:15	AM	Cycling	Tara
<b>SAT</b>	7:30 – 8:25	AM	Cycling	Tara

<b>NEW YEAR'S DAY CLASSES</b>					
7:30	AM	Cycling	3:00	PM	BODYJAM™
9:00	AM	Step	4:00	PM	BODYPUMP™
10:00	AM	BODYPUMP™	4:00	PM	AQUA
11:00	AM	Zumba®	5:00	PM	Cycling


<b>LES MILLS LAUNCHES</b>				
January 6th	4:00	BODYATTACK™		
January 19th	2 Launches	8:30 AM and 12:00		
January 26th	9:40	BODYJAM™ Launch		

**Saturday, January 19th**  
**GRAND RE-OPENING 10 AM UNTIL 6 PM**  
*Fun – Food – Prizes*  
**Members Refer A Friend to Join – Get Extra Entries To Win**

**OLYMPIC TAE KWON DO**  
 (in the GF Studio)  
 Tuesday & Friday 4:30 - 5:15 PM  
*Beginning Jan. 7, Tuesday Tae Kwon Do will be held in the GTX room!  
 NOT included with membership. Ask at the Front Desk for info.*


<b>CLUB HOURS</b>		
<b>Winter Hours</b>	Mon. - Fri.	5:00 am - 11:00 pm
	Sat. & Sun.	7:00 am - 8:00 pm

*(These hours are effective the Saturday before Labor Day thru Saturday before Memorial Day)*

 <b>GROUP FITNESS</b>				
<b>Studio</b>				
	5:30 – 6:15	AM	Group Training Extreme*	
	5:30 – 6:30	AM	BODYATTACK™	Jessi
	9:30 – 10:25	AM	Cardio Sculpt	Kate
<b>MON</b>	10:30 – 10:55	AM	CORE ★	Kate
	12:10 – 12:55	PM	BODYPUMP™ Xpress ★	Julie
	4:30 – 5:25	PM	SuperStep	Paul
	5:30 – 6:30	PM	BODYJAM™	Melissa
	6:00 – 6:45	PM	Group Training Extreme*	
	6:35 – 7:35	PM	BODYPUMP™	Jessi
<b>TUE</b>	5:30 – 6:15	AM	Group Training Extreme*	
	5:30 – 6:30	AM	BODYPUMP™	Amanda
	9:30 – 10:30	AM	BODYPUMP™	Kate
	4:30 – 5:30	PM	BODYATTACK™	Leah
	5:30 – 6:30	PM	BODYPUMP™	Tara
	6:00 – 6:45	PM	Group Training Extreme*	
	7:45 – 8:45	PM	Yoga	Kate
<b>WED</b>	5:30 – 6:15	AM	Group Training Extreme*	
	9:30 – 10:25	AM	Cardio Quick Fix ★	Alana
	10:30 – 10:55	AM	CORE ★	Amanda
	12:10 – 12:55	PM	BODYPUMP™ Xpress ★	Amanda
	5:30 – 6:30	PM	BODYJAM™	Amy B
	6:00 – 6:45	PM	Group Training Extreme*	
	6:35 – 7:35	PM	BODYPUMP™	Kelley C.
<b>THU</b>	5:30 – 6:15	AM	Group Training Extreme*	
	5:30 – 6:30	AM	BODYPUMP™	Jessi
	9:30 – 10:30	AM	BODYPUMP™	Deana
	4:30 – 5:20	PM	SuperStep ★	Julie/Tracey
	5:30 – 6:30	PM	BODYPUMP™	Tracey/Val
	6:00 – 6:45	PM	Group Training Extreme*	
	6:45 – 7:45	PM	Yoga	Dawn
<b>FRI</b>	5:30 – 6:30	AM	TurboKick	Maria
	9:30 – 10:25	AM	ZUMBA® – Starts Nov. 9th	Nancy
	10:30 – 11:30	AM	Yoga	Kate
	5:30 – 6:25	PM	ZUMBA® ★	Zumba Team
<b>SAT</b>	7:30 – 8:20	AM	SuperStep	Tracey/Melissa
	8:30 – 9:15	AM	Group Training Extreme*	
	8:30 – 9:30	AM	BODYPUMP™	Kate/Tracey
	9:40 – 10:40	AM	BODYJAM™	Jam Team
	10:45 – 11:45	AM	Yoga	Kate
<b>SUN</b>	9:00 – 9:45	AM	BODYPUMP™ Xpress	PUMP Team
	10:00 – 11:00	AM	Step Adventure	Paul
	4:00 – 4:55	PM	BODYATTACK™ ★	Attack Team
	5:00 – 6:00	PM	Yoga	Dawn

★ = New Class | *New to Aspen – ZUMBA FITNESS!!*

*\*Additional Fee Required; class held in the GTX room.*

 <b>AQUA FITNESS</b>				
<b>Schedule</b>				
Lap lane open for lap swimmers except during classes				
<b>MON</b>	9:30 – 10:15	AM	Nautical Noodles	Barb
	4:30 – 5:15	PM	Aqua Aerobix	Leah
<b>TUE</b>	8:30 – 9:15	AM	SS Silver Splash	Alana
	9:30 – 10:15	AM	Hydro Tone	Kelly B.
<b>WED</b>	9:30 – 10:15	AM	Nautical Noodles	Barb
	4:30 – 5:15	PM	Aqua Aerobix ★	Alana
<b>THU</b>	9:30 – 10:15	AM	Aqua Aerobix	Amanda
	5:45 – 6:30	PM	H.E.A.T. Wave	Leah
<b>FRI</b>	9:30 – 10:15	AM	Nautical Noodles	Barb
<b>SAT</b>	8:30 – 9:15	AM	Aqua Aerobix	Paula/Leah/Andrea

**Private Swimming Lessons**  
 For all ages, levels, and abilities.  
 Available to Members and non-Members.  
 Ask at Front Desk for details.

<b>The Silver Sneakers® Fitness Program</b>				
<b>MON</b>	8:30 – 9:15	AM	SilverSneakers® Cardio	Alana
<b>TUE</b>	8:30 – 9:15	AM	SilverSneakers® Silver Splash	Alana
	10:45 – 11:30	AM	SilverSneakers® Strength	Kate/Alana
<b>WED</b>	8:30 – 9:15	AM	SilverSneakers® Cardio	Alana/Kate
<b>THU</b>	8:30 – 9:15	AM	SilverSneakers® Strength	Alana
<b>FRI</b>	8:30 – 9:15	AM	SilverSneakers® Yoga Stretch	Kate

The Group Fitness Schedules are designed for our members, your comments and questions are WELCOME!  
 Please contact **Tracey Waller, Group Fitness Director, at:**  
**twaller@aspenathletic.com**