

FITNESS CENTER

CLASS DESCRIPTIONS



Go on-line to see our fitness class schedule

www.glenwoodrec.com

Personal Training Fees:

1 session: \$60 NM

25% discount for Members

Purchase 5 or more session simultaneously and get \$5 off each session

Drop-in:

\$10 resident (r) / \$11 non-resident (nr)

Adult 10 punch pass:

\$90 r / \$100 nr

Beginning Fitness

10 punch pass: \$40 r / \$50 nr

20 punch pass: \$80 r / \$100 nr

James Main—Recreation Supervisor

Phone: 970-384-6311

james.main@cogs.us

Aero Kick

A super cardio/muscle workout where you will learn how to increase your heartrate gradually while conditioning your muscles to match the intensity level. We will be performing both aerobic and kickbox moves. Get your weekend off to a great start!!

Aqua Aerobics

Start or end your day in the pool to get your heart pumping.

Beginning Fitness

This class is designed for the beginner and/or the older adult looking for a slower paced, less impact class to get you started on your fitness journey.

Butts and Guts

A total body cardio and resistance conditioning class with special focus on abdominal training. Exercises utilizing a Fit-Ball, dumbbells, body bar, and resistance bands/tubing provide a great way to enhance balance, stability, and core strength. Appropriate for all fitness levels.

Boot Camp

Boot camp workouts are a quick, efficient, and fun way to burn lots of calories, continue that burn throughout the day, and work your whole body in a short time. You'll be conditioning your heart, lungs, bones, and every muscle in your body. This workout can be modified for all fitness levels.

DanceKick/KickDance

A strong, dynamic, cross training for muscle strength, cardiovascular development, and agility. Elements of Kickboxing, dance, and cardio moves will be of particular focus.

Deep Stretch Yoga

A beginning form of yoga for those intimidated by diving right in to a full yoga class. This class is designed for the older adult and/or beginner looking to stretch their joints.

Energy Extreme

A very powerful class combining athletic aerobic movements, boxing, martial arts, ballet and dance all choreographed to powerful music within 32 and 64 count phrasing. This class enhances strength, stabilization, coordination, physical and mental well-being.

Fitness Orientation

Not so much a class as it is an opportunity to walk through the cardio balcony, learn about all of the machines and equipment we have to offer, and have one of our personal trainers take you step by step through how to start a workout program.

Group Fitness Xtreme

A highly intense, extreme workout choreographed to your favorite tunes to get the muscles working and your body burning.

Hatha Yoga

This class is gentle yet powerful, focusing on alignment and breathing. It's restorative and meditative, focusing on poses that stretch connective tissues and bring greater flexibility and fluidity to the joints.

Indoor Cycling

A low-impact cardio option, this class is a quick 45-60min. Bring a towel & water. If it's your first class, please arrive 10 minutes early.

Morning Thunder

You can expect an intense workout that will leave you whooped yet energized to tackle the rest of the day. Try Morning Thunder, it's what's for Breakfast!

On the Ball

Improve agility, balance, strength & flexibility. Discover the many benefits of a strong core & a well-rounded exercise program. Take lunch On the Ball!

Power Pilates

A core workout to wake you up in the morning and give your body the energy to make it through the day.

Power Tone

This class will use weights, tubes/bands and balls to tone all muscle groups. By adding movement to many of the exercises, benefits from aerobic activity will also be achieved. Come enjoy your total body workout and leave "feeling good" all over. All exercises are adaptable for all fitness levels.

Quiet Riot

Build a long lean physique, increase flexibility & agility, & develop core control. This class begins with an aerobic session 30mins, followed by mat work. It incorporates weights, bands & balls for overall toning.

Ricardo's Latin Dance

Ricardo will teach styles of dance such as Salsa, Bachata, Reggaeton, and Merengue. This is an energetic environment! All experience levels are welcome!

Rockin' Vinyasa

This class will establish core strength while increasing flexibility, balance and coordination. Yoga and Pilates come together to provide a challenging and invigorating workout.

Spin Pump

Indoor Cycling combines with low impact weights.

Step

Wake you body up with this morning Step class.

SuperStep/SuperDoubleStep/DanceStep

For those who really like a good step workout, cardio, etc., but it also promotes lower body build and strength. It is especially good for limbering up ankle joints, building balanced muscle groups in the legs and abs for support and movement. The student is better able to learn how to breathe rhythmically and to use their lungs for cardiovascular development/improvement.

Total Body Tone

This class will use weights, tubes/bands and balls to tone all muscle groups. By adding movement to many of the exercises, benefits from aerobic activity will also be achieved. Come enjoy your total body workout and leave "feeling good" all over. All exercises are adaptable for all fitness levels.

Toughin' the Muffin'

30 minutes of abdominal bustin, core rippen exercise to end the evening. This class will be in the Spin room.

Tour de Tabata

This class involves bouts of spinning on the bikes with bursts of exercise off the bike for an overall body tune up. 4 minutes on the bike, 4 minutes off the bike is guaranteed to get the heart pumping.

TRX Basics

The trx suspension trainer is the original, best-in-class workout system that leverages gravity and your body weight to perform hundreds of exercises. This class will teach you the basics. Get you comfortable, and familiar with equipment, and ready to execute full body exercises before advancing to other trx classes. **Please consider taking TRX Basics before trying any of the other TRX classes offered.**

TRX Circuit

This class is designed to accommodate up to 24 participants!! A combination of the TRX suspension system, and exercises with a variety of equipment. Intensity will range from low to high efforts of work that will build strength, challenge and improve balance, and strengthen your cardiovascular system. Prior TRX Basics class required, or a private introduction with certified trainer can be scheduled.

TRXpresso

This TRX workout will deliver a fast, effective total body workout. Develop muscular endurance, strength, balance, flexibility, and core stability. Benefits all fitness levels. You are in control of how much you want to challenge yourself on each exercise by simply adjusting your body position to add, or decrease resistance.

TRX Tone

The trx suspension trainer is the original, best-in-class workout system that leverages gravity and your body weight to perform hundreds of exercises. This class will incorporate TRX exercises with an emphasis on toning.

Yoga

Re-centering yourself with a basic Yoga class that all levels will benefit from.

Zumba®

Lights, Music, Zumba! Fitness and dance together with a Latin flavor, all topped off with fun! An energetic, aerobic and toning fitness experience in the best Zumba studio in Glenwood Springs. Arrive with a friend - family counts - and leave with a smile on your face.

