

FITNESS SCHEDULE

September 2010

970-476-7400 www.ariaspa.com

MONDAY

6:15am	Power Pilates*	Adryen
6:15am	Spinning*	Nancy
7:00am	Pilates Group Equipment**\$	Angela
7:15am	Cardio Tennis*\$	Pete
8:00am	Purna Yoga	Sally
8:45am	Cardio Tennis*\$	Pete
9:30am	Body Fusion	Patti
10:30am	Spinning	Magda
12:00pm	Pilates Group Equipment**\$	Angela
12:00pm	Anusara Inspired Yoga+++	Linda
4:30pm	Pilates Group Equipment**\$	Malin
5:30pm	Aria Performance Series	Mike
5:30pm	Pilates Mat*	Malin
6:30pm	Power Yoga	Anna
6:15pm	Spinning	Sam

TUESDAY

6:00am	Athletic Yoga	Elena
7:15am	Cardio Tennis*\$	Pete
8:45am	Cardio Tennis*\$	Pete
9:00am	Pilates Mat	Kathleen
10:00am	Zumba	Jen R
12:00pm	Cardio Pilates*\$	Angela
12:00pm	Athletic Yoga+++	Libby
5:00pm	Washboard Abs+	Jodi
5:30pm	Cardio Pilates*\$	Angela
5:30pm	Power Yoga	Charry
6:30pm	Guys' Yoga (starts Sept.14)	Charry

Legend

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

WEDNESDAY

6:15am	Jump Start	Nancy
6:15am	Pilates Group Equipment**\$	Jayme
7:15 am	Cardio Tennis*\$	Pete
8:00am	Purna Yoga	Sally
8:30am	Group Personal Training\$*	Jen R.
9:30am	Circuit Step	Magda
11:00am	Cardio Tennis*\$	Pete
12:00pm	Music-Driven H.I.I.T. Spin**	Jen R
12:00pm	Pilates Group Equipment**\$	Angela
12:00pm	Hatha Yoga+++	Charry
5:30pm	Fall Conditioning	Patti
5:30pm	Pilates Mat*	Malin
4:30pm	Pilates Group Equipment**\$	Angela
6:45pm	Restorative Yoga+++	Sally

THURSDAY

6:00am	Athletic Yoga	Elena
6:15 am	Spinning	Sam
7:15am	Cardio Tennis*\$	Pete
8:00am	Hatha Yoga	Tracy
8:45am	Cardio Tennis*\$	Pete
9:00am	Pilates Mat	Jayme
10:00am	Zumba	Nanami
12:00pm	Hatha Yoga+++	Charry
5:00pm	Cardio Tennis	Pete
5:00pm	Washboard Abs+	Mike
5:30pm	Cardio Pilates*\$	Jayme
5:30pm	Athletic Yoga+++ (w/meditation)	Elena
6:15pm	Spinning	Steph

FRIDAY

6:15am	Power Pilates*	Jayme
7:00am	Pilates Group Equipment**\$	Jayme
8:00am	Athletic Yoga	Natalie
9:30am	Cardio Muscle Works	Missy
10:30am	Core Blast	Missy
11:00am	Cardio Tennis*\$	Pete
12:00pm	Hatha Yoga+++	Charry
12:00pm	Pilates Group Equipment**\$	Angela

SATURDAY

8:00am	Pilates Group Equipment**\$	Angela
9:00am	Athletic Yoga	Jan
9:00am	Pilates Group Equipment**\$	Angela
10:00am	Cardio Pilates*\$	Angela
11:00am	Saturday Sessions\$*	Mike

SUNDAY

9:00am	Power Yoga	Anna
5:00pm	Restorative Yoga+++	Sally

- 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.
- **\$20.00 fee for Non-members and \$15.00 fee for Hotel Guests.**