

		<b>SPINNING</b>			
		<b>Studio</b>			
		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	

		<b>GROUP FITNESS</b>			
		<b>Studio</b>			
		5:15 - 6:15	AM BODYPUMP®	Nicki	
		8:30 - 9:30	AM Step	Jen	
		10:45 - 11:30	AM SilverSneakers® Circuit	Michelle/Darcy	
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 / 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		9:20 - 10:20	AM BODYPUMP®	Wendy / Lia	
		4:30 - 5:30	PM BODYPUMP®	Jen / Marie	

		<b>The SilverSneakers®</b>			
		<b>Fitness Program</b>			
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	

		<b>MEMORIAL DAY CLASSES</b>			
		8:00-9:00	AM Spinning	Linda	
		9:00-10:00	AM Step	Jen H.	
		9:15-10:15	AM Pilates <i>Mind / Body Studio</i>	Thao	

**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!**

**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

		<b>MIND/BODY STUDIO</b>			
		<b>Schedule</b>			
		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 <b>NEW CLASS!</b>	
		9:15 - 10:15	AM Pilates <i>(Group Fitness Studio)</i>	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 <b>NEW CLASS!</b>	
		9:15 - 10:15	AM Pilates <i>(Group Fitness Studio)</i>	Jamie	
		10:30 - 11:30	AM YOGA	Sara S.	
SAT		10:30 - 11:30	AM YOGA <i>(Group Fitness Studio)</i>	Emily B.	
SUN		10:30 - 11:30	AM YOGA	Michele H.	

*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!*

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](mailto:ngreenfield@aspenathletic.com)**

		<b>CLUB HOURS</b>	
<b>Winter Hours</b>	Mon. - Thur.	5:00 am - 10:30 pm	
	Friday	5:00 am - 9:00 pm	
	Sat. & Sun.	7:15 am - 8:00 pm	
<b>*Kid's Klub Hours</b>	Mon. - Thur.	8:30 am - 1:00 pm	
	Friday	4:00 pm - 7:30 pm	
	Saturday	8:30 am - 1:00 pm	
*See club for pricing. Reservations required. 2 hour limit.			

**Summer Hours effective Friday, May 24th**