

SPRING FITNESS CLASS SCHEDULE

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

More info at: www.fcgov.com/fitness

Session A: March 16th - April 19th, 2015 (5 Weeks - No Holidays)

Session B: April 20th - May 24th, 2015 (5 weeks - No Holidays)

Session C: May 26th - June 28th, 2015 (5 Weeks - 5/25 Holiday)

Activity #	Class	Time	Location	Instructor	Sessions Offered		
Monday					3/16-4/19	4/20-5/24	5/26-6/28
209571	CrossTrain (M,W,F)	6:15-7:15a	G3	Terence	\$45	\$45	\$42
209550	Group Spin (M,W)	6:15-7:15a	R	Talisa	\$30	\$30	\$27
209562	Yoga Flow - Sun Salutation(M)	7-7:45a	J	Lasha	\$11.25	\$11.25	\$9
209560	Family Yoga 3-6yrs (M)	8-9a	J	Brooke D.	X	X	\$24
209531	Strength Training (M,W)	8:30-9:30a	WR/R	Dominick	\$30	\$30	\$27
209118	Zumba®(M)	9-10a	TICO*	Maria	\$15	\$15	\$12
209534	Barre Fitness (M,W)	9-10a	J	Candace	\$30	\$30	\$27
209570	Lose to Win (M,W,F)	9:30-10:30a	R	Dominick	\$45	\$45	\$42
209545	Silver Sneakers (M,W) Classic	11:00-11:45a	J	Walter	\$20.25	\$22.50	\$20.25
209571	CrossTrain (M,W,F)	12-1p	G3	Terence	\$45	\$45	\$42
209589	Restorative Yoga (M,W)	12-1p	J	Mike	\$30	\$30	\$27
209552	Spin- Quick Ride (M,W,F)	12:15-12:45p	R	Talisa	X	X	\$42
209571	CrossTrain (M,W,F)	1-2p	G3	Terence	X	X	\$42
209534	Barre Fitness (M,W)	1-2p	J	Candace	\$30	\$30	\$27
209533	30 Minute Abs (M,W)	1-1:30	R	Linda	X	X	\$12
209578	Teen Cross Train(M,W)	3:30-4:30p	G3	Terence	X	X	\$18
209561	Slow Flow Hatha Yoga (M)	4-5p	J	Amber	\$15	\$15	\$12
209520	Mat Pilates (M)	5:30-6:30p	J	Noelle	\$15	\$15	\$12
209573	R.I.P.P.E.D.® (M)	5:30-6:30p	E1/2	Maureen	\$15	\$15	\$12
209551	Spin & Tone (M,W)	5:30-6:30p	R	Colleen/Diana/Tisha	\$30	\$30	\$27
209581	TRX/Kettlebell Fusion(M,W)	6:30-7:30p	R	Kevin	\$30	X	\$27
209534	Barre Fitness (M,W)	6:30-7:30p	J	Candace	\$30	X	\$27
209578	CrossTrain (M,W,F)	6:30-7:30p	G3	Terence	\$45	X	\$42
Wednesday					A	B	C
209571	CrossTrain (M,W,F)	6:15-7:15a	G3	Terence	\$45	\$45	\$42
209550	Group Spin (M,W)	6:15-7:15a	R	Talisa	\$30	\$30	\$27
209562	Yoga Flow-Sun Salutation(W)	7-7:45a	J	Lasha	X	X	\$9
209564	Pre & Postnatal Yoga(W)	8-9a	J	Aramati	\$15	\$15	\$12
209531	Strength Training (M,W)	8:30-9:30a	WR/R	Dominick	\$30	\$30	\$27
209118	Zumba® (W)	9-10a	TICO*	Gretel	\$15	\$15	\$12
209534	Barre Fitness (M,W)	9-10a	J	Candace	\$30	\$30	\$27
209570	Lose to Win (M,W,F)	9:30-10:30a	R	Dominick	\$45	\$45	\$42
209545	Silver Sneakers(M,W)	11-11:45a	J	Walter	\$20.25	\$22.50	\$20.25
209571	CrossTrain (M,W,F)	12-1p	G3	Terence	\$45	\$45	\$42
209589	Restorative Yoga (M,W)	12-1p	J	Mike	\$30	\$30	\$27
209552	Spin- Quick Ride (M,W,F)	12:15-12:45p	R	Talisa	X	X	\$42
209571	CrossTrain (M,W,F)	1-2p	G3	Terence	X	X	\$42
209534	Barre Fitness (M,W)	1-2pm	J	Candace	\$30	\$30	\$27
209533	30 Minute Abs (M,W)	1-1:30	R	Linda	X	X	\$12
209578	Teen Cross Train (M,W)	3:30-4:30p	G3	Terence	X	X	\$18
209561	Slow Flow Hatha Yoga (W)	4-5p	J	Jennie	\$15	\$15	\$12
209520	Mat Pilates (W)	5:30-6:30p	J	Noelle	\$15	\$15	\$12
209573	R.I.P.P.E.D.® (W)	5:30-6:30p	E1/2	Connie	\$15	X	\$12
209551	Spin & Tone (M,W)	5:30-6:30p	R	Colleen/Diana/Tisha	\$30	\$30	\$27
209581	TRX/Kettlebell Fusion(M,W)	6:30-7:30p	R	Kevin	\$30	X	\$27
209578	Barre Fitness (M,W)	6:30-7:30p	J	Candace	\$30	X	\$27
209534	CrossTrain (M,W,F)	6:30-7:30p	G3	Terence	\$45	X	\$42
209562	Yoga Flow -Moon Salutation(W)	7:30-8:30p	J	Bets	X	\$15	\$12
Friday					A	B	C
209562	Yoga Flow-Sun Salutation (F)	7-7:45a	J	Lasha	X	X	\$9
209571	CrossTrain (M,W,F)	6:15-7:15a	G3	Terence	\$45	\$45	\$42
209560	Family Yoga-Baby & Toddler(F)	10:30-11:30a	J	Brooke D.	\$30	\$30	\$24
209118	Zumba® (F)	9-10a	TICO*	Kelly	\$15	\$15	\$12
209570	Lose to Win (M,W,F)	9:30-10:30a	R	Dominick	\$45	\$45	\$42
209571	CrossTrain (M,W,F)	12-1p	G3	Terence	\$45	\$45	\$42
209552	Spin- Quick Ride (M,W,F)	12:15-12:45p	R	Talisa	X	X	\$42
209571	CrossTrain (M,W,F)	1-2p	G3	Terence	X	X	\$42
209534	CrossTrain (M,W,F)	6:30-7:30p	G3	Terence	\$45	X	\$42

