

NORTHSIDE FALL FITNESS CLASS SCHEDULE

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

More info at: www.fcgov.com/fitness

Session A: August 31st - October 4th, 2015 (5 Weeks: Skip Day: 9/7-Holiday)

Session B: October 5th - November 8th, 2015 (5 Weeks: No Skip Days)

Session C: November 9th - December 20th, 2015 (5 Weeks: Skip Days: Nov. 23-27th)

| Activity # | Class | Time | Location | Instructor | Sessions Offered | | | Activity # | Class | Time | Location | Instructor | Sessions Offered | | |
|------------|---|--------------|----------|---------------------|------------------|-----------|------------|--|------------------------------|--------------|----------|----------------|----------------------------------|-----------|------------|
| Monday | | | | | 8/31-10/4 | 10/5-11/9 | 11/9-12/20 | Tuesday | | | | | 8/31-10/4 | 10/5-11/9 | 11/9-12/20 |
| 409571 | CrossTrain (M,W,F) <i>Was 6:30am, NOW 6:15am</i> | 6:15-7:15a | G3 | Terence | \$42 | \$45 | \$45 | 409551 | Spin & Tone (T,Th) | 6:15-7:15a | R | Joe/Talisa | \$30 | \$30 | \$24 |
| 409550 | Spin & Tone (M,W) | 6:15-7:15a | R | Joe | X | \$30 | \$30 | 409570 | Power Train (T,Th) | 6:15-7:15a | WR | Terence | \$30 | \$30 | \$30 |
| 409562 | Yoga Flow - Sun Salutation(M) | 7-7:45a | J | Erin | \$12 | X | X | 409581 | TRX/Kettlebell Fusion (T,Th) | 6:30-7:30a | G3 | TBA | X | X | \$30 |
| 409560 | Family Yoga 3-6yrs (M) | 8-9a | J | Brooke D. | X | X | X | 409569 | Yoga & Meditation (T,Th) | 9-10a | J | Casandra | \$30 | \$30 | \$30 |
| 409531 | Strength Training (M,W) | 8:30-9:30a | WR/R | Dominick | \$27 | \$30 | \$30 | 409531 | Strength Training (T,Th) | 9:30-10:30a | WR/R | Dominick | \$30 | \$30 | \$30 |
| 409118 | *Zumba®(M) | 9-10a | TICO* | Kelsey | \$12 | \$15 | \$15 | 409581 | TRX/Kettlebell Fusion (T,Th) | 12-1p | R | Tess | \$30 | \$30 | \$30 |
| 409534 | Barre Fitness (M,W) | 9-10a | J | Candace | \$27 | X | \$30 | 409570 | Power Train (T,Th) | 12-1p | WR | Terence | \$30 | \$30 | \$30 |
| 409575 | Lose to Win (M,W,F) | 9:30-10:30a | R | Dominick | \$42 | \$45 | \$45 | 409530 | Strength & Tone (T,Th) | 12:10-12:55p | J | Candace | \$30 | \$30 | \$30 |
| 409545 | Silver Sneakers (M,W) | 11:00-11:45a | J | Walter | \$20.25 | \$22.50 | \$20.25 | 409520 | Mat Pilates (T,Th) | 1-2p | R | Tracie | \$30 | \$30 | \$30 |
| 409571 | CrossTrain (M,W,F) | 12-1p | G3 | Terence | \$42 | \$45 | \$45 | 409584 | Sculpting Yoga (T,Th) | 1-2p | J | Candace | \$30 | \$30 | \$30 |
| 409568 | Restorative Yoga (M,W) | 12-1p | J | Mike | \$27 | \$30 | \$30 | 409563 | Teen Yoga (T,Th) | 4-5p | J | Jessica | X | X | \$20 |
| 409534 | Barre Fitness (M,W) | 1-2p | J | Candace | \$27 | \$30 | \$30 | 409572 | Total Body Boot Camp (T,Th) | 5:30-6:30p | R | Tess | \$30 | \$30 | \$30 |
| 409578 | Teen Cross Train(M,W) | 3:30-4:30p | G3 | Terence | X | X | \$20 | 409561 | Slow Flow Hatha Yoga (T,Th) | 5:00-6:00p | J | Jessy | \$15 | \$15 | \$15 |
| 409561 | Slow Flow Hatha Yoga (M) | 4-5p | J | Alwena | \$12 | \$15 | \$15 | 409551 | Spin & Tone (T,Th) | 6-7p | J | Maureen | X | X | X |
| 409520 | Mat Pilates (M) | 5:30-6:30p | J | Tracie | \$12 | \$15 | \$15 | 409511 | Bollywood Dance (Tu) | 6:30-7:30p | R | Annie | \$15 | \$15 | \$15 |
| 409573 | R.I.P.P.E.D.® (M) | 5:30-6:30p | E1/2 | TBA | X | X | X | 409518 | Zumba® (Tu) | 6:30-7:30p | E1-3 | Deanna/Susanna | \$15 | \$15 | \$15 |
| 409551 | Spin & Tone (M,W) | 5:30-6:30p | R | Colleen/Diana/Tisha | \$27 | \$30 | \$30 | Thursday | | | | | A | B | C |
