

# FITNESS & WELLNESS

## January Class Schedule

Fitness & Wellness Supervisor:

Tiffany Lindenberg

tiffany.lindenberg@cogs.us, 970-384-6314



CITY OF  
GLENWOOD  
SPRINGS

PARKS AND RECREATION

CLASS START TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15AM	CYCLING Lynn *15Max 6:15AM-7:00AM	HIIT/STRENGTH Tiff 6:15AM-7:00AM	PIYO Tiff 6:15AM-7:00AM	CYCLING Kelley *15Max 6:15AM-7:00AM		
8:30AM	PIYO PUMP Tiff 8:30AM-9:30AM No Class Jan. 16th	BARRE FUEL Michelle 8:30AM-9:30AM	STEP Sue 8:30AM-9:30AM	TRXPRESSO Tiff *12Max 8:30AM-9:15AM		
9:00AM	AQUA FIT Helen 9:00AM-10:00AM				AQUA FIT Helen 9:00AM-10:00AM	
9:30AM	CARDIO KICK Sue 9:30AM-10:30AM	SILVER CIRCUIT Michelle 9:30AM-10:30am	FALL PREVENTION Jessie 9:45AM-10:30AM	SILVER CIRCUIT Michelle 9:30AM-10:30AM	CARDIO KICK Sue 9:30AM-10:30AM	
10:30AM	TRX Helen 10:30AM-11:15AM	YOGA Michelle 10:30AM-11:30AM	HIIT/STRENGTH Michelle 10:30AM-11:30AM	YOGA Michelle 10:30AM-11:30AM	EmPOWER PILATES Christopher 10:30AM-11:30AM	YOGA Jess/Michelle/ Vanessa 10:15AM-11:15AM
12:00PM	CYCLING Nicole *15Max 12:00PM-12:45PM	STRENGTH Laurie 12:00PM-12:50PM	POWER YOGA Michelle 12:00PM-12:50PM	T'AI CHI Marty 12:00PM-1:00PM Begins Jan. 19th		
4:30PM		CYCLING Nicole *15Max 4:30PM-5:30PM	STRENGTH Lynn 4:30PM-5:20PM	CYCLING Casey 4:30PM-5:20PM		
5:30PM	BARRE Jess 5:30PM-6:30PM Begins Jan. 9th	POWER PILATES Christopher 5:30PM-6:30PM	HIGH Fitness Sharma 5:30PM-6:20PM	POWER YOGA Jenny 5:30PM-6:30PM		
6:30PM		ZUMBA Verónica 6:30PM-7:30PM	YOGA in SPANISH Vanessa 6:30PM-7:30PM	ZUMBA Claudia 6:30PM-7:30PM		

# FITNESS & BIENESTAR

## Horario de Clases de Enero

Supervisora de las Clases de Fitness & Bienestar:

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PARKS AND RECREATION

HORARIO DE INICIO DE CLASES	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
6:15AM	CYCLING Lynn *15Max 6:15AM-7:00AM	HIIT/STRENGTH Tiff 6:15AM-7:00AM	PIYO Tiff 6:15AM-7:00AM	CYCLING Kelley *15Max 6:15AM-7:00AM		
8:30AM	PIYO PUMP Tiff 8:30AM-9:30AM	BARRE FUEL Michelle 8:30AM-9:30AM	STEP Sue 8:30AM-9:30AM	TRXPRESSO Tiff *12Max 8:30AM - 9:15AM		
9:00AM	AQUA FIT Helen 9:00AM-10:00AM				AQUA FIT Helen 9:00AM a 10:00AM	
9:30AM	CARDIO KICK Sue 9:30AM-10:30AM	SILVER CIRCUIT Michelle 9:30AM-10:30am	FALL PREVENTION Jessie 9:45AM-10:30AM	SILVER CIRCUIT Michelle 9:30AM- 10:30AM	CARDIO KICK Sue 9:30AM-10:30AM	
10:30AM	TRX Helen 10:30AM-11:15AM	YOGA Michelle 10:30AM-11:30AM	HIIT/STRENGTH Michelle 10:30AM-11:30AM	YOGA Michelle 10:30AM-11:30AM	EmPOWER PILATES Christopher 10:30AM-11:30AM	YOGA Jess/Michelle/ Vanessa 10:15AM-11:15AM
12:00PM	CYCLING Nicole *15Max 12:00PM-12:45PM	STRENGTH Laurie 12:00PM-12:50PM	POWER YOGA Michelle 12:00PM-12:50PM	T'AI CHI Marty 12:00PM-1:00PM Cominezo el 19 de enero		
4:30PM		CYCLING Nicole *15Max 4:30PM-5:30PM	STRENGTH Lynn 4:30PM-5:20PM	CYCLING Casey *15Max 4:30PM-5:30PM		
5:30PM	BARRE Jess 5:30PM-6:30PM Comienza el 9 de enero	POWER PILATES Christopher 5:30PM-6:30PM	HIGH Fitness Sharma 5:30PM-6:20PM	POWER YOGA Jenny 5:30PM-6:30PM		
6:30PM		ZUMBA Verónica 6:30PM-7:30PM	YOGA IMPARTIDA EN ESPAÑOL Vanessa 6:30PM-7:30PM	ZUMBA Claudia 6:30PM-7:30PM		