



Fitness Schedule



FEBRUARY

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
RED BRICK GYM						
7:30 - 8:30am Hatha Yoga (Serene)	7:00 - 8:00am BodyPump (Janelle/Lissa)		7:30 - 8:30am Hatha Yoga (Serene)	7:00 - 8:00am BodyPump (Janelle)		
						9:00-10:00am BodyPump (Tamar)
12:00 - 12:45pm BodyPump Express (Asia)	12:30 - 1:30pm Stretch (Angela)	12:00 - 12:45pm BodyPump Express (Asia)	12:30 - 1:30pm Stretch (Angela)	12:00 - 12:45pm Pilates (Asia)		
1:00 - 1:45pm Interval Training (Asia)		1:00 - 1:45pm P90X (Asia)		1:00 - 1:45pm BodyPump Express (Asia)		
2:00 - 2:45pm BodyPump Express (Asia)		2:00 - 2:45pm BodyPump Express (Asia)		2:00 - 2:45pm BOSU Cardio (Asia)		
ARC STUDIO, YOUTH CENTER, & POOL						
	6:15 - 7:15am HIIT Bootcamp (Molly)		6:15 - 7:15am HIIT Bootcamp (Molly)	6:45 - 7:30am Spin (Jeff)		
	8:30 - 9:15am Spin (Asia)					
	9:30 - 10:15am Pilates (Asia)	9:00 - 9:55am Low Impact Cardio/Intervals (Amy)		9:45 - 10:45am HIIT Hybrid (Amy)		
	10:15 - 11:15am Restorative Yoga (Asia)	10:00 - 11:00am Core & More (Amy)	10:00 - 11:00am Water Aerobics (DD) (Serene 2/16, 2/23, 3/2)	10:00 - 11:00am Water Aerobics (DD) (Serene 2/17, 2/24, 3/3)		
12:00 - 1:30pm Master Swim (Archie)		12:00 - 1:30pm Master Swim (Archie)	NEW CLASS ↓↓↓			
6:15- 7:15pm Power X Vinyasa Flow (Josh)	NEW CLASS ←←←	6:00 - 7:00pm Master Swim (Archie)	6:15 - 7:15pm Glidefit Cardio Wave (Josh)			
Indicates classes held in the ARC Pool		Indicates NEW or CHANGED classes		Indicates classes held in the Aspen Youth Center		Indicates classes held outside

FITNESS CLASS FACILITIES:

Red Brick

110 E. Hallam St. Suite 135

(970) 920-5140



ARC

0861 Maroon Creek Rd.

(970) 544-4100

Enrollment of Classes:

Classes will take place in the Red Brick Gym or in the ARC Fitness Studio. Classes of up to 20 participants will only be allowed depending on the class.

Participants arrive at scheduled time and check in with staff.

Participants will be required to reserve a spot on the sign-up genius website site. Please check our website for the registration link.

If you need to cancel class registration please call 970-920-5140. If a spot is reserved and participant fails to cancel and no shows we will still take a punch off the pass, if this happens more than three times participant will not be allowed to reserve spots. With limited spots and classes please be respectful of others that may want to take the classes.

If a class is full, spots will be held up to 5 mins after class has started. After the 5 mins anyone on the waitlist will be allowed into the class.

Virtual classes require a membership.

Intensify cleaning and disinfection efforts:

Participants need to bring their own water bottles and yoga mat for yoga class.

Classes will be no contact. Instructor would instruct from the 6 ft away with the assist of a microphone if needed. Hand washing stations and hand sanitizer will be accessible to staff and participants.

Illness assessment and temperature:

Participants showing signs of illness will not be allowed to participate in the class.

