

BARRE – (All Intensities) Barre classes are designed to effectively strengthen, tone and balance the entire body. These are fat burning workouts that integrate the use of the ballet barre, light weights and various props. Students will focus on form and precision while performing small isometric movements as instructors emphasize basic alignment, foundation, and specific muscle actions. Each class includes several highly effective sequences of toning and resistance exercises with an emphasis on the core, arms, seat and thighs. Each strength section of this workout is followed by a stretching section to create long, lean muscles without bulk. These are challenging, no impact classes that require focus and precision for maximum results. Merle Hay and Hickman locations.

BODYATTACK® – (All Intensities) BODYATTACK® is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Suitable for all fitness levels. Merle Hay location.

BODYJAM® – (All Intensities) This cutting-edge dance based workout is taking the world by storm...BodyJam combines the latest music and the hottest dance trends to give you the ultimate cardiovascular exercise in a “clubbin’” class. Hip Hop, Tribal, Salsa - learn all the latest. The certified instructors will break it down so everyone can learn and follow. No prior dance experience necessary. Hickman location.

BODYPUMP® – (All Intensities) Real Results Real Fast. This class WILL CHANGE the shape of your body. Using barbells with adjustable weights, motivating music and energy from the instructors, you will get a great workout and muscle definition you can see! All locations.

BOSU® – (All Intensities) The BOSU is a dome shaped stability ball with a flat platform on the bottom. The BOSU can be used for a cardio workouts by doing step aerobics or plyometrics, it can be used to develop core strength, balance, stability – all the ingredients of a fit and super toned body. Hickman location.

CARDIO-LO – (Less Intensity) Cardio-Lo is designed to get you moving while keeping the moves low-impact and safe for all fitness levels. Basic moves and a moderate pace make the class perfect for those looking for a lower intensity workout while still gaining cardiovascular strength and having fun. Merle Hay location.

CIZE – (All Intensities) Cize is an awesome Hip Hop Dance Aerobics workout so fun it’s known to be the “end of exerCIZE.” You’ll have so much fun dancing to the latest music you don’t even realize you’re exercising and don’t care that you’re breaking a sweat. Hickman location.

CORE SERIES – (All Intensities) Looking for that powerhouse strength and those six-pack abs? This is the class for you. Come strengthen and tone not only your abs but your lower back, glutes and more! Combining traditional exercises with Pilates for strength, your core has never been as strong or as toned. Perfect for all fitness levels, this class is certain to leave you, and your core, in tip top shape! SE 14th location.

JUNIOR TAE KWON DO* – Junior Taekwondo classes are designed specifically for children ages 4-6 years old. They learn the basics of Taekwondo in an enriching and engaging setting, focusing on building life skills as well as learning self-defense. Junior students are able to graduate into the traditional Taekwondo class when they turn 7 to take their training to the next level. Hickman location.

KICKBOXING – (Moderate Intensity) This Tae Kwon Do based class allows you to work-out at your own pace and is designed to improve strength and stamina by incorporating kickboxing moves, high intensity,

cardiovascular training and heavy bag work. You will learn jabs, crosses, upper cuts, hooks, front kicks, round houses, etc. Hickman location.

P90X® - (Moderate Intensity) Get ripped and bust through plateaus with a variety of resistance training, cardio, plyometrics, martial arts, yoga, and more. Millions of people got totally ripped with P90X®, the most popular extreme home fitness program in the country. Now you can too—in a live class at these locations!. Hickman and SE 14th locations.

PILATES ESSENTIAL MATWORK CLASS - (All Intensities) Pilates is a system of mind-body exercise using a floor mat or a variety of equipment. Pilates builds strength without excess bulk, capable of creating a sleek, toned body. Pilates teaches body awareness, good posture and easy, graceful movement. Pilates also improves flexibility, agility and economy of motion. It can even help alleviate back pain and will help you look and feel your very best. Hickman location.

PIYo – (All Intensities) PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You’ll use your body weight to perform a series of continuous, targeted moves to define every single muscle – big and small. We crank up the music, the speed and the fun to give you an intense, yet low-impact workout that will burn crazy calories for a long, lean, beautiful physique. You’ll sweat, stretch and strengthen – all in one PiYo workout! Merle Hay and SE 14th locations.

