

The SilverSneakers® Fitness Program			
M O N	10:15 - 11:00 AM	SilverSneakers® Circuit	Jenna
W E D	10:15 - 11:00 AM	SilverSneakers® Classic	Lisa W.
T H U	11:00 - 11:45 AM	SilverSneakers® Yoga	Rachel

## 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!**

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)

GROUP FITNESS/SPINNING			
Studio			
M O N	5:30 - 6:30 AM	BODYPUMP®	Teresa
	9:00 - 10:00 AM	BODYPUMP®	Jenna
	10:15 - 11:00 AM	SilverSneakers® Circuit	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	BODYCOMBAT	Matt
	6:20 - 7:05 PM	SPINNING®	Kelly / Dawn
W E D	7:15 - 8:15 PM	YOGA	Jennifer
	5:30 - 6:30 AM	BODYPUMP®	Katie
	9:00 - 10:00 AM	BODYPUMP®	Lisa W.
	10:15 - 11:00 AM	SilverSneakers® Classic	Lisa W.
	4:30 - 5:25 PM	ZUMBA®	Yelena
	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® Yoga	Rachel
F R I	5:15 - 6:15 PM	HIIT / Bootcamp	Dawn
	6:20 - 7:05 PM	SPINNING®	Kelly / Dawn
	7:15 - 8:15 PM	YOGA	Jennifer
	5:30 - 6:30 AM	BODYPUMP®	Nicki
	9:00 - 10:00 AM	BODYPUMP®	Jenna
	10:15 - 11:15 AM	YOGA	Rachel
S A T	4:30 - 5:30 PM	BODYPUMP®	Kim E. / Kelly M.
	7:30 - 8:30 AM	SPINNING®	Maggie
	8:35 - 9:35 AM	BODYATTACK®	Marie
S U N	9:35 - 10:35 AM	BODYPUMP®	Nicki
	8:15 - 9:00 AM	SPINNING®	Amanda
	9:05 - 10:05 AM	BODYPUMP®	Dawn N.

## LES MILLS LAUNCHES

BODYPUMP ~ October 19th & 20th

BODYCOMBAT ~ October 22nd

BODYATTACK ~ October 26th

*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!*

**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.

## 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 - 12:00 pm
		4:00 pm - 8:15 pm
	Friday	8:30 am - 12:00 pm
	Saturday	8:30 am - 12:00 pm

**Kid's Klub Direct Line** - 515-333-4024

\*See club for pricing. 1.5 hour limit.

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