

Classes are included with Membership
Non-Member \$10 per class

**OCTOBER CLASSES
GYPSUM**

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM	Fury Tom	Spin Tom	Fury Jeff		Fury Jessica	
8:00AM	Fury Jenn	Fury Strength Jessica	Fury Jenn	Fury Strength Jessica	Fury Jenn	
9:00AM	Dance Over 50 Jeanne	Fit After 50 Wendy NEW 9:30-10:30 Snow Sports Conditioning Martina	Heart Smart Kimber	Zumba Gold Endah NEW 9:30-10:30 Snow Sports Conditioning Martina	Fit After 50 Wendy	9:15am Zumba Gold Endah 9:15am Spin Alex/Tom/Nicole
10:00AM	Gentle Yoga Kimber Aqua Zumba Claire	Water Aerobics Norma	Gentle Yoga Kimber	Water Aerobics Norma	Gentle Yoga Kimber	NEW 10:30am Stretch & Relax Simone
11:30AM	Fury Jessica	12:00pm Resonate Yoga and Sound Bath Therapy Chanelle/Kimber	Fury Jessica	Baby & Me Yoga Chanelle	Fury Jessica	
5:30PM	Intuitive Fitness Kimber	330-430pm Beginning Tai Chi Briony 430-5pm Tai Chi Form Practice Briony Yoga Kimber	5pm Intuitive Fitness Kimber	Yoga Kimber	Happy Hour Yoga Kimber/Simone	
6:00PM	HIIT Fit Shila 6:30pm Power Yoga Kimber	Spin Strength Leonard 6:30pm Pound Claire	HIIT Fit Shila Zumba Claire	Spin Fusion Allie/Tom/Nicole		

Spin Classes: The best low-impact cardio workout you can get inside. Indoor Cycling is easy on the joints and keeps the heart rate consistently elevated to improve fitness. Classes are varied and can accommodate all levels, you're in control. Class types:

Strength – Many hills and jumps.

Endurance – Gets your heart rate up and down and uses a little bit of strength and fusion.

Fusion – Total body workout incorporating the use of indoor cycling, and weights. Looking to burn loads of calories in less than an hour, and get the muscle development you want? This is the class for you!

HIIT Fit: HIIT class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance, and clear your mind.

Dance Over 50: Join us in this class for a great time dancing through an invigorating fun workout. Includes cardiovascular, muscular conditioning, flexibility and balance!

Power Yoga: Motivate with music in Power flow to tone your muscles as you build stamina and flexibility.

Aqua Zumba: brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout. So, liven up your working week with some Latin fever.

NEW Happy Hour Yoga: Looking for a healthy fun start to your weekend? Put down the happy hour beer and come join our amazing instructors Kimber and Simone for a fun and upbeat yoga class.

NEW Snow Sports Conditioning: If you are an avid skier or snowboarder (or enjoy fitness in general) this is the class for you. Snow Sports Conditioning is designed to help individuals get prepared for the demands of winter life on the mountain. Improve balance, core stability, improve joint stability and overall aerobic capacity to get that extra push needed to win Gold in the Downhill.

NEW Fury Strength (foundations): In this class you will learn the main movements in strength training (push, pull, squat, hinge) with a foundational approach. Every exercise in the world is a combination of these four movements (push, pull, squat, hinge). Whether you routinely lift weights or are just getting into fitness there is value in this class for you! Improve strength, mobility & flexibility and deepen your understanding of fitness and how it fits to YOUR lifestyle.

NEW Stretch and Relax: Unwind after a long week by allowing your body to relax and reset. This class focuses on proper breathing and deep stretching to alleviate muscle tension, decrease joint pain and relax the mind.

For complete class descriptions please visit our website @ MountainRec.org/program/gypsum-fitness-classes/