



## Group Fitness Schedule November 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5am Hour</b>						
<b>6am Hour</b>		<i>CYCLING</i> 6:00-7:00 Marysia		<i>CYCLING</i> 6:00-7:00 Susan	<i>Super Cycle</i> 6:00-7:00 Marysia	
	<b>CrossFit</b> 6:15-7:15 Sam	<b>CF Elements</b> 6:15-7:15 Sam	<b>CrossFit</b> 6:15-7:15 Sam	<b>CrossFit</b> 6:15-7:15 Sam	<b>CrossFit</b> 6:15-7:15 Sam	
<b>8am Hour</b>						
<b>9am Hour</b>						
<b>11am Hour</b>	<i>CYCLING</i> 11:45-12:30 Jennifer		<i>CYCLING</i> 11:45-12:30 Jennifer		<i>CYCLING</i> 11:45-12:30 Jennifer	
	<b>Body Sculpt</b> 11:45-12:30 Dana	<b>PiYo</b> 11:45-12:30 Susan	<b>Body Sculpt</b> 11:45-12:30 Susan	<b>Yoga</b> 11:45-12:45 Lila		
<b>12pm Hour</b>	<b>Mat Pilates</b> 12:30-1:15 Dana		<b>Mat Pilates</b> 12:30-1:15 Susan			
	<b>CrossFit</b> 12:00-1:00 Sam	<b>CF Elements</b> 12:00-1:00 Sam	<b>CrossFit</b> 12:00-1:00 Sam	<b>CrossFit</b> 12:00-1:00 Sam	<b>CrossFit</b> 12:00-1:00 Sam	
<b>5pm Hour</b>		<b>Yoga</b> 5:30-6:30 Stephanie				
	<i>CYCLING</i> 5:30-6:30 Mica	<b>CrossFit</b> 5:30-6:30 Russell	<b>CrossFit</b> 5:30-6:30 Russell	<b>CrossFit</b> 5:30-6:30 Russell		

*Please see reverse side for Class Descriptions*



## Group Fitness Schedule

### Class Descriptions

<b>Body Sculpt</b>	This workout uses weights, bands and/or bodybars to promote muscular endurance, flexibility and body alignment.
<b>CrossFit</b>	This program combines a wide array of philosophies and movement skills taken from gymnastics, olympic lifting, running and rowing, and everyday fundamental movements to create a truly powerful, potent, constanly varied, and functional (real-life) workout in a short amount of time.
<b>CrossFit Elements</b>	The elements class will focus on the fundamental movements of CrossFit, as well as the more technically demanding exercises of the program. The class will begin with a lecture detailing that day's exercise, followed by practice and application. This is a great way to expand and hone your CrossFit capacity!
<b>CYCLING</b>	Try this challenging indoor cycling class that utilizes various training techniques and motivational strategies to simulate actual riding experiences.
<b>Mat Pilates</b>	Developed in 1914 by Joseph H. Pilates, the focus of this discipline is to strengthen, stretch and balance the body. Technique involves specific exercises coupled with focused breathing patterns. Pilates is also an important adjunct to professional sports training and physical rehabilitation.
<b>PiYo™</b>	PiYo™ is an athletic fusion style strength & flexibility mat class. It combines Pilates, yoga, dance, and strength in a flowing sequence designed for those who like to move with grace and power.
<b>Super Cycle</b>	Super Cycle is a unique blend of weight-training, cycling, and other modes of cardio-type training all compressed into one class to provide a fast, fun, unique workout that breaks routine while offering more traditional training methods.
<b>Hot Yoga</b>	Hot yoga is a series of yoga poses in a heated environment designed to promote sweating to relieve the body of toxins as well as increase body temperature to improve mobility and flexibility.
<b>Yoga</b>	An eclectic blend of two or more yoga styles, while focusing on posture and breathing. Along with promoting relaxation it develops muscular strength, suppleness and flexibility.
<b>Yoga-lates</b>	A class combining the best of each of the classical practices of Yoga and Pilates. An opportunity to focus on movement, breathing, posture and core strength.

*Please contact Phillip Mann at [phil@botpt.com](mailto:phil@botpt.com) or  
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