








































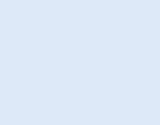











January Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 7:00 - 8:00 am Bootcamp Anna - Studio B	 6:30 am - 7:30 am Cycling Trent- Studio A	 7:00 - 8:00 am Tabata Laura- Studio B	 6:30 am - 7:15 am Rhythm Cycling Stephanie - Studio A	 7:00 - 8:00 am Bootcamp Laura- Studio B	 8:00 - 9:00 am Bosu Faye - Studio B	 4:00 - 5:15 pm Vinyasa Flow Yoga Meri- Studio C
 8:00 - 9:00 am Total Body & Barre Sculpt Claire - Studio B	 8:00 - 9:00 am Bosu Faye - Studio B	 8:00 - 9:00 am Total Body & Barre Sculpt Claire - Studio B	 7:30 - 8:30 am Yoga Sculpt Stephanie- Studio C	 8:00 - 9:00 am Strength & Conditioning Allison - Studio B	 8:30 - 9:30 am Cycling Stef-Studio A	
 9:00 - 10:00 am Zumba Karrin - Studio B	 9:00 - 10:00 am eLIGNABAR® Faye - Studio B	 9:00 - 10:00 am Zumba Karrin - Studio B	 8:00 - 9:00 am Bosu Faye - Studio B	 10:00 - 11:00 am Gentle Yoga +Pilates Celine -Studio C	 9:00 - 10:00 am eLIGNABAR® +Pilates Faye - Studio B	
 9:30 - 10:30 am Power Yoga Lauren - Studio C	 10:00 - 10:45 am Stretch & Mobility Faye - Studio B	 9:30 - 10:30 am Power Yoga Lauren - Studio C	 9:00 - 10:00 am eLIGNABAR® Faye - Studio B	 11:00 - 12:00 pm Pilates Celine- Studio C	 10:00 - 11:00 am Yoga Stef- Studio C	
 10:00 - 10:45am Strength & Stretch Karrin- Studio B	 10:30 - 11:30 am Pilates Heagen- Studio C	 10:00 - 10:45am Strength & Stretch Karrin- Studio B	 10:00 - 10:45 am Stretch & Mobility Faye - Studio B	 12:00 - 12:45 pm Strength & Conditioning Miranda- Studio B	 10:00 - 11:00 am Stretch & Roll Faye - Studio B	
 10:45 - 11:45 am Pilates Lauren- Studio C	 11:00 - 11:45 am BodyFit Wendy- Studio B	 10:45 - 11:45 am Pilates Lauren- Studio C	 10:30 - 11:30 am Pilates Heagen- Studio C	 12:45 - 1:30 pm Mobility Miranda- Studio B	 11:15 - 12:15 pm Active Living: Strength & Balance Celine- Studio B	
 12:00 - 12:45pm Strength & Conditioning Trent-Studio B	 12:00 - 12:45 pm LOCALspin Wendy- Studio A	 12:00 - 12:45 pm Strength & Conditioning Megan- Studio B	 11:00 - 11:45 am BodyFit Wendy- Studio B	 2:00-3:30 pm Martial Art Systema Mark - Studio C		
 5:00 - 6:00 pm Pain Free Posture Dee- Studio B		 2:00 - 2:45 pm FREE -Walk & Talk CJ-Track	 12:00 - 12:45 pm LOCALspin Wendy- Studio A			
 5:30 - 6:30 pm Cycling Tammar-Studio A	 5:30-6:30 pm Rhythm Cycling Stephanie- Studio A	 4:30 - 5:15 pm BodyFit Wendy- Studio B	 4:30-5:15 pm Family Fitness Katie - Studio B *1/9-1/30			
	 6:00 - 7:00 pm Apres Ski Yoga Allison- Studio C	 5:30 - 6:30 pm Cycling Wendy-Studio A				

NEW classes & changes noted in RED

Class Descriptions

All group fitness classes are open to any level. We have designated some classes as more advanced but this does not preclude a beginner from attending. Please notify the instructor before starting if you are a beginner or first time student. Our instructors are trained professionals and design classes to be safe, however all classes are at your own risk.

Active Living Fitness - Class focuses on using functional training to improve on strength, mobility, and balance. Optional equipment such as wall barre, weights, stretching bands, balls and chairs can be used to customize performance of exercises. Movements focus on strengthening legs, core, and upper body for a total body workout designed to help you enhance your active Park City lifestyle.

Barre - A low impact and encompasses strength training through isometric movements, high repetition and powerful holds. This full body workout focuses on all the major muscle groups: core, glutes, arms, thighs, and back body resulting in strength, increased flexibility, and improvement with overall posture and balance.

BodyFit - A fun interactive class that wakes up your agility and stamina level with intervals of strength and cardio exercises. A 45 minute workout that leaves you with a sweat!
Bootcamp - An effective, time-efficient workout blast. This workout builds lean muscle with big multi-purpose moves that work the entire body.

Bosu – Join this strength and sculpt class targeting your balance and core on the Bosu for overall great conditioning!

Cycling - A stationary bike workout that challenges your cardiovascular abilities. No special gear is needed and cycling knowledge is not a prerequisite. Enjoy a low impact cardio workout that can vary in terrain, strength, and endurance formats.

LOCALspin - Not just for locals! Our LOCALspin will mimic all your favorite Park City trails.

Rythm Cycling- High energy, beat based, choreographed ride.

ELIGNABAR® - A fundamental core strength and stability class using the light-weight ELIGNABAR® that promotes correct spinal alignment while targeting core muscles to achieve overall conditioning.

Pain Free Posture - This class, taught in the egosque method, puts your body into correct postural alignment through a series of exercises that will improve function, reduce compensations, and return your body to its original functional blueprint.

Pilates - Pilates improves your core strength, strengthens and lengthens the entire body, improves posture, balance, coordination and mind/body awareness.

Strength Conditioning - Focus on fundamental movement patterns; squat, lunge, hinge, push, pull, carry and locomotion. These movement patterns build strength and reduce risk of injury.

Stretch/Mobility/Foam Rolling - These classes are essential for injury management and sustaining your favorite activities.

Systema - Russian Systema is an all-encompassing, practical martial art that is without specific form or tactics. The practice emphasizes natural relaxed movement via breath.

Total Body & Barre sculpt- A dynamic combo of Pilates, Barre, and Strength Conditioning

Apres Yoga - Wind down after a day on the snow with a gentle flow, focusing on restorative movement.

Gentle Yoga - A class designed for first time students and those who enjoy a slower pace. Learn the terminology and cues of yoga while enjoying the benefits of the practice.

Power Yoga - Cultivate awareness, mindfulness, and breath on your mat so these attributes become an integral thread in everyday life. You are guaranteed a workout and will feel more empowered upon leaving.

Vinayasa Yoga - A mindful class for all levels. Focus on breath and alignment provides students the opportunity to make the class their own. Everyone is welcome!

Walk & Talk - An all abilities social walk around the track. Participants can stay with the group or walk at their own pace. Your goal is 7 laps!

Yoga Sculpt - A strong focus on strength & toning. Sculpt weaves in hand weights & other equipment and targets building strength & cardio. Expect Barre & Pilates movements - to the beat - while using yoga positions to open and elongate.

Zumba - A fitness classic! Learn the choreographed steps to Latin music, sure to give you a great cardio workout.