| 409581 | TRX/Kettlebell Fusion(M,W) | 6:30-7:30p | R | Terence | \$27 | X | X | 409551 | Spin & Tone (T,Th) | 6:15-7:15a | R | Joe/Talisa | \$30 | \$30 | \$30 |
| 409578 | CrossTrain (M,W,F) | 6:30-7:30p | G3 | Terence | X | X | X | 409570 | Power Train (T,Th) | 6:15-7:15a | WR | Terence | \$30 | \$30 | \$30 |
| 309566 | Yin Yoga (M) | 7:30-8:30p | J | Casandra | \$12 | X | X | 409581 | TRX/Kettlebell Fusion (T,Th) | 6:30-7:30a | G3 | TBA | X | X | \$30 |
| Wednesday | | | | | A | B | C | 409569 | Yoga & Meditation (T,Th) | 9-10a | J | Casandra | \$30 | \$24 | \$24 |
| 409571 | CrossTrain (M,W,F) <i>Was 6:30am, NOW 6:15am</i> | 6:15-7:15a | G3 | Terence | \$42 | \$45 | \$45 | 409531 | Strength Training (T,Th) | 9:30-10:30a | WR/R | Dominick | \$30 | \$30 | \$30 |
| 409550 | Spin & Tone (M,W) | 6:15-7:15a | R | Joe | X | \$30 | \$30 | 409581 | TRX/Kettlebell Fusion (T,Th) | 12-1p | R | Tess | \$30 | \$30 | \$30 |
| 409564 | Pre & Postnatal Yoga(W) | 8-9a | J | Aramati | X | X | X | 409570 | Power Train (T,Th) | 12-1p | WR | Terence | \$30 | \$30 | \$30 |
| 409531 | Strength Training (M,W) | 8:30-9:30a | WR/R | Dominick | \$27 | \$30 | \$30 | 409530 | Strength & Tone (T,Th) | 12:10-12:55p | J | Candace | \$30 | \$30 | \$30 |
| 409118 | *Zumba® (W) | 9-10a | TICO* | Kelsey | \$15 | \$15 | \$15 | 409520 | Mat Pilates (T,Th) | 1-2p | R | Tracie | \$30 | \$30 | \$30 |
| 409534 | Barre Fitness (M,W) | 9-10a | J | Candace | \$27 | X | \$30 | 409584 | Yoga Sculpt(T,Th) | 1-2p | J | Candace | \$30 | \$30 | \$30 |
| 409575 | Lose to Win (M,W,F) | 9:30-10:30a | R | Dominick | \$42 | \$45 | \$45 | 409563 | Teen Yoga (T,Th) | 4-5p | J | Jessica | X | X | \$20 |
| 409545 | Silver Sneakers Classic (M,W) | 11-11:45a | J | Walter | \$20.25 | \$22.50 | \$20.25 | 409572 | Total Body Boot Camp (T,Th) | 5:30-6:30p | R | Tess | \$30 | \$30 | \$30 |
| 409571 | CrossTrain (M,W,F) | 12-1p | G3 | Terence | \$42 | \$45 | \$45 | 409561 | Slow Flow Hatha Yoga (T,Th) | 5-6p | J | Pam | \$15 | \$15 | \$15 |
| 409568 | Restorative Yoga (M,W) | 12-1p | J | Mike | \$27 | \$30 | \$30 | 409551 | Spin & Tone (T,Th) | 6-7p | J | Pam | X | X | X |
| 409534 | Barre Fitness (M,W) | 1-2pm | J | Candace | \$27 | \$30 | \$30 | 409518 | Zumba® (Th) | 6:30-7:30p | E1-3 | Heather | \$15 | \$15 | \$15 |
| 409578 | Teen Cross Train (M,W) | 3:30-4:30p | G3 | Terence | X | X | \$18 | 409534 | Barre Fitness (Th) | 6:30-7:00p | J | Deanna | \$15 | \$15 | \$15 |
| 409561 | Slow Flow Hatha Yoga (W) | 4-5p | J | Jennie | \$15 | \$15 | \$15 | Saturday | | | | | A | B | C |
| 409520 | Mat Pilates (W) | 5:30-6:30p | J | Tracie | \$15 | \$15 | \$15 | 409580 | TRX Body Blast (Sa) | 8-9a | R | Terence | \$15 | X | \$18 |
| 409573 | R.I.P.P.E.D.® (W) | 5:30-6:30p | E1/2 | Connie | X | X | X | 409565 | Vinyasa Flow Yoga (Sa) | 8-9a | J | Jessy | \$15 | \$15 | \$18 |
| 409551 | Spin & Tone (M,W) | 5:30-6:30p | R | Colleen/Diana/Tisha | \$27 | \$30 | \$30 | Room & Symbol Key | | | | | | | |
| 409581 | TRX/Kettlebell Fusion(M,W) | 6:30-7:30p | R | Terence | \$27 | X | X | E 1/2/3 = Eagle Room 1-3 | | | | | J = Jaguar Fitness Room Upstairs | | |
| 409518 | Zumba (W) | 6:30-7:30p | E1-3 | Alexandra | \$15 | \$15 | \$15 | G 1/2/3 = Gym 1-3 | | | | | R = Rabbit Fitness Room Upstairs | | |
| 409534 | CrossTrain (M,W,F) | 6:30-7:30p | G3 | Terence | X | X | X | WR = Weight Room/Cardio Area | | | | | | | |
| 409512 | *Fitness Flash Mob (W) | 7-8pm | CCA* | Vel | X | X | X | | | | | | | | |
| 409562 | Yoga Flow-Moon Salutation(W) | 7:00-8:00p | J | Casandra | X | \$15 | X | CCR* = DIFFERENT LOCATION - Colorado Cheer Academy 2536 Midpoint Dr. 80525 | | | | | | | |

