



JANUARY 2019 GROUP FITNESS CLASS SCHEDULE

303-798-4949 www.Prestige-Fitness.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:00am Cardio Sculpt Ivy	
9:15am ZUMBA FITNESS Ivy	9:15am LES MILLS BODYPUMP Angela	9:15am ZUMBA FITNESS Ivy	9:15am LES MILLS BODYPUMP Angela	9:15am Step Interval Ivy	9:00am ZUMBA FITNESS Ivy	9:00am ZUMBA FITNESS Amy
10:15am Silver Sneakers Fitness Program Ivy		10:15am Silver Sneakers Fitness Program Ivy		10:15 am Silver Sneakers Fitness Program Ivy	10:00am LES MILLS BODYPUMP Mary/Angela	
11:30am Yoga Blair						1:30pm Line Dancing Joy
3:15pm Silver Sneakers Fitness Program Ivy		3:15pm Silver Sneakers Fitness Program Ivy				
4:30pm Turbo Tonic Ivy	4:30pm Step Interval Ivy	4:30pm Cardio Sculpt Ivy	4:30pm STRONG BY ZUMBA Lisa			
5:30pm LES MILLS BODYPUMP Cheryl	5:30pm ZUMBA FITNESS Ivy	5:30pm LES MILLS BODYPUMP Jamie	5:30pm Turbo Tonic Ivy	5:00pm Yoga Natasha		
6:30pm Yoga Kim	6:30pm Yoga Natasha	6:30pm ZUMBA FITNESS Deidre				

We welcome your feedback. Please contact ivy@prestige-fitness.com with any comments, concerns and compliments.

CLUB HOURS M-TH 5AM-10PM F 5AM-9PM S&SU 7AM-6PM **CLUB PHONE** 303-798-4949
KIDS CLUB HOURS M-F 8AM-12PM & 4PM-7PM SAT 8AM-11AM Sun 8AM-11AM

GROUP X CLASS DESCRIPTIONS



The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.



Mix it up in this non-stop cardio dance class with Hindi, Arabic, American, African, and Latin beats. The choreography includes body sculpting and interval training in a combination of fast and slow rhythms.



Burn calories and blast fat! TurboKICK mixes kickboxing and simple dance moves with music that makes you want to move.



STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. ... **STRONG by Zumba**® instructors change up the music and moves frequently to make sure you're always challenged to the max.



Silver Sneakers classes are designed to increase strength, balance & flexibility. Light hand weights, bands and balls are incorporated into the class to achieve a full body workout. A chair is also provided for seated and/or standing support. All levels welcome!

CARDIO SCULPT-This class alternates high energy cardio moves with strength moves using free weights & body weight. This is a full body workout you are sure to leave sweaty!

STEP INTERVAL-A heart pumping cardio class using the step accompanied by body sculpting using the barbell or hand weights.

TOTAL BODY CIRCUIT- is a dynamic class set up with stations that move through a balanced mixture of cardio and weight resistance while utilizing all major muscle groups. This class is for all fitness levels.

YOGA-Each instructor will take you through their own total body workout designed to tone and sculpt every major muscle group. Move through sun salutations and other yoga postures to add extra length, strength and depth in each pose.