R.I.P.P.E.D. – (All Intensities) This total body, high intensity style program, utilizing free weights, resistance and body weight, masterfully combines the components of R.I.P.P.E.D. — Resistance, Intervals, Power, Plyometrics and Endurance as the workout portion along with Diet suggestions to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective. Hickman and West Glen locations.

SilverSneakers® CLASSIC – (Less Intensity) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support. Hickman, Merle Hay and SE 14th locations.

SilverSneakers® CARDIO – (Less Intensity) is an advanced class incorporating standing non-impact choreography designed to increase cardiovascular and muscular endurance alternating with strength work. Modifications are available. Hickman, Merle Hay and SE 14th locations.

SilverSneakers® YOGA – (Less Intensity) This class is designed to challenge you physically and mentally with a variety of simple and safe yoga exercises that you’ll do at your own pace. Using a chair for support, you’ll increase flexibility, build endurance and learn how to relax and think more clearly. No floor/mat work involved. Hickman location.

SPINNING® – (All Intensities) Nationally known to be THE BEST in cycling! These classes offer a variety of cardiovascular training programs. Consisting of endurance, strength, and all terrain - these rides offer complete aerobic conditioning through experiencing all energy zones. Heart rate monitors are recommended. Experience **THE RIDE**: one full hour on Saturdays. Hickman, Merle Hay and SE 14th locations.

STEP – (Moderate Intensity) Our cutting edge instructors really know how to break it down and cue effectively so that the choreography is easy to follow yet spunky enough to challenge your mind and body. You will work up a sweat while enjoying your favorite songs and step routines with attitude. All levels. Merle Hay and SE 14th locations.

Bring your Friends to class Guest Pass

Local Residents and First Time Guests Only

Participants Name: _____

Address: _____ City: _____ ZIP: _____

Phone : (H) _____ (W) _____

Date Redeemed: _____ Employee Name: _____

www.aspenathletic.com

TAE KWON DO* – Taekwondo teaches blocking, striking, and kicking skills for self-defense. It is also an Olympic competitive sport. Kids benefit from the structured class setting, which instills in them self-discipline, courtesy, and leadership skills. Adults seeking traditional Martial Arts training and a great workout at the same time will find Taekwondo to be the perfect fit. Hickman location.

TURBO KICK™ – (All Intensities) is an addictive workout that combines shadow boxing, kickboxing, sports drills, dancing, yoga, and simple dance moves in a party atmosphere. Turbo Kick™ is an interval based class that allows participants of any fitness level to participate and custom tailor their work-out. It is the hottest kickboxing class in the industry! TurboKick is the ultimate cardiovascular challenge complete with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, kick-boxing specific strength/endurance training and a Tai-Chi like cool-down. Merle Hay and SE 14th locations.

YOGA – (All Intensities) EXPERIENCE the latest trend in personal wellness and physical fitness. Our Professional Instructors use an electric blend of Iyengar and Yoga Fit to assist participants at ALL levels in improving flexibility, balance, muscular endurance. Our Yoga Instructors will help you learn stress management and relaxation techniques to incorporate into your daily life. We do provide Yoga Mats but you are welcome to bring your own. Hickman, Merle Hay and SE 14th locations.

ZUMBA – (All Intensities) Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO! Add some Latin flavor and International zest into the mix and you’ve got ZUMBA! No prior dance experience necessary. All locations.

ZUMBA GOLD – (Less Intensity) The Zumba® Gold Fitness program is second to none. It is an innovative, fun and exciting program., designed for the active older adult, the true beginner, and/or people who are not used to exercising. The main difference between Zumba Gold and Zumba Basic is Zumba Gold is done at a lower intensity, but it certainly is just as much fun. The same great Latin styles of music and dance are used. SE 14th location.

* DENOTES ADDITIONAL COST FOR CLASS

All of the classes on this schedule are for **all ability levels**. If you have NOT participated in a class before, please arrive 10 minutes early and let the instructor know so they can help prepare you for the class. Children ages 12 and older may participate in Group Fitness classes based on membership type.

