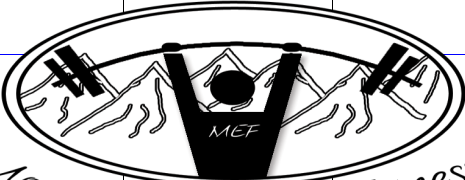


# March 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:00–7:00am</b> Cardio Sculpt Stacey	<b>6:00-7:00am</b> Cycle/Strength Tina	<b>6:00-7:00am</b> Body Lean Beth	<b>6:00-7:00am</b> Cycling Tina	<b>6:00-7:00am</b> Pilates Ball Judy		
<b>8:45-9:45am</b> "Caliente!" Latin Dance Carla	<b>8:30-9:30am</b> Chisel Holly	<b>8:45-9:45am</b> Bump & Grind Dance Workout Shannon	<b>8:30-9:30am</b> Chisel Holly	<b>8:45-9:30am</b> Creative Cardio Jen		
<b>10:00-11:15 am</b> Kundalini Yoga Becca	<b>9:30-10:30am</b> Cycling Kimberly	<b>9:45-10:15</b> "Skinny Jeans" Workout Shannon	<b>9:30-10:30am</b> Cycling Kimberly	<b>9:00-10:00am</b> Cycling Shannon	<b>9:00-10:15am</b> Total Athletic Conditioning Stacey	<b>8:45-9:30am</b> Creative Cardio Stacey
	<b>9:45-10:45am</b> Stability Ball Challenge Jen		<b>9:45-10:45am</b> Strength & Balance Sue	<b>9:30-10:15am</b> Awesome Abs/ Strong Back Jen	<b>9:00-10:00am</b> Cycling Ian	<b>9:30-10:30am</b> Body Lean Stacey
		<b>10:15-11:30am</b> Yoga Shanti	<b>10:45-12:00p</b> Kundalini Yoga and Meditation Becca	<b>10:30-11:45am</b> Dynamic Hatha Yoga Chardin	<b>10:15-11:30am</b> NIA Laurie	
<b>12:00-1:00pm</b> Body Lean Jen	<b>12:00-1:00pm</b> Bump & Grind Dance Workout Shannon	<b>12:00-1:00pm</b> All Levels Pilates Mat Jen	<b>12:00-1:00pm</b> Creative Cardio Holly	<b>12:00-1:00pm</b> Body Architect Stacey		<b>12:00-1:30pm</b> Yoga Megan
<b>4:30-5:30pm</b> Body Architect Holly	<b>4:30-5:45pm</b> Yoga Blake	<b>4:30-5:30pm</b> Total Athletic Conditioning Jen		<b>4:30-5:30pm</b> Body Lean Shannon	<b>12:00-1:00pm</b> All Levels Pilates Mat Jan	
<b>5:30-5:45pm</b> Abs Holly		<b>5:30-5:45pm</b> Abs Jen <b>5:45-6:45</b> Cycling Jenni	<b>5:15-6:30pm</b> Yoga Blake	<b>5:00-6:00pm</b> Cycling Alan	<b>4:00-5:15pm</b> Yoga Bianca	
<b>6:00-7:00pm</b> Cardio Sculpt Stacey <b>6:15pm</b> Guilty Pleasures Cycling Peggy	<b>6:00-7:00pm</b> Winter Sports Conditioning Walt	<b>6:00-7:15pm</b> NIA Laurie	<b>6:30-7:30pm</b> BYOM Cycling Ian	 Mountains' Edge Fitness		
<b>7:15-8:30pm</b> Yoga Micah		<b>7:15-8:30pm</b> Kundalini Yoga Laurie	<b>6:45-8:00pm</b> Boxing Strength Circuit JR	<b>Mountainsedgefitness.com</b>  303-494-5000		

## Fitness Class Descriptions

Body Architect: Simultaneous upper and lower body sculpting with occasional cardio sets. Great for boosting metabolism and elevating heart rate.

Body Lean: Build lean muscle and raise your metabolism with this group exercise weight training class. Participants use barbells with adjustable weights. No choreography.

Bump & Grind Dance Workout: A fluid combination of hip hop, striptease, and old-fashioned aerobics. Fantastic for developing strong abdominal muscles.

"Caliente" Latin Dance Workout: A cardio workout inspired by authentic Latin Dances. Not a dancer?...no worries! You will learn over time.

Cardio Sculpt: A low-impact cardio class with occasional sculpting intervals.

Cardio Zip: 30 minutes of power-packed, sweaty cardio training.

Chisel: A group-exercise sculpting class using all forms of resistance.

Cycling: Come burn calories like never before without any harsh pounding on your joints. Please see our cycling schedule for a full explanation of classes.

Dynamic Hatha Yoga: Combines Iyengar yoga, Kundalini breath work, and Pilates mat work to help create and maintain a truly healthy body.

Abs: Complete core work. 15 minutes is all you'll need.

Kundalini Yoga: Strengthens both your nervous and glandular systems to create a happier and healthier you. Integrating movement and breath, each class has a different focus designed to produce a specific beneficial effect for the body, mind, and spirit.

Total Athletic Conditioning: The perfect combination of cardiovascular endurance drills and muscular training. Minimal choreography.

NIA: **N**euromuscular **I**ntegrative **A**ction. Inspired by dance, yoga and martial arts.

Pilates Mat: Our Pilates classes will help you develop strong core muscles, improve posture, increase your flexibility and your range of motion. Always free to members!

Strength and Balance: A well-rounded sculpting class with balance challenges throughout.

Winter Sports Conditioning: A class designed to develop cardiovascular and muscular endurance. A fantastic way to prepare for ski and snow boarding season.

Yoga: Interdisciplinary yoga, many styles to fit many needs. Designed for every member...new to the practice or experienced, our instructors offer modifications to suit all levels.