

MONDAY			
<i>Class</i>		<i>Time</i>	<i>Instructor</i>
Boot Camp	◆	5am	Kim
Spinning	★	5am	Dave
Step	◆	6am	Susie
Forever Young	◆	8am	Susan
Women's Conditioning	◆	8am	Patti
Turbo Kick	◆	9am	Patti
Spinning	★	9am	Mary
Body Sculpt	◆	4:30pm	Susie
Group Power	◆	5:30pm	Kim
Spinning	★	5:30pm	Colleen
Yoga	■	5:45pm	Nancy
Zumba	◆	7:00pm	Amy O.

WEDNESDAY			
<i>Class</i>		<i>Time</i>	<i>Instructor</i>
Boot Camp	◆	5am	Kim
Spinning	★	5am	Randy
Step	◆	6am	Susie
Forever Young	◆	8am	Susan
Women's Conditioning	◆	8am	Patti
Turbo Kick	◆	9am	Patti
Spinning	★	9am	Mary
Body Sculpt	◆	4:30pm	Susie
Group Power	◆	5:30pm	Kim
Spinning	★	5:30pm	Colleen
Yoga	■	5:45pm	Nancy
Zumba	◆	7:00pm	Amy O.
Tai Chi	■	7:30pm	Fred

FRIDAY			
<i>Class</i>		<i>Time</i>	<i>Instructor</i>
Boot Camp	◆	5am	Kim
Spinning	★	5am	Randy
Step	◆	6am	Susie
Forever Young	◆	8am	Beth
Women's Conditioning	◆	8am	Patti
Turbo Kick	◆	9am	Patti
Spinning	★	9am	Mary
Group Power	◆	5:30pm	Beth

TUESDAY			
<i>Class</i>		<i>Time</i>	<i>Instructor</i>
Group Power	◆	5am	Susie
Spinning	★	5am	Dave
PiYo	■	6am	Susan
Mat Pilates	◆	8am	Susan
Body Sculpt	◆	9am	Susan
Boot Camp	◆	5:30pm	Kim
Spinning	★	5:30pm	Ron
Turbo Kick	◆	6:30pm	Natalie/Patti

THURSDAY			
<i>Class</i>		<i>Time</i>	<i>Instructor</i>
Group Power	◆	5am	Susie
Spinning	★	5am	Colleen
Yoga	■	6am	Nancy
Mat Pilates	◆	8am	Susan
Body Sculpt	◆	9am	Susan
Boot Camp	◆	5:30pm	Kim
Spinning	★	5:30pm	Ron
Willpower & Grace	◆	6:30pm	Patti/Amy M.

SATURDAY			
<i>Class</i>		<i>Time</i>	<i>Instructor</i>
Boot Camp	◆	7:45am	Jenni/Lauren
Spinning	★	7:45am	Natalie
Group Power	◆	9am	Beth
Turbo Kick	◆	10am	Natalie/Patti
Location Key	◆ Aerobic Floor ★ Spinning Studio ■ Tennis Center		
4/26/10			



WORK OUT WEST

Fitness & Tennis Club

Refer any questions or comments to Patti Fine
 Group Fitness Director at Work Out West
 (970) 593-8508

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

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

CLASS DESCRIPTIONS

Body Sculpt	<i>A total body workout utilizing a variety of equipment, including hand weights, body bar, tubing and bands to strengthen and tone muscles. Appropriate for all fitness levels.</i>
Boot Camp	<i>A hard core, back to basics workout challenge in cardiovascular and strength that may feature anything from calisthenics to weight training to intense cardiovascular conditioning. Suitable for all fitness levels; please modify to personal fitness level</i>
Forever Young	<i>A variety of music and modes of exercise training will be used such as walking, low impact aerobics, step aerobics, strength training and stretching. Appropriate for low to intermediate fitness levels and participants of all ages.</i>
Group Power	<i>Group Power is your hour of power! This 60 minute barbell program strengthens all of your major muscles in an inspiring, motivating group environment with fantastic music. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels.</i>
Mat Pilates	<i>The focus of this class is to build a strong foundation in the fundamentals of Pilates. This class includes a series of exercises on a mat emphasizing quality over quantity. No experience necessary, the benefits are for everyone.</i>
PiYo	<i>A "Fusion" style class which encompasses many formats including Pilates, Yoga, Dance and Sports Conditioning. Also incorporates dynamic balance, strength, and functional training. Rhythmic•Athletic•Challenging•Dynamic•Rejuvenating</i>
Spinning	<i>Get an intense cardiovascular workout simulating cycling through courses focusing on speed and resistance. Burn 400-900 calories per class, group motivation, excellent cross training. Great for all fitness levels.</i>
Step	<i>Utilizes the STEP platform for combos and cardio training. It is designed for the intermediate to advanced participant. Can be modified for personal fitness levels.</i>
Turbo Kick	<i>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.</i>
willPower & Grace	<i>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.</i>
Women's Conditioning	<i>Focuses on overall fitness including increased strength, toning and core stabilization. Monday and Friday is a circuit based class while Wednesday is located on the gym floor utilizing a variety of equipment.</i>
Yoga	<i>Experience the many benefits Yoga offers; strength, flexibility and inner focus.</i>
Zumba	<i>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.</i>

Updated schedules available for download online at www.workoutwest.com

Work Out West Hours

Fitness Center

Monday—Thursday: 4am—9pm

Friday: 4am—8pm

Saturday & Sunday: 6am—6pm

Tennis Center

Monday—Thursday: 6am—10pm

Friday: 6am—8pm

Saturday & Sunday: 7am—6pm

Child Care

Monday—Thursday:

7:30am-Noon and 4:30-7:30pm

Friday & Saturday: