

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

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!

LES MILLS LAUNCHES COMING SOON!

Look for signage around the club and on Facebook.

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.
	5:45 - 6:30 AM	SPINNING®	Maggie
	9:15 - 10:00 AM	Cardio Blend	Melissa
T U E	5:15 - 6:15 PM	Turbo Kick	Jamie
	6:20 - 7:05 PM	SPINNING®	Kelly M. / Bob
	7:15 - 8:15 PM	YOGA	Jennifer
	5:30 - 6:30 AM	BODYPUMP®	Katie
	9:00 - 10:00 AM	BODYPUMP®	Jenna
	10:15 - 11:00 AM	SilverSneakers® Classic	Madeline
W E D	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
	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
T H U	5:15 - 6:15 PM	HIIT / Bootcamp	Dawn
	6:20 - 7:05 PM	SPINNING®	Dawn / Kelly M.
	7:15 - 8:15 PM	YOGA	Jennifer
	5:30 - 6:30 AM	BODYPUMP®	Nicki
	9:00 - 10:00 AM	BODYPUMP®	Aspen Team
	10:00 - 11:00 AM	YOGA	Rachel
F R I	4:30 - 5:30 PM	BODYPUMP®	Kim E. / Kelly M.
	7:30 - 8:30 AM	SPINNING®	Maggie
	8:35 - 9:35 AM	BODYATTACK®	Marie
	9:35 - 10:35 AM	BODYPUMP®	Nicki
S A T			
	8:15 - 9:00 AM	SPINNING®	Amanda
	9:05 - 10:05 AM	BODYPUMP®	Hillary

NEW CLASS!

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

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: nngreenfield@aspenathletic.com**

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
Kid's Klub Direct Line – 515-333-4024		
*See club for pricing. 1.5 hour limit.		
<i>(These hours are effective the day after Labor Day thru Saturday before Memorial Day)</i>		