



# FITNESS CLASS SCHEDULE - 5 Week Session: Oct 20th - Nov. 23rd 2014 Northside Aztlan Community Center 112 E. Willow St. 970-221-6256

Class	Time	Location	Instructor	Class	Time	Location	Instructor
Monday				Tuesday			
CrossTrain	6:15-7:15a	G3	Luke	Spin & Tone	6:15-7:15a	R	Talisa
Yoga Flow - Sun Salutation	7-7:45a	J	Lasha	TRX Body Blast	6:30-7:30a	G3	Kevin
Strength Training	8:30-9:30a	WR/R	Dominick	Yoga & Meditation	9-10a	J	Casandra
Zumba	9-10a	TICO*	Maria	Strength Training	9:30-10:30a	WR/R	Dominic
Lose to Win	9:30-10:30a	R	Dominick	TRX Body Blast	12-1p	R	Kevin
Silver Sneakers Classic	11:00-11:45a	J	Walter	Cross Train	12--1p	G3	Terence
CrossTrain	12-1p	G3	Terence	Strength & Tone	12:10-12:55p	J	Walter
Restorative Yoga	12-1p	J	Mike	Mat Pilates	1-2p	J	Becca
Barre Fitness	1-2pm	J	Candace	Total Body Boot Camp	5:30-6:30p	R	Tess
30 Minute Toning - Abs	1-1:30p	G3	Terence	Slow Flow Hatha Yoga	5:00-6:00p	J	Jessy
Slow Flow Hatha Yoga	4-5p	J	Amber	Aikido	6-8p	J	Victor
Mat Pilates	5:30-6:30p	J	Noelle	Bollywood Dance	6:30-7:30p	R	Annie
RIPPED	5:30-6:30p	E1/2	Maureen	Zumba	6:30-7:30p	E1-3	Alexandra
Spin & Tone	5:30-6:30p	R	Colleen	Thursday			
Family Yoga	7-8p	J	Ashley	Spin & Tone	6:15-7:15a	J	Talisa
Wednesday				TRX Body Blast	6:30-7:30a	G3	Kevin
CrossTrain	6:15-7:15a	G3	Luke	Yoga & Meditation	9-10a	J	Casandra
Strength Training	8:30-9:30a	WR/R	Dominick	Strength Training	9:30-10:30a	WR/R	Dominic
Zumba	9-10a	TICO*	Maria	TRX Body Blast	12-1p	R	Kevin
Lose to Win	9:30-10:30a	R	Dominick	Cross Train	12--1p		Terence
Silver Sneakers Classic	11-11:45a	J	Walter	Strength & Tone	12:10-12:55p	J	Walter
CrossTrain	12-1p	G3	Terence	Mat Pilates	1-2p	J	Becca
Restorative Yoga	12-1p	J	Mike	Total Body Boot Camp	5:30-6:30p	R	Tess
Barre Fitness	1-2pm	J	Candace	Slow Flow Hatha Yoga	5-6p	J	Nina
Slow Flow Hatha Yoga	4-5p	E1 & 2	Jennie	Aikido	6-8p	J	Victor
Mat Pilates	5:30-6:30p	J	Noelle	Zumba	6:30-7:30p	E1-3	Terra
RIPPED	5:30-6:30p	E1/2	Erin	Friday			
Spin & Tone	5:30-6:30p	R	Colleen	CrossTrain	6:15-7:15a	G3	Luke
Family Yoga	7-8p	J	Ashley	Zumba	9-10a	TICO*	Kelly
Room Key				Lose to Win	9:30-10:30a	R	Dominick
E 1/2/3	Eagle Room 1-3			CrossTrain	12-1p	G3	Terence
G 1/2/3	Gym 1-3			Adaptive Martial Arts	4:30-5:30a	J	Katie
Jaguar	Jaguar Room			Saturday			
R	Rabbit Room			TRX Body Blast	8-9a	R	Kevin
WR	Weight Room			Vinyasa Flow Yoga	8-9a	J	Jessy
* = DIFFERENT LOCATION				Sunday			
TICO*	CLUB TICO			Zumba	3:30-4:30p	J	Debbie

# FITNESS CLASS DESCRIPTIONS

OCT 20th - NOV 23rd

5-Week Session 2014

Enroll with Facility Pass: 70% off = \$.90/class

Enroll without NACC pass:\$3.00/class

Drop-ins with 10 Admission Class Pass: \$5.00/class

Drop-ins: \$5.50/class

Additional discounts may be available – Contact our Front Desk: 970- 221-6256

## **30 Minute Toning: M, 1p**

**18+**

Tighten & tone your abs, obliques and lower back on Monday then your glutes, arms & legs on Wednesday! Focus on strength and endurance exercises through a variety of movements using stability balls, bosus, floor mats, the barre and more! You are guaranteed to learn new exercises! All skill levels welcome.

## **Aikido: Tu,Th 6-8p**

**18yr+**

Traditional Japanese martial art where students learn through repetitive practice, taking turns as attacker and defender. Practice improves physical conditioning-strength, stamina, flexibility, coordination, and mental conditioning, self-confidence, concentration, intuitiveness, alertness, and concern for others.

