

		SPINNING			
		Studio			
MON	8:30 - 9:15	AM	SPINNING®	Darcy	NEW TIME!
	5:45 - 6:30	PM	SPINNING®	Lauri	
TUE	5:45 - 6:30	PM	SPINNING®	Karl	
WED	8:30 - 9:15	AM	SPINNING®	Lauri	
	8:30 - 9:15	AM	SPINNING®	Lauri	
THU	8:30 - 9:15	AM	SPINNING®	Darcy	
FRI	8:30 - 9:15	AM	SPINNING®	Lauri	
SAT	8:15 - 9:15	AM	SPINNING®	Lacey	

SE 14th SCHEDULE CHANGE

Thursday 8:30-9:15 AM Spinning is moving to Tuesday – same time with Darcy!

BODYFLOW™

Ideal for anyone and everyone, BODYFLOW™ is the yoga-based class that will improve your mind, your body and your life.

During BODYFLOW™ an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

You'll strengthen your entire body and leave the class feeling calm and centered. Happy.

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			
		Studio			
MON	9:15 - 10:15	AM	PIYo / CXWORX	Kim U.	
	10:30 - 11:15	AM	SilverSneakers® Circuit	Kim U.	
	4:45 - 5:30	PM	Core Series	Lauri	
	5:30 - 6:30	PM	BODYPUMP®	Missy / Donna	
TUE	6:30 - 7:30	PM	STRONG by Zumba®	Drea	
	8:30 - 9:30	AM	BODYPUMP®	Marie	NEW TIMES!
	9:30 - 10:30	AM	BODYFLOW	Marie	
WED	5:30 - 6:30	PM	BODYPUMP®	Richelle	
	6:30 - 7:30	PM	Fit Fusion	Emily S.	
	5:30 - 6:30	AM	BODYPUMP®	Kim E.	
THU	9:15 - 10:15	AM	Cardio Blend / Cardio Bootcamp	Melissa / Kim E.	
	10:30 - 11:15	AM	SilverSneakers® Circuit	Kim E.	
	5:00 - 5:30	PM	CXWORX	Kim U.	
FRI	5:30 - 6:30	PM	BODYATTACK	Richelle	
	8:30 - 9:30	AM	BODYPUMP®	Jenna	NEW TIME!
	5:30 - 6:30	PM	BODYPUMP®	Selina	
SAT	6:30 - 7:30	PM	BODYFLOW	Richelle	
	9:15 - 10:15	AM	Turbo Kick®	Kim E.	
SUN	10:30 - 11:15	AM	SilverSneakers® Classic	Kim E.	
	9:30 - 10:30	AM	BODYPUMP®	Selina / Donna	
	10:30 - 11:30	AM	R.I.P.P.E.D.®/ P90X	Selina / Eric	

WHAT IS CXWORX?

Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports – it's the glue that holds everything together. All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

The SilverSneakers® Fitness Program			
SilverSneakers® classes are open to all Members!			
MON	10:30 - 11:15	AM	SilverSneakers® Circuit Kim U.
WED	10:30 - 11:15	AM	SilverSneakers® Circuit Kim E.
FRI	10:30 - 11:15	AM	SilverSneakers® Classic Kim E.

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

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!

CLUB HOURS		
Hours	Mon. - Thur.	5:00 am - 10:00 pm
	Friday	5:00 am - 8:00 pm
	Sat. & Sun.	7:15 am - 6:00 pm
*Kid's Klub Hours	Mon. - Thur.	8:15 am - 12:00 pm
		4:00 pm - 8:00 pm
	Friday	8:15 am - 12:00 pm
	Saturday	8:15 am - 12:00 pm

*See club for pricing. Reservations required. 2 hour limit.