

Winter/Spring Hours

Monday-Friday 6am-9pm
 Saturday 8am-5pm
 Sunday 10am-5pm

January



Key
 West Gym East Gym Full Gym
 Activity Room Outdoor Fitness Area
 ** Specialty Class (additional fees apply)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1 Closed in Observance of New Year's Day	2 Base Camp Cycling 7:15-8:15am Chair Yoga 10-11am Base Camp Cycling 12-1pm Summit Amped 12-12:45pm Summit Amped 5:30-6:15pm Hatha Yoga 5:30-6:30pm Base Camp Cycling 6-7pm **Taekwondo 6:30-8pm	3 Hatha Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Zumba 11am-12pm Cycle, Cardio & More 12pm-1pm Yoga en Español 6pm-7pm	4 Base Camp Cycling 7:15-8:15am Core Cardio 8:30-9:30am Chair Yoga 10-11am Base Camp Cycling 12-1pm Summit Amped 12-12:45pm Summit Amped 5:30-6:15pm Hatha Yoga 5:30-6:30pm Base Camp Cycling 6-7pm **Taekwondo 6:30-8pm	5 Foam Rolling 7-8am Hatha Yoga 8-9am SilverSneakers Classic 9:15am-10:30am Tal Chi 11-12pm
7 Zumba 10am-11am Nia 11am-12pm	8 Yin Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Spinnerval Core Blast 12pm-1pm Interval Training 5:30-6pm	9 Base Camp Cycling 7:15-8:15am Core Cardio 8:30-9:30am Chair Yoga 10-11am Base Camp Cycling 12-1pm Summit Amped 12-12:45pm Summit Amped 5:30-6:15pm Hatha Yoga 5:30-6:30pm Base Camp Cycling 6-7pm **Taekwondo 6:30-8pm	10 Hatha Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Zumba 11am-12pm Spinnerval Core Blast 12pm-1pm Yoga en Español 6pm-7pm Interval Training 5:30-6pm	11 Base Camp Cycling 7:15-8:15am Core Cardio 8:30-9:30am Chair Yoga 10-11am Base Camp Cycling 12-1pm Summit Amped 12-12:45pm Summit Amped 5:30-6:15pm Hatha Yoga 5:30-6:30pm Base Camp Cycling 6-7pm **Taekwondo 6:30-8pm	12 Foam Rolling 7-8am Hatha Yoga 8-9am SilverSneakers Classic 9:15am-10:30am Tal Chi 11-12pm
14 Zumba 10am-11am Nia 11am-12pm	15 Yin Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Spinnerval Core Blast 12pm-1pm Interval Training 5:30-6pm	16 Base Camp Cycling 7:15-8:15am Core Cardio 8:30-9:30am Chair Yoga 10-11am Base Camp Cycling 12-1pm Summit Amped 12-12:45pm Summit Amped 5:30-6:15pm Hatha Yoga 5:30-6:30pm Base Camp Cycling 6-7pm **Taekwondo 6:30-8pm	17 Hatha Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Zumba 11am-12pm Spinnerval Core Blast 12pm-1pm Yoga en Español 6pm-7pm Interval Training 5:30-6pm	18 Base Camp Cycling 7:15-8:15am Core Cardio 8:30-9:30am Chair Yoga 10-11am Base Camp Cycling 12-1pm Summit Amped 12-12:45pm Summit Amped 5:30-6:15pm Hatha Yoga 5:30-6:30pm Base Camp Cycling 6-7pm **Taekwondo 6:30-8pm	19 Foam Rolling 7-8am Hatha Yoga 8-9am SilverSneakers Classic 9:15am-10:30am Tal Chi 11-12pm
21 Zumba 10am-11am Nia 11am-12pm	22 Yin Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Spinnerval Core Blast 12pm-1pm Interval Training 5:30-6pm	23 Base Camp Cycling 7:15-8:15am Core Cardio 8:30-9:30am Chair Yoga 10-11am Base Camp Cycling 12-1pm Summit Amped 12-12:45pm Summit Amped 5:30-6:15pm Hatha Yoga 5:30-6:30pm Base Camp Cycling 6-7pm **Taekwondo 6:30-8pm	24 Hatha Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Zumba 11am-12pm Spinnerval Core Blast 12pm-1pm Yoga en Español 6pm-7pm Interval Training 5:30-6pm	25 Base Camp Cycling 7:15-8:15am Core Cardio 8:30-9:30am Chair Yoga 10-11am Base Camp Cycling 12-1pm Summit Amped 12-12:45pm Summit Amped 5:30-6:15pm Hatha Yoga 5:30-6:30pm Base Camp Cycling 6-7pm **Taekwondo 6:30-8pm	26 Foam Rolling 7-8am Hatha Yoga 8-9am SilverSneakers Classic 9:15am-10:30am Tal Chi 11-12pm
28 Zumba 10am-11am Nia 11am-12pm	29 Yin Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Spinnerval Core Blast 12pm-1pm Interval Training 5:30-6pm	30 Base Camp Cycling 7:15-8:15am Core Cardio 8:30-9:30am Chair Yoga 10-11am Base Camp Cycling 12-1pm Summit Amped 12-12:45pm Summit Amped 5:30-6:15pm Hatha Yoga 5:30-6:30pm Base Camp Cycling 6-7pm **Taekwondo 6:30-8pm	31 Hatha Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Zumba 11am-12pm Spinnerval Core Blast 12pm-1pm Yoga en Español 6pm-7pm Interval Training 5:30-6pm	MEMBERSHIP APPRECIATION SALE! <i>DURING THE MONTH OF JANUARY, BUY 3 MONTHS, GET 1 FREE!</i>	

