

SCHEDULE OF CLASSES

POWER & SHRED

MONDAY

9:30AM	Tabata Circuit	Patti
5:30pm	Solid	Adryen

TUESDAY

5:00pm	Washboard Abs+	Mark
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WEDNESDAY

6:15am	Body Design	Nancy
9:30am	BAMM	Adryen
5:30pm	Circuit Mania	Patti

THURSDAY

5:00pm	ABS	Trainers
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FRIDAY

9:30am	Cardio Fusion	Amie
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RUN AND RIDE

MONDAY

6:15am	Spin Intensity*	Nancy
Noon	Spinning*	Magda

TUESDAY

Noon	HIIT Spinning*	Jen R.
5:30pm	Spinning*	Dan M.

THURSDAY

5:30pm	Spinning*	David
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FRIDAY

6:15am	Spinning*	Sam
Noon	Power Interval Ride*	Patti

SATURDAY

8:00am	Spinning*	TBD
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FEBRUARY, 2012

BREATHE & BALANCE

MONDAY

7:00am	Pilates Group Equipment *\$	Angela
8:00am	Purna Yoga	Sally
Noon	Pilates Group Equipment*\$	Angela
Noon	FLOW Yoga+++	Nicola
4:30pm	Pilates Group Equipment *\$	Angela
5:30pm	Pilates Mat	Malin
6:45pm	Yoga 4 Stiff Peeps	Kristina

TUESDAY

6:00am	Rise & Shine Yoga	Elena
8:00am	Foundations Yoga	Tracy
9:00am	Pilates Mat	Kathleen
Noon	Athletic Yoga+++	Libby
5:30pm	SmartFLOW Yoga+++	Kristina

WEDNESDAY

8:00am	Purna Yoga+++	Sally
8:00am	Pilates Group Equipment *\$	Adryen
Noon	Pilates Group Equipment *\$	Angela
Noon	SmartFLOW Yoga+++	Kristina
5:30pm	Pilates Mat	Angela
6:45pm	Yoga 4 Stiff Peeps	Kristina

THURSDAY

6:00am	Rise & Shine Yoga	Elena
8:00am	Power Vinyasa Yoga	Caroline
9:00am	Pilates Mat	Jayne
Noon	Flow Yoga+++	Tara
5:30pm	Power Vinyasa Yoga+++	Marley

All classes are \$20.00 for Non-members/\$15.00 for Hotel Guests.
(Additional fees apply where this symbol \$ is located.)

BREATHE & BALANCE (continued)

FRIDAY

7:00am	Pilates Group Equipment *\$	Jayne
8:00am	Anusara Yoga	Linda
Noon	Pilates Group Equipment*\$	Angela
Noon	Power Vinyasa Yoga+++	Tracy
5:30pm	FAYC++++	Rotating

SATURDAY

7:45am	Tai Chi	Matthew
8:15am	Pilates Group Equipment *\$	Adryen
9:00am	Athletic Yoga	Jan

SUNDAY

9:00am	SmartFLOW Yoga+++	Kristina
5:00pm	Relax Deeply	Sally

RHYTHM & BEATS

TUESDAY

10:00am	Zumba - Feel the Beat	Beth
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WEDNESDAY

5:30pm	Zumba - Fun and Funky	Leigh
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THURSDAY

10:00am	Zumba - Caliente!	Jen R.
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Legend

+ Indicates 25 minute class ++ Indicates 45 minute class
+++ Indicates 75 minute class ++++Indicates 90 minute class
\$ Indicates additional fees * Sign-up at club front desk required

Please pace yourself appropriately, drink plenty of water and modify any exercise according to your own fitness level. Our Athletic Staff is always available to answer questions.

YOGA CLASS DESCRIPTIONS

Yoga classes are open to all levels unless otherwise noted

ATHLETIC YOGA - Varies in degree of intensity. Burn calories and bliss out in this Level 2 style class. Work on strength, balance, stamina.

PURNA YOGA - Slow and steady class focusing on alignment basics and calming the nervous system with meditation and breath-work.

ANUSARA INSPIRED YOGA - Developed by John Friend, this class is gentle teaches you alignment principles for each posture.

POWER VINYASA YOGA - Level 2 power flow yoga develops strength in the body, lengthening your muscles with a sequence of challenging postures, taking your mind and body to the next level.

FAYC - An explorative 90-minute workshop style class integrating different style of yoga w/rotating teachers. All levels welcome.

FOUNDATIONS YOGA. A mellow and mindful, slow flowing beginners yoga class, emphasizing the basic foundations of breath in yoga practice. All levels welcome.

POWER VINYASA YOGA - Based around Pathabi Jois' system on cleansing the nervous system using salutations and postures.

YOGA FOR STIFF PEEPS - Feeling like yoga isn't for you cause you "can't touch your toes." Well you are in luck! This hour class will focus on the shoulders, hips, and hamstrings, gaining flexibility and ease in the body.

FLOW YOGA - A challenging body/mind experience blending asana, breathwork and mindfulness. This Level 2 class will help you "go with the flow".

