

Fall/Winter Hours

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



# October

Key

West Gym      East Gym  
 Full Gym  
 Activity Room  
 \*\* Specialty Class (additional fees apply)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Zumba 10am-11am Nia 11am-12pm	<b>2</b> Yin Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Interval Training 5:30-6pm	<b>3</b> Summit AMPED 6-6:45am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Conditioning 12-12:45pm Hatha Yoga 5:30-6:30pm **Taekwondo 6:30-8pm	<b>4</b> Hatha Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Zumba 11am-12pm Interval Training 5:30-6pm	<b>5</b> Summit AMPED 6-6:45am Chair Yoga 10-11am Summit Conditioning 12-12:45pm Hatha Yoga 5:30-6:30pm **Taekwondo 6:30-8pm	<b>6</b> Foam Rolling 7-8am Hatha Yoga 8-9am SilverSneakers Classic 9:15-10:30am Tai Chi 11-12pm
<b>8</b> Zumba 10am-11am Nia 11am-12pm	<b>9</b> Yin Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Interval Training 5:30-6pm	<b>10</b> Summit AMPED 6-6:45am Chair Yoga 10-11am Summit Conditioning 12-12:45pm Hatha Yoga 5:30-6:30pm **Taekwondo 6:30-8pm	<b>11</b> Hatha Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Zumba 11am-12pm Happy Hour Strength & Conditioning 12-1pm Interval Training 5:30-6pm	<b>12</b> Summit AMPED 6-6:45am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Conditioning 12-12:45pm Hatha Yoga 5:30-6:30pm **Taekwondo 6:30-8pm	<b>13</b> Foam Rolling 7-8am Hatha Yoga 8-9am SilverSneakers Classic 9:15-10:30am Tai Chi 11-12pm
<b>15</b> Zumba 10am-11am Nia 11am-12pm	<b>16</b> Yin Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Happy Hour Strength & Conditioning 12-1pm Interval Training 5:30-6pm	<b>17</b> Summit AMPED 6-6:45am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Conditioning 12-12:45pm Hatha Yoga 5:30-6:30pm **Taekwondo 6:30-8pm	<b>18</b> Hatha Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Zumba 11am-12pm Happy Hour Strength & Conditioning 12-1pm Interval Training 5:30-6pm	<b>19</b> Summit AMPED 6-6:45am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Conditioning 12-12:45pm Hatha Yoga 5:30-6:30pm **Taekwondo 6:30-8pm	<b>20</b> Foam Rolling 7-8am Hatha Yoga 8-9am SilverSneakers Classic 9:15-10:30am Tai Chi 11-12pm
<b>22</b> Zumba 10am-11am Nia 11am-12pm	<b>23</b> Yin Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Happy Hour Strength & Conditioning 12-1pm Interval Training 5:30-6pm	<b>24</b> Summit AMPED 6-6:45am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Conditioning 12-12:45pm Hatha Yoga 5:30-6:30pm **Taekwondo 6:30-8pm	<b>25</b> Hatha Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Zumba 11am-12pm Happy Hour Strength & Conditioning 12-1pm Interval Training 5:30-6pm	<b>26</b> Summit AMPED 6-6:45am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Conditioning 12-12:45pm Hatha Yoga 5:30-6:30pm **Taekwondo 6:30-8pm	<b>27</b> Foam Rolling 7-8am Hatha Yoga 8-9am SilverSneakers Classic 9:15-10:30am Tai Chi 11-12pm
<b>29</b> Zumba 10am-11am Nia 11am-12pm	<b>30</b> Yin Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Happy Hour Strength & Conditioning 12-1pm Interval Training 5:30-6pm	<b>31</b> Summit AMPED 6-6:45am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Conditioning 12-12:45pm Hatha Yoga 5:30-6:30pm **Taekwondo 6:30-8pm	<p><b>EVENTS!</b>                      October 6th: First Friday Homecoming &amp; Harvest Fest                      October 7th: Potato Day                      October 22: Aloha Shaka Cross Series (Race #1)</p>		

## Fitness Classes

**Zumba** *Wed/Sun (Andrea)*  
A total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

**Nia** *Sunday (Sana)*  
Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life—body, mind and soul.

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

**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.

**Happy Hour Strength & Conditioning**  
*Mon/Wed (Margaret)*

Why wait for Happy Hour? Join us for a strength and conditioning class designed for all levels of fitness.

**Summit AMPED** *Tues/Thurs Morning (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.

**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!

**Summit Conditioning** *Tues/Thurs Noon (Jonelle)*  
These high intensity strength workouts will challenge you to push your overall fitness to new 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.

# OCTOBER

## Fitness Classes and Personal Training



## Carbondale Recreation & Community Center

567 Colorado Ave  
Carbondale CO 81623  
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