

		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

		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

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.

LES MILLS LAUNCHES COMING SOON!
Look for signage around the club and on Facebook.

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!

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

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

		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
		5:30 - 6:30	AM	Barre	Nicki
		9:45 - 10:45	AM	BODYFLOW®	Kristel
TUE		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
		9:15 - 10:15	AM	Pilates (Group Fitness Studio)	Jamie
WED		10:30 - 11:30	AM	YOGA	Debra
		6:00 - 7:00	PM	YOGA	Aimee
		5:30 - 6:30	AM	Barre	Nicki
		9:45 - 10:45	AM	BODYFLOW®	Kristel
THU		11:00 - 12:00	AM	YOGA	Jennifer S.
		9:15 - 10:15	AM	Pilates (Group Fitness Studio)	Jamie
FRI		10:30 - 11:30	AM	YOGA	Sara S.
		10:30 - 11:30	AM	YOGA (Group Fitness Studio)	Emily B.
SAT		10:30 - 11:30	AM	YOGA	Michele H.

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

Download the Aspen App!
Aspen Mobile App info
<https://www.aspensport.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.			
(These hours are effective the day after Labor Day thru Saturday before Memorial Day)			