## **Barre Fitness: M,W 1p**

**18yr+**

This Fat burning class turns classic ballet on it's head. Utilizing a mix of ballet barre movements, stretching and pilates based core exercises, this class is designed to sculpt, strengthen and stretch the entire body in an intelligent and safe way.

## **Bollywood Dance: Tu 6:30p**

**18yr+**

Bollywood dancing is one of the hottest dances around! The sounds of original bollywood movies come alive in this fusion of traditional and classical Indian dances with the influence of some jazz, hip-hop, and modern dance. Timing, rhythm, energy and sharp controlled expressive movements are the important elements of this addictive class.

## **Cross Train: M,W,F 6:30a; M,W,F 12p; Tu,Th 12p**

**18yr+**

CrossTrain is an intense workout that will maximize your strength and agility all at the same time. You'll use kettlebells, plyo boxes, ropes and more to work every muscle in your body. Best of all, every workout is totally different, keeping your body guessing, forcing it to stay at its peak.

## **Family Yoga: M,W 7p**

**18yr+**

Parents and children (3+) take this opportunity to explore yoga together! Improve your body and mind with a fun approach to breathing and movement. Increase strength, flexibility, coordination and posture. Learn relaxation techniques & fun posture poses that will create a foundation for health and wellness.

## **Lose to Win: M,W,F 9:30a**

**18yr+**

Do you want to lose weight? Do you need help or lack motivation? Here is your chance to join a class designed to help you lose weight. If you have seen the biggest Loser on T.V. and wondered if you could take on the same challenge, here is your chance.

## **Mat Pilates: M,W 5:30p; Tu,Th 1p**

**18yr+**

Mat pilates is done on the floor using an exercise or yoga mat, which employs controlled breathing during body weight resisted... More movement to build core strength. Gain flexibility, tone and build new muscle. Want a leaner healthier you? Try this addicting craze!

## **Restorative Yoga: M,W 12p**

**18yr+**

Restorative Yoga is a pleasant way to relax and soothe frayed nerves. Using blankets & blocks to prop students in passive poses your body can experience the benefits of a pose without have to exert much of any effort. A restorative class can be more rejuvenating than a nap and a perfect way to rejuvenate your afternoon.

## **R.I.P.P.E.D. M,W 5:30p**

**18yr+**

Experience this total body "plateau proof fitness formula" workout, using resistance & cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, and extremely effective.

## **Silver Sneakers Classic: M,W 11a**

**18yr+**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated or standing support.

## **Slow Flow Hatha Yoga: M,W 4p; Tu,Th 5p**

**18yr+**

Nurturing, fun, non-competitive session to improve balance, strength & flexibility. Poses will be linked together slowly, with attention to breath. Philosophy & stress management techniques will be touched on. Advanced beginner level, modifications offered, so class is suitable for beginning & intermediate students.

## **Spin & Tone: M,W 5:30p; Tu,Th 8:30a**

**18yr+**

Class includes the same challenging workout as the Spinning classes with an additional toning segment at the end of the workout. A great cardiovascular workout and total body strengthening and toning session.

## **Strength & Tone: Tu,Th 12:10p**

**18yr+**

Develop upper and lower body strength, improve flexibility, and tone up with rhythmic weight lifting set to your favorite music. Varied routines focus on major muscle groups, along with challenging abdominal workouts, to define that swimsuit-ready figure without ever becoming boring!

## **Strength Training: M,W 8:30a; Tu,Th 9:30a**

**18yr+**

Increase muscle strength, bone mass and stamina. The first class of each session includes orientation to training principles and equipment. You'll learn proper lifting techniques and understand set & repetitions that work best for your personal goal.

## **Total Body Boot Camp: Tu,Th 5:30p**

**18yr+**

Total Body Boot Camp is a mix of cardio, weight circuits, stretching and more. Every class will keep your body guessing and improving. You will see improvements in your strength, flexibility and stamina.

## **TRX Body Blast: Tu,Th 6:30a; Tu,Th 12p;Sat 8a**

**18yr+**

TRX is an amazing new suspension fitness system that will help you build muscle tone, strength, and flexibility. Because you work with your own straps, TRX is perfect for all fitness levels. You can adjust your vector to increase or decrease the difficulty of every exercise.

## **Vinyasa Flow Yoga: Sat 8a**

**18yr+**

A fun and smooth paced yoga flow linking breath with movement. Learn the fundamental postures that create a strong practice and build core strength to support more advanced poses.

## **Yoga Flow: M, 7a**

**18yr+**

A gentle yoga flow designed to guide you to listen to your body. The pace is based on your own breath and body. This is a time to be in the moment and let go of your day.

## **Yoga & Meditation: Tu,Th 9a**

**18yr+**

Enhance your health with Hatha Yoga through incorporating mindful meditation into your Yoga practice. Learn more about yourself, quieting the mind and finding inner balance. Begin class with meditation moving into asanas. This class is a calm approach to being present, rejuvenated and healthier you.

## **Zumba: M,W,F 9a; Tu,Th 6:30p; Sun 3:30p**

**18yr+**

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Zumba is the most fun you will ever have exercising!