SMARTFLOW YOGA - Very strong, Vinyasa yoga practice in a heated room, based around Pathabi Jois' system on cleansing the nervous system using sun salutations, intermediate to advanced asana and transitions and breathwork. Long, sweet cool down. Some yoga experience suggested.

RISE AND SHINE YOGA - Start your day in this Level 1-2 invigorating yoga class with sun salutations to energize your day. Flow from one asana to the next, awakening your body, synching your breath and brightening your mind.

RELAX DEEPLY - Release, Restore and Renew - fall into a deep relaxation in this evening class, tapping into the parasympathetic system and revitalizing your body, mind and spirit.

PILATES CLASS DESCRIPTIONS

PILATES MAT - A series of challenging, well balanced movements performed on floor mats. This is the bedrock of your Pilates practice.

PILATES GROUP EQUIPMENT- Using a specialized Reformer machine and classic Pilates methodology, participants will develop muscular control, grace, strength, and flexibility. Additional fee required, limit 3 people per class, must sign-up at club front desk. Must have experience.

TENNIS, RACQUETBALL, SQUASH

CARDIO TENNIS. Elevate your heart rate, work on your movement, balance and agility. Classes are set to music! Reservations must be made in advance. **970-476-7400.** 24 Hr, Cancellation. \$15/members/\$30 non/Hotel Guest fee for clinics. **COURT RESERVATIONS** - Members Free. Hotel Guest \$30/hr/Indoor/\$10/hr/outdoor. Non-members/\$30/person+\$30/hr. court fee **RACQUETBALL/SQUASH:** Drop-Ins-\$30 non-member. N/C for resort guests. \$5 racquet rentals available.

TENNIS

MONDAY

7:15am	Cardio Tennis*\$	Doron
8:30am	Cardio Tennis*\$	Doron
6:00pm	Doubles Night*\$	Pete

TUESDAY

8:30am	Cardio Tennis*\$	Pete
9:30am	Intermediates*\$	Pete
5:00pm	Cardio Tennis*\$	Pete
6:00pm	Advanced*\$	Pete

WEDNESDAY

7:15am	Cardio Tennis*\$	Pete
9:00am	Kitty's Play Day*\$	Kitty
9:30am	Beginners*\$	Pete
11:30am	Cardio Tennis*\$	Pete
6:00pm	Doubles Night*\$	Andy

THURSDAY

8:30am	Cardio Tennis*\$	Pete
1:00pm	Ladies Doubles*\$	Kitty
5:00pm	Cardio Tennis*\$	Pete
6:00pm	Intermediates*\$	Pete

FRIDAY

8:30am	Cardio Tennis*\$	Pete
9:30am	Intermediates*\$	Pete
11:00am	Cardio Tennis*\$	Pete

SATURDAY

9:00am	Cardio Tennis*\$	Doron
10:00am	Singles Strategy*\$	Doron

SUNDAY

9:00am	Cardio Tennis	Doron
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FITNESS SCHEDULE

CLUB DESK

Phone: 970.476.7400

MEMBERSHIPS AVAILABLE

CLUB HOURS

Monday-Friday 5:30am-9:00pm

Saturday and Sunday 6:00am-9:00pm

FOR SPA RESERVATIONS

970.479.5942 OR 888.824.5772

Fax 970.476.7405

SPA HOURS

Winter 9:00am-8:00pm

Summer 10:00am-6:00pm

GIFT CERTIFICATES

Available in any denomination

www.ariaspaclub.com

FITNESS CLASS DESCRIPTIONS

TABATA INTERVAL - A dynamic conditioning experience, 4 minute intervals (20 sec. high intensity 10 sec. rest) to increase performance.

BODY DESIGN - Strengthen, lengthen, and balance your muscles by incorporating weights, cardio, agility, and core to meet your goals.

SPINNING - An unforgettable non-impact workout on a Schwinn stationary bike. A fantastic class for all fitness levels.

SPIN INTENSITY - Reach your Monday Max output climbing hills or going for speed.

POWER INTERVAL RIDE - A powerful and strong interval training routine that never stops building as you go on an intense ride.

MUSIC-DRIVEN H.I.I.T. SPIN- This 45 minute high energy cycling class is set to motivating music.

ZUMBA - An unforgettable work-out pairing pulsating Latin music with red-hot international dance steps. No dance experience required.

CARDIO FUSION-A blend of cardio, intervals, weights, and core to sculpt the entire body.

SOLID - (Strengthening One's Life. Identify. Define). Class based on cardiovascular output and muscle definition.

BAMM - Body Abs Muscle Madness will strengthen your cardiovascular system and physique, with a focus on core foundation.

TAI CHI -This class utilizes a blend of Yang style and Ling family Tai Chi. A moving meditation that develops balance, and core strength.

ABS - About Being Stable strengthens your core to stabilize your spine and eliminate back pain.

CIRCUIT MANIA - High intensity intervals of cardio and strength training. The class is a combination of functional movements, plyometric drills and multi-compound movements with weights.