



# FITNESS CLASS SCHEDULE - 5 Week Session: Feb. 9th - Mar. 15th

Northside Aztlan Community Center 112 E. Willow St. 970-221-6256

More info at: [www.fcgov.com/fitness](http://www.fcgov.com/fitness)

Class	Time	Location	Instructor
Monday			
CrossTrain	6:15-7:15a	G3	Luke
Group Spin ★	6:15-7a	R	Talisa
Yoga Flow - Sun Salutation	7-7:45a	J	Lasha
Strength Training	8:30-9:30a	WR/R	Dominick
Zumba®	9-10a	TICO*	Maria
Barre Fitness ★	9-10a	J	Candace
Lose to Win	9:30-10:30a	R	Dominick
Silver Sneakers Classic	11:00-11:45a	J	Walter
CrossTrain	12-1p	G3	Terence
Restorative Yoga	12-1p	J	Mike
Barre Fitness	1-2p	J	Candace
Slow Flow Hatha Yoga	4-5p	J	Amber
Mat Pilates	5:30-6:30p	J	Noelle
R.I.P.P.E.D.®	5:30-6:30p	E1/2	Maureen
Spin & Tone	5:30-6:30p	R	Colleen/Diana
TRX ★	6:30-7:30p	R	Kevin
CrossTrain ★	6:30-7:30p	G3	Terence
Wednesday			
CrossTrain	6:15-7:15a	G3	Luke
Group Spin ★	6:15-7:15a	R	Talisa
Strength Training	8:30-9:30a	WR/R	Dominick
Zumba®	9-10a	TICO*	Maria
Barre Fitness ★	9-10a	J	Candace
Lose to Win	9:30-10:30a	R	Dominick
Silver Sneakers Classic	11-11:45a	J	Walter
CrossTrain	12-1p	G3	Terence
Restorative Yoga	12-1p	J	Mike
Barre Fitness	1-2pm	J	Candace
Slow Flow Hatha Yoga	4-5p	J	Jennie
Mat Pilates	5:30-6:30p	J	Noelle
R.I.P.P.E.D.®	5:30-6:30p	E1/2	Erin
Spin & Tone	5:30-6:30p	R	Colleen/Diana
TRX ★	6:30-7:30p	R	Kevin
CrossTrain ★	6:30-7:30p	G3	Terence
Room Key			
E 1/2/3	Eagle Room 1-3		
G 1/2/3	Gym 1-3		
Jaguar	Jaguar Room		
R	Rabbit Room		
WR	Weight Room		
* = DIFFERENT LOCATION			
TICO*	CLUB TICO		
★	NEW CLASS/ES as of 1/3/15		

Class	Time	Location	Instructor
<b>Tuesday</b>			
Spin & Tone	6:15-7:15a	R	Talisa
TRX Body Blast	6:30-7:30a	G3	Kevin
Yoga & Meditation	9-10a	J	Cassandra
Strength Training	9:30-10:30a	WR/R	Dominick
TRX Body Blast	12-1p	R	Kevin
Cross Train	12--1p	G3	Terence
Strength & Tone	12:10-12:55p	J	Walter
Yoga Infused Mat Pilates	1-2p	J	Candace
Teen Yoga ★	4-5p	J	Jessica
Rock Out Cycle ★	4:30-5:30p	R	Maureen
Total Body Boot Camp	5:30-6:30p	R	Tess
Slow Flow Hatha Yoga	5:00-6:00p	J	Jessica
Aikido	6-8p	J	Victor
Zumba®	6:30-7:30p	E1-3	Alexandra

<b>Thursday</b>			
Spin & Tone	6:15-7:15a	R	Talisa
TRX Body Blast	6:30-7:30a	G3	Kevin
Yoga & Meditation	9-10a	J	Cassandra
Strength Training	9:30-10:30a	WR/R	Dominick
TRX Body Blast	12-1p	R	Kevin
Cross Train	12--1p	G3	Terence
Strength & Tone	12:10-12:55p	J	Walter
Yoga Infused Mat Pilates	1-2p	J	Candace
Teen Yoga ★	4-5p	J	Jessica
Rock Out Cycle ★	4:30-5:30p	R	Maureen
Total Body Boot Camp	5:30-6:30p	R	Tess
Slow Flow Hatha Yoga	5-6p	J	Aubrie
Aikido	6-8p	J	Victor
Zumba®	6:30-7:30p	E1-3	Maureen

<b>Friday</b>			
CrossTrain	6:15-7:15a	G3	Luke
Zumba®	9-10a	TICO*	Kelly
Lose to Win	9:30-10:30a	R	Dominick
CrossTrain	12-1p	G3	Terence

<b>Saturday</b>			
TRX Body Blast	8-9a	R	Kevin
Vinyasa Flow Yoga	8-9a	J	Bets/ Issabella

<b>Sunday</b>			
Zumba®	3:30-4:30p	J	Debbie

# FITNESS CLASS DESCRIPTIONS

FEB. 9th - MAR. 15th  
5-Week Session 2015

**Enroll with Facility Pass:** 70% off = Adult \$.90/class, Teen \$.60/class  
**Enroll without NACC pass:** Adult \$3/class, Teen \$2/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

## Aikido: Tu,Th 6-8p

16yr+

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, M 7p: Tu 7:30p; F 7:30a



16yr+

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

## Cross Train: M,W,F 6:30a, 12p & 1p, 6:30p; Tu,Th 12p



16yr+

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.

## Group Spin: M,W 6:15a



16yr+

This class offers high aerobic workouts that simulate hills and interval training. A great way to train in the winter. You adjust your speed and resistance, so it's great for all ability levels.

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

16yr+

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

16yr+

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

16yr+

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

16yr+

Experience this total body "plateau proof fitness formula" workout, using resistance & cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, & 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.

## Rock Out Cycle: Tu & Th 4:30p



16yr+

Much like Spin & Tone, with hills & interval training, this Rock Out class brings energy & motivation by incorporating musical tones, beats and rhythms with the RPM's and cycling flow of the Spinner's Ride. Rock out to your favorite tunes - from classic rock and alternative to pop and new age electronica. Blast the music and enjoy the ride!

## Silver Sneakers Classic: M,W 11a

16yr+

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

16yr+

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 6:15a

16yr+

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

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

16yr+

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

16yr+

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.

## Teen Cross Train: M&W 6:30p



13-18yrs

Fun & intense athletic training for teens. This class is similar to our adult Cross Train but designed for teens.

## Teen Yoga: Tu& Th 4p



13-18yrs

A class for beginner to intermediate level teen yogis. This class embraces the same concepts as our Slow Flow Hatha Yoga.

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

16yr+

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: M&W6:30p; Tu,Th6:30a & 12p;Sat 8a

16yr+

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

16yr+

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

16yr+

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

16yr+

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

16yr+

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!