
 SPINNING				
Studio				
	5:45 - 6:30	AM	EARLY SPIN	Emily S.
MON	9:30 - 10:15	AM	SPINNING®	Linda
	5:45 - 6:30	PM	SPINNING®	Jordan
TUE	12:15 - 1:00	PM	SPINNING®	Eric
	5:30 - 6:15	PM	SPINNING®	Linda
WED	5:45 - 6:30	AM	EARLY SPIN	Karl / Laura
	9:30 - 10:15	AM	SPINNING®	Linda
THU	5:30 - 6:15	PM	SPINNING®	Karl / Emily S.
FRI	5:45 - 6:30	AM	EARLY SPIN	Kelly V. / Dawn
	9:30 - 10:15	AM	SPINNING®	Sara S.
SAT	7:30 - 8:30	AM	SPINNING®	Lori / Karl
SUN	8:30 - 9:15	AM	SPINNING®	Dawn

 GROUP FITNESS				
Studio				
	5:15 - 6:15	AM	BODYPUMP®	Nicki
	8:30 - 9:30	AM	Step	Jen
	10:45 - 11:30	AM	SilverSneakers® Circuit	Madeline
MON	12:15 - 1:00	PM	BOSU®	Nicki
	4:30 - 5:30	PM	BODYPUMP®	Selina
	5:30 - 6:30	PM	R.I.P.P.E.D.	Cathy
	6:30 - 7:30	PM	Fit Fusion	Emily S.
TUE	8:30 - 9:25	AM	BODYJAM®	Kristel
	9:35 - 10:35	AM	BODYPUMP®	DeAnn
	10:45 - 11:30	AM	SilverSneakers® Circuit	Nicki
	5:15 - 6:15	PM	BODYPUMP®	Missy
	6:15 - 7:15	PM	Power Yoga	Stephanie
WED	5:15 - 6:15	AM	BODYPUMP®	Lia / Hillary
	9:15 - 10:15	AM	Pilates	Jamie
	10:45 - 11:30	AM	SilverSneakers® Classic	Bre
	12:15 - 1:00	PM	BOSU®	Nicki
	4:30 - 5:30	PM	BODYPUMP®	DeAnn
	5:30 - 6:30	PM	R.I.P.P.E.D.	Cathy
	6:30 - 7:30	PM	Fit Fusion	Emily S.
THU	8:30 - 9:30	AM	BODYJAM®	Kristel
	9:35 - 10:35	AM	BODYPUMP®	Kat
	10:45 - 11:30	AM	SilverSneakers® Circuit	Kristel
	5:15 - 6:15	PM	BODYPUMP®	Carie
	6:15 - 7:15	PM	ZUMBA®	Drea
FRI	9:15 - 10:15	AM	Pilates	Jamie
	10:45 - 11:30	AM	SilverSneakers® Yoga	Lindsay
	12:15 - 1:00	PM	BOSU®	Nicki
	5:00 - 6:00	PM	BODYPUMP®	Lia / Wendy
SAT	8:30 - 9:30	AM	BODYPUMP®	Teresa
	9:30 - 10:30	AM	ZUMBA®	Kristi
	10:30 - 11:30	AM	YOGA	Emily B.
SUN	9:20 - 10:20	AM	BODYPUMP®	Wendy / Lia
	4:30 - 5:30	PM	BODYPUMP®	Jen / Marie

MIND/BODY STUDIO				
Schedule				
	9:15 - 10:15	AM	Pilates	Thao
MON	10:30 - 11:30	AM	YOGA	Debra
	6:30 - 7:30	PM	YOGA	Nate
TUE	5:30 - 6:30	AM	Barre	Nicki
	9:45 - 10:45	AM	BODYFLOW®	Kristel
	11:00 - 12:00	AM	YOGA	Jennifer S.
	4:30 - 5:30	PM	BODYFLOW®	Kristel
	6:15 - 7:15	PM	Power Yoga (Group Fitness Studio)	Stephanie
WED	9:15 - 10:15	AM	Pilates (Group Fitness Studio)	Jamie
	10:30 - 11:30	AM	YOGA	Debra
	6:00 - 7:00	PM	YOGA	Aimee
THU	5:30 - 6:30	AM	Barre	Nicki
	9:45 - 10:45	AM	BODYFLOW®	Kristel
	11:00 - 12:00	AM	YOGA	Jennifer S.
FRI	9:15 - 10:15	AM	Pilates (Group Fitness Studio)	Jamie
	10:30 - 11:30	AM	YOGA	Sara S.
SAT	10:30 - 11:30	AM	YOGA (Group Fitness Studio)	Emily B.
SUN	10:30 - 11:30	AM	YOGA	Michele H.

The SilverSneakers® Fitness Program				
MON	10:45 - 11:30	AM	SilverSneakers® Circuit	Madeline
TUE	10:45 - 11:30	AM	SilverSneakers® Circuit	Nicki
WED	10:45 - 11:30	AM	SilverSneakers® Classic	Bre
THU	10:45 - 11:30	AM	SilverSneakers® Circuit	Kristel
FRI	10:45 - 11:30	AM	SilverSneakers® Yoga	Lindsay

*Look for signage with
December 24th, 26th, 31st and
January 1st class schedules!*

Power Yoga is a fitness-based vinyasa practice that can help tone muscles and build stamina. Students will build internal heat, synchronize their breath with their movement, increase flexibility, and reduce stress.

We have Group Fitness Classes for every Fitness Level!
If you are new, please bring a water bottle and towel and plan to arrive 5-10 minutes early to introduce yourself to the instructor so that they may get you set up.

Thank you and enjoy class!

Included with Group Fitness Membership

KICKBOXING!
in the Tae Kwon Do Studio
Monday 5:30-6:15 **PM** - Shawn
Wednesday 5:30-6:15 **PM** - Shawn

The Group Fitness Schedules are designed for our members, your comments and questions are WELCOME! Please contact **Nicki Greenfield, Group Fitness Director**, at: ngreenfield@aspnathletic.com

Download the Aspen App!
Aspen Mobile App info
<https://www.aspenathletic.com/aspen-athletic-mobile-app/#more-34>
You can find the app on the apple or google app stores by searching Aspen Athletic Clubs. **Download and turn on notifications for up-to-date changes to class schedules and Aspen events.**
Join the Aspen Rewards program on the app to earn Free Rewards such as Personal Training, Aspen T-Shirts, and FREE Month Membership Dues.
Everyone that downloads the app also gets a FREE bottled water with every download!

CLUB HOURS			
Winter Hours	Mon. - Thur.	5:00 am - 10:30 pm	
	Friday	5:00 am - 9:00 pm	
	Sat. & Sun.	7:15 am - 8:00 pm	
*Kid's Klub Hours	Mon. - Thur.	8:30 am - 1:00 pm	
		4:00 pm - 7:30 pm	
	Friday	8:30 am - 1:00 pm	
	Saturday	8:30 am - 12:15 pm	
*See club for pricing. Reservations required. 2 hour limit.			
<i>(These hours are effective the day after Labor Day thru Saturday before Memorial Day)</i>			