



WORK OUT WEST
health & recreation campus



Group Exercise Schedule

970.330.9109

Effective February 20, 2012

MONDAY

5-6am	Boot Camp	AF	Kim
5:30-6:30am	Step & Sculpt	TC	Susie
6-7am	Boot Camp	AF	Kim
6-7am	Spinning	SS	Mark
8-9am	Forever Young	AF	Susan
8-9am	Womens Conditioning	Gym	Patti
9-10am	Turbo Kick	AF	Patti
9-10am	Spinning	SS	Mary
4:30-5:30pm	Body Sculpt	AF	Susie
5:30-6:30pm	Group Power	AF	Kim
5:30-6:30pm	Spinning	SS	Colleen
5:45-6:45pm	Yoga	TC	Nancy
6:30-7:30pm	Spinning	SS	James
7-8pm	Zumba	AF	Amy O.

TUESDAY

5-6am	Group Power	AF	Susie
5-6am	Spinning	SS	Dave
8-9am	Mat Pilates	AF	Susan
9-10am	Body Sculpt	AF	Susan
5:30-6:30pm	Boot Camp	AF	Kim
5:30-6:30pm	Spinning	SS	Ron
6:30-7:30pm	Turbo Kick	TC	Natalie
6:45-7:30pm	X-Works	AF	Mark

WEDNESDAY

5-6am	Boot Camp	AF	Kim
5-6am	Spinning	SS	Mark
5:30-6:30am	Step & Sculpt	TC	Susie
6-7am	Boot Camp	AF	Kim
8-9am	Forever Young	AF	Susan
8-9am	Womens Conditioning <i>willPower & Grace</i>	TC	Patti
9-10am	Turbo Kick	AF	Patti
9-10am	Spinning	SS	Mary
4:30-5:30pm	Body Sculpt	AF	Susie
5:30-6:30pm	Group Power	AF	Kim
5:30-6:30pm	Spinning	SS	Colleen
5:45-6:45pm	Yoga	TC	Nancy
6:30-7:30pm	Spinning	SS	James
7-8pm	Zumba	AF	Amy O.

THURSDAY

5-6am	Group Power	AF	Susie
5-6am	Spinning	SS	Colleen
8-9am	Mat Pilates	AF	Susan
9-10am	Body Sculpt	AF	Susan
5:30-6:30pm	Boot Camp	AF	Kim
5:30-6:30pm	Spinning	SS	Ron
6:45-7:30pm	X-Works	AF	Mark
6:30-7:30pm	willPower & Grace	TC	Patti

FRIDAY

5-6am	Boot Camp	AF	Kim
6-7am	Spinning	SS	Mark
5:30-6:30am	Step & Sculpt	TC	Susie
6-7am	Boot Camp	AF	Kim
8-9am	Forever Young	AF	Beth
8-9am	Womens Conditioning	Gym	Patti
9-10am	Turbo Kick	AF	Patti
9-10am	Spinning	SS	Mary
12-1pm	Bosu Butts, Guts & Balance	AF	Beth

SATURDAY

7:45-8:45	Boot Camp	AF	Jenni/Lauren
7:45-8:45am	Spinning	SS	Natalie
8-9am	Pilates	TC	Susie
9-10am	Group Power	AF	Beth
10-11am	Turbo Kick	AF	Natalie

SUNDAY

7:30-8am	Sole Training	AF	Patti
8-9am	willPower & Grace	AF	Patti
9-10am	Zumba	AF	Amy O.

Fitness Center Hours

M-Thurs - 4am-9pm
Fri - 4am-8pm
Sat & Sun - 6am-6pm

Tennis Center Hours

M-Thurs - 6am-10pm
Fri - 6am-8pm
Sat & Sun - 7am-6pm

KEY

AF - Aerobic Floor
SS - Spin Studio
Gym - Gym Floor
TC - Tennis Center

Child Care Hours

M - Th - 8am-noon; 4:30-8pm
F - 8am-1pm Sat - 8am-noon
Sun - Closed

WORK OUT WEST... encouraging wellness and inspiring a commitment to your health and personal goals.



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Bosu Butts, Guts and Balance

A noon time hour of power. Developing strength from the inside out utilizing the many benefits of Bosu training - including enhancing joint strength and stability. Develop core strength, balance and an incredible leg and glute workout. Located on the Aerobics Floor.

Step & Sculpt

Utilizes the STEP platform and hand weights for cardio and weight training. It is designed for all fitness levels. Located in the Tennis Center Yoga Room.

Turbo Kick

Burn up to 800 calories in 1 hour to great music in this fast-paced cardio-blasting kickboxing class. Sculpts your entire body and develops core strength. A class that feels like a Party.

willPower & Grace

A sweaty, dynamic fusion of the most popular (and most effective) group exercise workouts. This class is the perfect cardiovascular solution for Pilates and Yoga practitioners! All you need is your body weight and your bare feet. The cardio segment is a fusion of calisthenics, dance principles and functional training drills. You will walk away sweaty, sculpted and stretched. Over time willpower & Grace will help you stand taller, walk with greater confidence, and function with agility. The class also includes our foot fitness program, Sole Training, that increases strength and balance while rehabilitating old injuries and preventing new ones.

Women's Conditioning

Focuses on overall fitness including increased strength, toning and core stabilization.

Yoga

Experience the many benefits Yoga offers; strength, flexibility and inner focus.

X-Works

Work Out West's new X-WORKS program will work you to the core. Test your endurance and agility. Master your coordination and stamina. Find your power, balance and strength, while working on overall flexibility, accuracy and speed. By combining weightlifting, resistance training and your own mind over matter, you'll cross-train like never before. Hard core athletes and motivated fitness enthusiasts take note, this is the best strength and conditioning program in the area.

Zumba

An exciting hour of calorie burning, body energizing, awe-inspiring, easy-to-follow movements set to upbeat Latin rhythms. This unique fitness program introduces Latin dance such as: salsa, cumbia, meringue, and reggaetone. All fitness levels.

Please adhere to the following guidelines to maximize each class experience:

- 1 Arrive to class on time to ensure a complete warm-up, wearing comfortable clothing and aerobic shoes. (Pilates, Yoga and willPower & Grace are typically practiced barefoot.)
- 2 Exercise at your own pace, staying within your target training zone.
- 3 Drink plenty of water before, during and after your workout.
- 4 Stay through the end of class to ensure you are properly stretched after your workout.
- 5 Please be courteous to all participants and the instructor.
- 6 Please note that instructors are subject to change. All classes are subject to change. Classes can be cancelled due to low participation.