
 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

The SilverSneakers® Fitness Program 				
MON	10:45 - 11:30	AM	SilverSneakers® Circuit	Michelle/Darcy
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

*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!



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!

 GROUP FITNESS 				
Studio				
	5:15 - 6:15	AM	BODYPUMP®	Nicki
	8:30 - 9:30	AM	Step	Jen
MON	10:45 - 11:30	AM	SilverSneakers® Circuit	Michelle/Darcy
	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 / Hillary
	6:30 - 7:30	PM	Fit Fusion	Emily S.
TUE	8:30 - 9:25	AM	BODYJAM®	Kristel
	9:35 - 10:35	AM	BODYPUMP®	Jen
	10:45 - 11:30	AM	SilverSneakers® Circuit	Nicki
	5:15 - 6:15	PM	BODYPUMP®	Shari
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®	Kelly M.
	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®	Aspen Team
	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	8:10 - 9:10	AM	Boot Camp	Dawn NEW CLASS!
	9:20 - 10:20	AM	BODYPUMP®	Wendy / Lia
	4:30 - 5:30	PM	BODYPUMP®	Jen / Marie

KICKBOXING!
in the Tae Kwon Do Studio

Monday 5:30-6:15 **PM** - Shawn
Wednesday 5:30-6:15 **PM** - Shawn

Included with Group Fitness Membership

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
WED	5:30 - 6:30	AM	YOGA	Jessica NEW CLASS!
	9:15 - 10:15	AM	Pilates (Group Fitness Studio)	Jamie
	10:30 - 11:30	AM	YOGA	Debra
THU	5:30 - 6:30	AM	Barre	Nicki
	9:45 - 10:45	AM	BODYFLOW®	Kristel
	11:00 - 12:00	AM	YOGA	Jennifer S.
FRI	5:30 - 6:30	AM	YOGA	Lindsay NEW CLASS!
	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.

COME TRY THE NEW SUNDAY BOOTCAMP CLASS!

This class is designed to build strength and overall cardio fitness thru a variety of exercises. The warm-up will usually begin with dynamic stretching and easy cardio exercises.

This will be followed by a wide variety of intense interval training, lifting weights, push-ups and sit-ups. Class format designed to accommodate all fitness levels.

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**

CLUB HOURS			
Summer Hours	Mon. - Thur.	5:00 am - 10:00 pm	
	Friday	5:00 am - 8:00 pm	
	Sat. & Sun.	7:15 am - 6:00 pm	
Child Care Hours	Mon. - Thur.	8:30 am - 1:00 pm	
	Friday	4:00 pm - 7:30 pm	
	Saturday	8:30 am - 1:00 pm	
Kid's Klub Hours	Mon. - Thur.	8:30 am - 1:00 pm	
	Friday	4:00 pm - 7:30 pm	
	Saturday	8:30 am - 1:00 pm	
	Saturday	8:00 am - 12:15 pm	

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