

Classes are included with Membership
Please reference notes for new classes and class information

MARCH CLASSES GYPSUM

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM	Fury Tom	Spin Tom/Nicole	Fury Jeff		Fury Jessica/Jenn	
8:00AM	Fury Jenn	8:15 AM Fury Strength** Jessica **Class size limit: 15	Fury Jenn	8:15 AM Fury Strength** Jessica **Class size limit: 15	Fury Jenn	
9:00AM	Dance Over 50 Jeanne 9:30-10:30 Mountain Sports Conditioning** Martina **NEW CLASS!!	Total Fitness Jeanne	Heart Smart Jessica	Zumba Gold Endah 9:30-10:30 Mountain Sports Conditioning** Martina **NEW CLASS!!	Fit After 50 Chanelle	9:15am Zumba Gold Endah 9:15am Spin Allison/Leonard/Nicole
10:00AM	Gentle Yoga Kevin Aqua Zumba Endah	Water Aerobics Norma	Gentle Yoga Chanelle	Water Aerobics Norma	Gentle Yoga Chanelle	10:30am Stretch & Relax Simone
11:30AM	Fury Jessica		Fury Jessica	Baby & Me Yoga Chanelle **No class 3/12	Fury Jessica	
5:30PM	Pound Claire	330-430pm Beginning Tai Chi Briony 430-5pm Tai Chi Form Practice Briony	5pm Step Claire	Yoga Nicole	Stretch & Relax** Simone	
6:00PM	HIIT Fit Shila 6:30pm Step Claire	Spin Leonard Pound Claire	HIIT Fit Shila Zumba Claire	Spin Allie/Tom	6:30pm Pop Up Fitness** Claire Only on 3/6 & 3/20 NEW CLASS!!	

Spin Classes: This class is a low-impact, cardiovascular workout focusing on endurance, strength, intervals, high intensity and recovery. You will pedal through these challenging drills and exercises, driven by energetic music and experienced instructors. We accommodate all fitness levels and encourage pushing your limits, while keeping you in control.

NEW!! Mountain Sports Conditioning: This class is great for all levels of fitness. This class is designed to increase your overall strength and endurance while incorporating dynamic movements and exercises aimed at improving balance, reflexes and core stability.

NEW!! Pop Up Fitness (Class held on 3/6 & 3/20): This unique class offers members/attendees the chance to dictate the workout for the day. Based on the needs of the class the instructor (Claire) will structure a fitness class. This class can range from Step, Fitness, strength training and mobility. This class is great for Seniors and those looking for a fun class to make you sweat.

Fury Strength: Due to the nature of the class requiring detailed coaching on technique this class will not be limited to 15 participants per class. Class spots will be based on a first come first serve basis. If you have any questions please feel free to contact our health and wellness supervisor, Kevin Ives, kives@mountainrec.org

Step: Claire teaches an upbeat, energetic class fun for all fitness levels. This class encompasses a mix of general fitness, step, dance and aerobic dynamics.

Total Fitness: Take this class for a total body fitness workout. This class will have elements of step, aerobics, core work, and functional fitness movements. If you are looking to move better, reduce aches, and improve overall health this class is for you!

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