



# MARCH 2019 GROUP FITNESS CLASS SCHEDULE

303-798-4949 [www.Prestige-Fitness.com](http://www.Prestige-Fitness.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:00am Cardio Sculpt Ivy	
9:15am ZUMBA Ivy	9:15am LES MILLS <b>BODYPUMP</b> Angela	9:15am ZUMBA Ivy	9:15am LES MILLS <b>BODYPUMP</b> Jackie	9:15am Step Interval Ivy	9:00am ZUMBA Ivy	9:00am ZUMBA Tasha
10:15am Silver Sneakers Ivy		10:15am Silver Sneakers Ivy	10:15am LES MILLS BODYFLOW Jackie	10:15 am Silver Sneakers Ivy	10:00am LES MILLS <b>BODYPUMP</b> Mary/Angela	
11:30am Yoga Blair						1:30pm Line Dancing Joy
3:15pm Silver Sneakers Ivy		3:15pm Silver Sneakers Ivy				
4:30pm Turbo KICK Ivy	4:30pm Step Interval Ivy	4:30pm Cardio Sculpt Ivy	4:30pm Turbo KICK Ivy			
5:30pm LES MILLS <b>BODYPUMP</b> Jackie	5:30pm ZUMBA Ivy	5:30pm LES MILLS <b>BODYPUMP</b> Jamie	5:30pm Pilates Plus Jackie	5:00pm PiYo Erin		
6:30pm Yoga Kim	6:30pm LES MILLS BODYFLOW Jackie	6:30pm ZUMBA Deidre				

We welcome your feedback. Please contact [Ivy@prestige-fitness.com](mailto: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



Ideal for anyone and everyone, BODYFLOW® is the yoga-based class that will improve your mind, your body and your life. During BODYFLOW an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered and happy.



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.



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!

**PILATES PLUS**-A mind/body blend of Tai Chi, Yoga and Pilates designed to increase flexibility, balance and strength. Relaxation to finish the class.

**PiYo**-combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

**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.