

		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
		5:45 - 6:30	PM	SPINNING®	Linda / Tony
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 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!

		GROUP FITNESS			
		Studio			
		5:15 - 6:15	AM	BODYPUMP®	Nicki
		8:30 - 9:30	AM	Step	Jen
		10:45 - 11:30	AM	SilverSneakers® Circuit	Michelle R.
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	Kiki
		4:30 - 5:15	PM	Step Express	Shari
		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

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

		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
		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.

LES MILLS LAUNCHES	BODYPUMP ~ October 19th & 20th
	BODYJAM ~ Week of October 20th
	BODYFLOW ~ Week of October 20th
	BODYCOMBAT ~ October 23rd

CLUB HOURS			
Winter Hours	Mon. - Thur.	5:00 am - 10:30 pm	
	Friday	5:00 am - 9:00 pm	
	Sat. & Sun.	7:15 am - 8:00 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	
		8:30 am - 12:15 pm	
*See club for pricing. Reservations required. 2 hour limit.			
<i>(These hours are effective the day after Labor Day thru Saturday before Memorial Day)</i>			