| Friday | | | | | A | B | C |
|--------|--|----------------|-------|----------|------|------|------|
| 409571 | CrossTrain (M,W,F) <i>Was 6:30am, NOW 6:15am</i> | 6:15-7:15a | G3 | Terence | \$42 | \$45 | \$45 |
| 409560 | Family Yoga - Baby & Toddler (F) | ♥ 10:30-11:30a | J | TBA | ✗ | ✗ | \$30 |
| 309118 | *Zumba® (F) | 🌞👧 9-10a | TICO* | Kelly | \$15 | \$15 | \$15 |
| 409575 | Lose to Win (M,W,F) | 9:30-10:30a | R | Dominick | \$42 | \$45 | \$45 |
| 409571 | CrossTrain (M,W,F) | 12-1p | G3 | Terence | \$42 | \$45 | \$45 |
| 409534 | CrossTrain (M,W,F) | ★ 6:30-7:30p | G3 | Terence | ✗ | ✗ | ✗ |

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

***Fitness classes require a minimum # of 6 enrolled participants per class in order to be offered and active.**

***Participants are welcome to bring their own Yoga mat to class, though all fitness equipment needed is provided.**

All cancellations must be made before the day of the 1st class for full refund. A transfer may be made after the 1st class. No refunds or transfers after the 2nd class.

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|---|--|
| ♥ | 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 shorter or longer |
| 🕒 | Teen Class (13-18yrs) |
| ✗ | CANCELLED |

FITNESS CLASS DESCRIPTIONS

Session 1: August 31st - October 4th, 2015 (5 Weeks: Skip Day 9/7 - Holiday)

Session 2: October 5th - November 8th, 2015 (5 weeks - Skip days)

Session 3: November 9th - December 20th, 2015 (5 Weeks: Skip Days Nov. 23-27th)

Barre Fitness: M,W 9a, 1p; Th 6p



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.

Bollywood Dance: Tu 6:30p

16yr+

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 6:10a, 12p, 6:30p

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.

Family Yoga: F 8a (.5-2yrs), M 8a (3-5yrs)



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.

Fitness Flashmob: W 7p

*Colorado Cheer Academy



16yr+

Join us in creating a fun-Filled Dance that we will take to the streets, the mall, park, or even old Town Square!!If you have ever wanted to be a part of a Flash Mob or witness one, this is your chanc! We meet weekly to choregraph a dance that will be performed at two secret locations.

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 muscfe. Want a leaner healthier you? Try this addicting craze!

Sculpting Yoga: Tu,Th 1p



16yr+

Yoga Sculpt/Mat Pilates 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)

Power Train: Tu &Th 6:15a;12p



16yr+

Similar to CrossTrain, PowerTrain is an intense body strengthening workout using free weights, resistance machines & cardio equipment! You'll pump iron & your heart. Each powerful cardio & weightlifting session is totally different, keeping your body guessing, forcing it to stay at its peak.

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.

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.

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

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 the body.

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.

Yin Yoga: M 7:30p



16yr+

Yin Yoga opens the body's meridian system to enhance internal energetic flow, providing self-awareness while supporting emotional equilibrium & deeper meditation. Floor postures are held passively for 3-5 minutes, giving the body time to acclimate& stretch.

Yoga Flow: M: 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, W, 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!