Fitness Classes

Zumba *Wed/Sun (Andrea)*
A total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility.

Nia *Sunday (Sana)*
Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind.

Yin Yoga *Mon (Joanne)*
Slow-paced with postures/asanas that are held for longer periods of time to increase circulation in joints and improve flexibility.

SilverSneakers Classic *M/W/F (Margaret, Laurie, Sharon)*
Move through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living.

Spinnerval Core Blast *M/W (Judy)*
Combination of spinnervals and core blast. HIIT training using weights/body weight.

Interval Training *Mon/Wed (Audrey)*
This 30-minute class is designed to provide a great strength training/cardio workout in a minimum amount of time.

Yoga en Español *Wednesday (Sarah)*
Empieza el día con vitalidad estirando, respirando, y vigorizando el cuerpo con posturas que da energía, relajación, y que son accesibles por todas personas.

Base Camp Cycling *Tues/Thurs (Valerie)*
(Session-Based Specialty Class)

Progressive winter cycling training program. Prepare for spring riding now. Drop-ins welcome (if bikes available).

Summit AMPED *Tues/Thurs (Jonelle)*
Same class as Summit Conditioning but faster paced! Our most advanced class. Don't be late!

Core Cardio *Tues/Thurs (Kerri)*
Great Combo workout starting with 30 minutes of cardio followed by 30 minutes of total body sculpting.

Chair Yoga *Tues/Thurs (Fran)*
Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely increase flexibility, balance and range of movement.

Body Fusion (Beginning Jan 30th) *Tues/Thurs (Lisa)*
Enhance your flexibility, yoga poses, and strengthen your core during this full body work out class.

Hatha Yoga *Tues/Thurs Evening & Wed/Fri Morning*
(Sana/Joanne)

Classes will increase your range of motion, facilitate relaxation and release tension. For all fitness levels!

Foam Rolling *Friday (Judy)*
The poor man's massage! Keep your muscles in shape for all your summer activities.

Tai Chi *Friday (John)*
Active postures/movements combine with mental focus, breathing, and relaxation to promote balance and stability.

Personal Training

Our personal trainers are certified strength and conditioning specialists. Personal trainers can provide fitness goal setting, nutritional guidance, weight training outlines, sport specific training, balance and flexibility training. See the front desk for additional information. Personal Training sessions are 1 hour.

PERSONAL TRAINING FEES

3 Private Sessions: \$165

5 Private Sessions: \$250

10 Private Sessions: \$450

20 Private Sessions: \$800

3 Buddy Sessions: 2 person \$195 / 3 people \$225

5 Buddy Sessions: 2 person \$300 / 3 people \$350

10 Buddy Sessions: 2 person \$550 / 3 people \$650

20 Buddy Sessions: 2 person \$1,000 / 3 people \$1,200

Body Composition Testing: \$20

Body Composition Testing + Fitness Assessment: \$50

Body Comp Testing + Fitness Assessment + Fitness Plan: \$90

*Non-Member Personal Training Not Available

Personal Trainer Cancellation & Late Policy

If you are more than 15 minutes late for a personal training session, your personal trainer is not required to wait & you will be charged a full session, unless you provide notice to the trainer 24 hours ahead of time. If you fail to show for a scheduled session without providing notice to the trainer 24 hours ahead of time, you will be charged for a full session. *Personal training sessions expire 1 year after purchase.*



Fitness Requirements for 11-15 year olds

Prior to participation, it is required that all 14-15 year olds complete a sports physical and provide a doctor's signed consent, as well as undergo one fitness orientation in order to workout in the fitness center. Children 11-13 years of age must complete all the above requirements and in addition have a parent present working out with them in the facility.

JANUARY

Fitness Classes and Personal Training



Carbondale Recreation & Community Center

567 Colorado Ave
Carbondale CO 81623
970.510.1290