

<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

<b>The SilverSneakers® Fitness Program</b>				
MON	10:45 - 11:30	AM	SilverSneakers® Circuit	Michelle R.
TUE	10:45 - 11:30	AM	SilverSneakers® Circuit	Kiki
WED	10:45 - 11:30	AM	SilverSneakers® Classic	Kiki
THU	10:45 - 11:30	AM	SilverSneakers® Circuit	Kristel
FRI	10:45 - 11:30	AM	SilverSneakers® Yoga	Lindsay

**BODY COMBAT** A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

**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!**

*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!*

<b>GROUP FITNESS</b>				
<b>Studio</b>				
	5:15 - 6:15	AM	BODYPUMP®	Nicki
	8:30 - 9:30	AM	Step	Jen
MON	10:45 - 11:30	AM	SilverSneakers® Circuit	Michelle R.
	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	Kiki
	5:15 - 6:15	PM	BODYPUMP®	Shari
WED	5:15 - 6:15	AM	BODYPUMP®	Jen / Nicki
	9:15 - 10:15	AM	Pilates	Jamie
	10:45 - 11:30	AM	SilverSneakers® Classic	Kiki
	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./BODYCOMBAT	Cathy/Matt
	6:30 - 7:30	PM	Fit Fusion	Emily S.
THU	8:30 - 9:30	AM	BODYJAM®	Kristel
	9:35 - 10:35	AM	BODYPUMP®	DeAnn
	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®	Lori / Darcy
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
	9:20 - 10:20	AM	BODYPUMP®	Wendy / Darcy
	4:30 - 5:30	PM	BODYPUMP®	Jen / Marie

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)**

**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*

<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
	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.
	12:15 - 1:00	PM	YOGA	Kiki
FRI	5:30 - 6:30	AM	YOGA	Margo
	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.

**LABOR DAY CLASSES**

8:00-9:00	AM	Step	Jen H.
9:00-10:00	AM	BODYPUMP®	Shari
9:15-10:15	AM	Pilates <i>Mind / Body Studio</i>	Thao
10:00-11:00	AM	Fit Fusion	Emily

**CLUB HOURS**

<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
		4:00 pm - 7:30 pm
	Friday	8:30 am - 1:00 pm
	Saturday	8:30 am - 12:15 pm

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

*(These hours are effective the day after Labor Day thru Saturday before Memorial Day)*