 SPINNING				
Studio				
MON	5:45 - 6:30	PM	SPINNING®	Lauri
TUE	5:45 - 6:30	PM	SPINNING®	Karl
WED	8:30 - 9:15	AM	SPINNING®	Lauri
	4:45 - 5:30	PM	SPINNING®	Darcy
FRI	8:30 - 9:15	AM	SPINNING®	Karl
SAT	8:15 - 9:15	AM	SPINNING®	Lacey

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!

LES MILLS LAUNCHES

BODYPUMP ~ **October 19th and 20th**

BODYFLOW ~ **October 9th**

BODYATTACK ~ **October 30th**

 GROUP FITNESS 				
Studio				
MON	10:30 - 11:15	AM	SilverSneakers® Circuit	Darcy
	4:45 - 5:30	PM	Core Series	Aspen Team
	5:30 - 6:30	PM	BODYPUMP®	Donna / Darcy
	6:30 - 7:30	PM	STRONG by Zumba®	Drea
TUE	8:30 - 9:30	AM	BODYPUMP®	Marie
	9:30 - 10:30	AM	BODYFLOW	Marie
	5:30 - 6:30	PM	BODYPUMP®	Richelle
	6:30 - 7:30	PM	Fit Fusion	Emily S.
WED	9:15 - 10:15	AM	Bootcamp	Kim E.
	10:30 - 11:15	AM	SilverSneakers® Circuit	Kim E.
	5:30 - 6:30	PM	BODYATTACK	Richelle
	6:30 - 7:30	PM	BODYFLOW	Richelle
THU	8:30 - 9:30	AM	BODYPUMP®	Darcy
	5:30 - 6:30	PM	BODYPUMP®	Selina
	6:30 - 7:30	PM	Zumba®	Fiorella
FRI	9:15 - 10:15	AM	Cardio Blast	Kim E.
	10:30 - 11:15	AM	SilverSneakers® Classic	Kim E.
SAT	9:30 - 10:30	AM	BODYPUMP®	Selina / Donna
	10:30 - 11:30	AM	P90X	Eric

BODYFLOW™

Ideal for anyone and everyone, BODYFLOW™ is the yoga-based class that will improve your mind, your body and your life.

During BODYFLOW™ an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

You'll strengthen your entire body and leave the class feeling calm and centered. Happy.

The SilverSneakers® Fitness Program				
SilverSneakers® classes are open to all Members!				
MON	10:30 - 11:15	AM	SilverSneakers® Circuit	Darcy
WED	10:30 - 11:15	AM	SilverSneakers® Circuit	Kim E.
FRI	10:30 - 11:15	AM	SilverSneakers® Classic	Kim E.

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!

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		
Winter Hours	Mon. - Thur.	5:00 am - 10:00 pm
	Friday	5:00 am - 8:00 pm
	Sat. & Sun.	7:15 am - 6:00 pm
*Kid's Klub Hours	Mon. - Thur.	8:15 am - 12:00 pm
		4:00 pm - 8:00 pm
	Friday	8:15 am - 12:00 pm
	Saturday	8:15 am - 12:00 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>		