



FEBRUARY 2019

GROUP FITNESS CLASS SCHEDULE

303-431-2582 www.Prestige-Fitness.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am Sarah C	5:30 am H.I.I.T. Emily	5:30 am LES MILLS RPM Cat	5:30 am LES MILLS BODYPUMP Express Emily	5:30 am LES MILLS RPM Cat		Color indicates new class, time, or instructor
7:00 am Margaret		7:00 am Margaret	7:00 am Boom Muscle Nina	7:00 am Yoga Margaret		
			-	8:30 am LES MILLS RPM Mindy	8:15 am LES MILLS BODYPUMP Team	8:30 am Sarah C
9:00 am VINYASA YOGA Jenni	9:00 am LES MILLS BODYPUMP Kate	9:00 am LES MILLS RPM Emily	9:00 am LES MILLS BODYPUMP Kate	9:00 am Karleen	9:30 am LES MILLS RPM Naomi	9:30 am LES MILLS BODYFLOW Nina
		9:00 am VINYASA YOGA Maya			9:30am Team	
					10:30 am VINYASA YOGA Christine	
5:00 pm VINYASA YOGA Yun	5:00 pm LES MILLS BODYPUMP Emily	5:00 pm Team	=	5:00 pm LES MILLS BODYFLOW Lori	CLUB HOURS: Mon-Thurs 4:30AM-10PM FRI 4:30AM-9PM SAT-SUN 7AM-6PM KIDS CLUB HOURS: Monday – Friday 8:30-12PM 4PM-8PM Saturday 8AM – 12PM Sunday 8AM – 12PM	
6:00 pm LES MILLS RPM Mindy		5:00 pm LES MILLS RPM Tara	5:30 pm LES MILLS BODYPUMP Express Mindy			
6:00 pm LES MILLS BODYPUMP Naomi	6:30 pm BARRE POWER Sheri	6:00 pm VINYASA YOGA Team	6:00 pm LES MILLS CXWORX Mindy			

Questions, compliments, concerns? Let us know!
Lori@prestige-fitness.com

CLASS DESCRIPTION

LES MILLS

BODYPUMP

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.

LES MILLS

RPM

Find your rhythm in a cardio peak cycling workout that delivers maximum results with minimum impact on your joints. RPM tunes you in to great music and takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your training level over time. Your instructor will show you how to set up your bike and all the basic cycling moves.

LES MILLS

CXWORX

Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together.



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.



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!



BOOM MUSCLE incorporates athletic-based exercises that improve upper body conditioning. You'll move through several "blocks," which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength.

BARRE POWER This is a ballet "barre" inspired total body workout that blends strength training, pilates, yoga. It is both low impact and intense. Be prepared to chisel your arms, shape your thighs, lift your seat, and flatten your abs!

VINYASA YOGA A yoga class designed to keep you moving through the postures all while incorporating strength, balance, flexibility and core components! This is for the fitness minded!

H.I.I.T. A 45-minute intense workout consisting of bursts of cardio and strength.

CARDIO CONDITIONING/ABS - A 45-minute class designed to increase cardiovascular fitness with a focus on abdominal work during the last segment.