Activity #	Class	Time	Location	Instructor	Sessions Offered		
Tuesday					3/16-4/19	4/20-5/24	5/26-6/28
209551	Spin & Tone (T,Th)	6:15-7:15a	R	Talisa	\$30	\$30	\$27
209581	TRX/Kettlebell Fusion (T,Th)	6:30-7:30a	G3	Terence	\$30	X	\$27
209550	Group Spin (Tu, Th)	8:30-9:30a	R	TBA	X	X	\$27
209569	Yoga & Meditation (T,Th)	9-10a	J	Casandra	\$30	\$30	\$27
209531	Strength Training (T,Th)	9:30-10:30a	WR/R	Dominick	\$30	\$30	\$27
209581	TRX/Kettlebell Fusion (T,Th)	12-1p	R	Tess	\$30	\$30	\$27
209571	Power Train (T,Th) NOW@Noon	11:30-12:30p	G3	Terence	\$30	\$30	\$27
209571	Cross Train (T,Th)	12:30-1:30p	G3	Terence	X	X	\$27
209530	Strength & Tone (T,Th) 	12:10-12:55p	J	Walter	\$30	\$30	\$27
209520	Mat Pilates/Yoga Sculpt(T,Th) 	1-2p	J	Candace	\$30	\$30	\$27
209563	Teen Yoga (T,Th) 	4-5p	J	Jessica	\$20	\$20	\$18
209555	Rock Out Cycle (T,Th) (was Teen Spin) TU ONLY NOW 	5:30-6:30p	WR	Maureen	\$30	\$15	\$12
209572	Total Body Boot Camp (T,Th)	5:30-6:30p	R	Tess	\$30	\$30	\$27
209561	Slow Flow Hatha Yoga (T,Th)	5:00-6:00p	J	Jessica/Jess	\$15	\$15	\$12
222521	Aikido (T,Th) 	6-8p	J	Victor	\$50	\$50	\$50
209511	Bollywood Dance (T,Th)	6:30-7:30p	R	Annie	\$15	\$15	\$12
209518	Zumba® (T,Th) 	6:30-7:30p	E1-3	Alexandra	\$15	\$15	\$12
Thursday					A	B	C
209551	Spin & Tone (T,Th)	6:15-7:15a	R	Talisa	\$30	\$30	\$27
209581	TRX/Kettlebell Fusion (T,Th)	6:30-7:30a	G3	Terence	\$30	X	\$27
209550	Group Spin (Tu, Th)	8:30-9:30a	R	TBA	X	X	\$27
209569	Yoga & Meditation (T,Th)	9-10a	J	Casandra	\$30	\$30	\$27
209531	Strength Training (T,Th)	9:30-10:30a	WR/R	Dominick	\$30	\$30	\$27
209581	TRX/Kettlebell Fusion (T,Th)	12-1p	R	Tess	\$30	\$30	\$27
209571	Power Train (T,Th) NOW@Noon	11:30-12:30p	G3	Terence	\$30	\$30	\$27
209571	Cross Train (T,Th)	12:30-1:30p	G3	Terence	X	X	\$27
209530	Strength & Tone (T,Th)	12:10-12:55p	J	Walter	\$30	\$30	\$27
209520	Mat Pilates/Yoga Sculpt(T,Th) 	1-2p	J	Candace	\$30	\$30	\$27
209563	Teen Yoga (T,Th) 	4-5p	J	Jessica	\$20	\$20	\$18
209572	Total Body Boot Camp (T,Th)	5:30-6:30p	R	Tess	\$30	\$30	\$27
209561	Slow Flow Hatha Yoga (T,Th)	5-6p	J	Aubrie	\$15	\$15	\$12
222521	Aikido (T,Th)	6-8p	J	Victor	\$50	\$50	\$50
209560	Family Yoga 7-10yrs (Th) 	6:30-7:30p	R	Ashley	X	X	\$24
209518	Zumba® (T,Th) 	6:30-7:30p	E1-3	Heather	\$15	\$15	\$12

