



The SilverSneakers® Fitness Program			
M O N	10:15 - 11:00 AM	SilverSneakers® <b>Circuit</b>	Jenna
W E D	10:15 - 11:00 AM	SilverSneakers® <b>Classic</b>	Darcy
T H U	11:00 - 11:45 AM	SilverSneakers® <b>Yoga</b>	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!*

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**

 <b>GROUP FITNESS/SPINNING</b> 			
<b>Studio</b>			
M O N	5:30 - 6:30 AM	BODYPUMP®	Teresa
	9:00 - 10:00 AM	BODYPUMP®	Jenna
	10:15 - 11:00 AM	SilverSneakers® <b>Circuit</b>	Jenna
	4:30 - 5:25 PM	ZUMBA®	Madison
	5:25 - 6:25 PM	BODYPUMP®	Lia
	6:30 - 7:15 PM	HIIT / Bootcamp	Laura
T U E	7:15 - 8:15 PM	Vinyasa Flow Yoga	Jessica
	5:45 - 6:30 AM	SPINNING®	Maggie
	9:15 - 10:00 AM	Cardio Blend	Melissa
	10:05 - 11:05 AM	Barre	Melissa
	5:15 - 6:15 PM	Turbo Kick	Jamie
	6:20 - 7:05 PM	SPINNING®	Bob
W E D	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® <b>Classic</b>	Darcy
	4:30 - 5:25 PM	ZUMBA®	Bre
	5:25 - 6:25 PM	BODYPUMP®	Teresa
T H U	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® <b>Yoga</b>	Rachel
F R I	5:15 - 6:15 PM	HIIT / Bootcamp	Dawn
	6:20 - 7:05 PM	SPINNING®	Kelly M.
	7:15 - 8:15 PM	YOGA	Jennifer
	5:30 - 6:30 AM	BODYPUMP®	Nicki
S A T	9:00 - 10:00 AM	BODYPUMP®	Lisa C-P
	10:15 - 11:15 AM	YOGA	Rachel
	4:30 - 5:30 PM	BODYPUMP®	Kim E. / Kelly M.
S U N	7:30 - 8:30 AM	SPINNING®	Maggie
	8:35 - 9:35 AM	BODYATTACK®	Marie
	9:35 - 10:35 AM	BODYPUMP®	Nicki
S U N	8:15 - 9:00 AM	SPINNING®	Amanda
	9:05 - 10:05 AM	BODYPUMP®	Hillary

**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!**

<b>CLUB HOURS</b>		
<b>Summer Hours</b>	Mon. - Thur.	5:00 am - 10:00 pm
	Friday	5:00 am - 8:00 pm
	Sat. & Sun.	7:15 am - 6:00 pm
<b>Kid's Klub Hours</b>	Mon. - Thur.	8:30 am - 12:00 pm
		4:00 pm - 8:00 pm
	Friday	8:30 am - 12:00 pm
	Saturday	8:30 am - 12:00 pm
<b>Kid's Klub Direct Line – 515-333-4024</b>		
*See club for pricing. 1.5 hour limit.		