

The SilverSneakers® Fitness Program				
M O N	10:15 - 11:00 AM	SilverSneakers®	Circuit	Jenna
W E D	10:15 - 11:00 AM	SilverSneakers®	Classic	Madeline
T H U	11:00 - 11:45 AM	SilverSneakers®	Yoga	Rachel

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

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!

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

GROUP FITNESS/SPINNING				
Studio				
	5:30 - 6:30 AM	BODYPUMP®		Teresa
	9:00 - 10:00 AM	BODYPUMP®		Jenna
	10:15 - 11:00 AM	SilverSneakers®	Circuit	Jenna
M O N	4:30 - 5:25 PM	ZUMBA®		Madison
	5:25 - 6:25 PM	BODYPUMP®		Lia
	6:30 - 7:15 PM	HIIT / Bootcamp		Laura
	7:15 - 8:15 PM	Vinyasa Flow Yoga		Stephanie/Sara S.
T U E	5:45 - 6:30 AM	SPINNING®		Maggie
	9:15 - 10:00 AM	Cardio Blend		Melissa
	5:15 - 6:15 PM	Turbo Kick		Jamie
	6:20 - 7:05 PM	SPINNING®		Kelly M. / Bob
	7:15 - 8:15 PM	YOGA		Jennifer
W E D	5:30 - 6:30 AM	BODYPUMP®		Katie
	9:00 - 10:00 AM	BODYPUMP®		Jenna
	10:15 - 11:00 AM	SilverSneakers®	Classic	Madeline
	4:30 - 5:25 PM	ZUMBA®		Bre
	5:25 - 6:25 PM	BODYPUMP®		Teresa
	6:30 - 7:15 PM	P90X		Eric
	7:15 - 8:15 PM	YOGA		Stephanie
T H U	5:45 - 6:30 AM	SPINNING®		Dawn
	9:00 - 10:00 AM	BODYATTACK®		Marie
	10:15 - 11:00 AM	Cardio Blend		Melissa
	11:00 - 11:45 AM	SilverSneakers®	Yoga	Rachel
	5:15 - 6:15 PM	HIIT / Bootcamp		Dawn
	6:20 - 7:05 PM	SPINNING®		Dawn / Kelly M.
	7:15 - 8:15 PM	YOGA		Jennifer
F R I	5:30 - 6:30 AM	BODYPUMP®		Nicki
	9:00 - 10:00 AM	BODYPUMP®		Kat
	10:00 - 11:00 AM	Barre		Nicki
	4:30 - 5:30 PM	BODYPUMP®		Kim E. / Kelly M.
S A T	7:30 - 8:30 AM	SPINNING®		Maggie
	8:35 - 9:35 AM	BODYATTACK®		Marie
	9:35 - 10:35 AM	BODYPUMP®		Nicki
S U N	8:15 - 9:00 AM	SPINNING®		Amanda
	9:05 - 10:05 AM	BODYPUMP®		Hillary

CARDIO BLEND!
A dance fitness class blending music and dance styles to bring you an athletic workout while having fun and sweating.

*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!

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 - 12:00 pm
		4:00 pm - 8:15 pm
	Friday	8:30 am - 12:00 pm
	Saturday	8:30 am - 12:00 pm
<small>(These hours are effective the day after Labor Day thru Saturday before Memorial Day)</small>		
Kid's Klub Direct Line – 515-333-4024		
<small>*See club for pricing. 1.5 hour limit.</small>		