Saturday					A	B	C
209580	TRX Body Blast (Sa)	8-9a	R	Terence	\$15	\$15	\$12
209565	Vinyasa Flow Yoga (Sa)	8-9a	J	Jess	\$15	\$15	\$12

Sunday					A	B	C
209569	Yoga & Meditation (Sun)	10-11a	J	Casandra	X	X	\$12
209564	Partner Yoga (Sun)	1-2p	J	Amber	X	X	\$12
209518	Zumba® (Sun)	3:30-4:30p	J	Debbie	\$15	\$15	\$12

Room & Symbol Key	
E 1/2/3	Eagle Room 1-3
G 1/2/3	Gym 1-3
J	Jaguar Room
R	Rabbit Room
WR	Weight Room
TICO*	* = DIFFERENT LOCATION: CLUB TICO
♥	Family Class (Variety of ages)
★	New Class as of 2015
👶	Childcare provided for Vida Sana pass holders
🌞	Bilingual/Spanish Speaking Instructor/Assistants
🕒	Not a 1 hour class, Maybe short or longer
🕒	Teen Class (13-18yrs)
X	CANCELLED

*Class time includes set up, warm up, cool down, take down & transition time. Instructor time is approx. 50-55mins for a 1hr classes.

FITNESS CLASS DESCRIPTIONS

Session 1: March 16th - April 19th, 2015 (5 Weeks - No Holidays)

Session 2: April 20th - May 24th, 2015 (5 weeks - No Holidays)

Session 3: May 26th - June 28th, 2015 (5 Weeks - 5/25 Holiday)

30 Minute Abs: M & W 1pm



16yr+

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



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 9a, 1p, 6:30p



16yr+

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.

Cross Train: M,W,F 6:30a (13yr+), 12p & 1p, 6:30p; Tu,Th 11:30a & 12:30p



13yr+

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: F 8a (.5-2yrs),Th 6:30p (6-7yrs)M 8a (3-6yrs)



Family

Parents and children 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.

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.

Insanity®: Tu & Th 7:30a

16yr+

Insnaity is a high intensity cardio & strength training workout that will get you insane results in less than two months! It's a fun, fast paced workout with H.I.T.T. (High Intensity Interval Training) concepts.

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

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!

Mat Pilates/Yoga Sculpt: Tu,Th 1p



16yr+

Yoga Sculpt is an fun, upbeat, yet intense, core working class that sculpts & strengthens your entire body. Light influences of yoga is used to tone & stretch. (Beginners - advance)

Partner Yoga: M,W 5:30p



16yr+

This class is a fun and collaborative yoga practice for couples, families, friends, or individuals wanting to practice with others. Partners will practice yoga asanas together and side by side, relying on each other to assist in balance, alignment and depth of experience. Partner yoga builds kinesthetic awareness and strengthens individual yoga practice while working with others. All levels welcome, no partner needed.

Pre & Postnatal Yoga: W 8a



16yr+

If you're pregnant or just had a baby & looking for ways to relax or stay fit, consider prenatal & postnatal yoga. Good for you & your baby! This class helps you prepare for & after labor to promote you and your baby's health. Much like other types of childbirth-preparation classes, prenatal yoga encourages stretching, mental centering & focused breathing.

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.

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

Rock Out Cycle: Tu & Th 4:30p (TEENS WELCOME Ages 13+)



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



50yr+

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 3:30p



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: 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.

TRX/Kettlebell Fusion: M&W 6:30p; Tu,Th6:30a & 12p



16yr+

Take your workout to a whole new level with this fusion workout! This class combines both TRX & Kettle Bell exercising increasing core strength, balance, stamina, power, overall strength & endurance! If you're looking for a class to create your own challenge, big or small this class is for you!

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, W, F: 7a; W 7:30pm



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; Sun 10a

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!