

# Fall/Winter Hours

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

# NOVEMBER

WEST GYM      ACTIVITY ROOM  
 EAST GYM  
 FULL GYM      \*\*SPECIALTY CLASS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Amped 12-12:45pm Hatha Yoga 5:30-6:30pm Pound 5:30-6:15pm **Taekwondo 6:30-8pm	2 Foam Rolling 7-8am Hatha Yoga 8-9am Silver Sneakers 9:15-10:30am Tai Chi 11am-12pm	3
4 Zumba 10-11am	5 Yin Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Interval Training 5:30-6pm Pound 6-6:30pm	6 Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Amped 12-12:45pm Hatha Yoga 5:30-6:30pm **Taekwondo 6:30-8pm	7 Hatha Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Zumba 11am-12pm Interval Training 5:30-6pm Yoga En Espanol 6-7pm	8 Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Amped 12-12:45pm Hatha Yoga 5:30-6:30pm Pound 5:30-6:15pm **Taekwondo 6:30-8pm	9 Foam Rolling 7-8am Hatha Yoga 8-9am Silver Sneakers 9:15-10:30am Tai Chi 11am-12pm	10
11 Zumba 10-11am	12 Yin Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Interval Training 5:30-6pm Pound 6-6:30pm	13 Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Amped 12-12:45pm Hatha Yoga 5:30-6:30pm **Taekwondo 6:30-8pm	14 Hatha Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Zumba 11am-12pm Interval Training 5:30-6pm Yoga En Espanol 6-7pm	15 Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Amped 12-12:45pm Hatha Yoga 5:30-6:30pm Pound 5:30-6:15pm **Taekwondo 6:30-8pm	16 Foam Rolling 7-8am Hatha Yoga 8-9am Silver Sneakers 9:15-10:30am Tai Chi 11am-12pm	17
18 Zumba 10-11am	19 Yin Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Interval Training 5:30-6pm Pound 6-6:30pm	20 Chair Yoga 10-11am Summit Amped 12-12:45pm Hatha Yoga 5:30-6:30pm **Taekwondo 6:30-8pm	21 Hatha Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Zumba 11am-12pm Interval Training 5:30-6pm Yoga En Espanol 6-7pm	22 <b>CLOSED IN OBSERVANCE OF THANKSGIVING</b>	23 Foam Rolling 7-8am Hatha Yoga 8-9am Silver Sneakers 9:15-10:30am Tai Chi 11am-12pm	24
25 Zumba 10-11am	26 Yin Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Interval Training 5:30-6pm Pound 6-6:30pm	27 Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Amped 12-12:45pm Hatha Yoga 5:30-6:30pm **Taekwondo 6:30-8pm	28 Hatha Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Zumba 11am-12pm Interval Training 5:30-6pm Yoga En Espanol 6-7pm	29 Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Amped 12-12:45pm Hatha Yoga 5:30-6:30pm Pound 5:30-6:15pm **Taekwondo 6:30-8pm	30 Foam Rolling 7-8am Hatha Yoga 8-9am Silver Sneakers 9:15-10:30am Tai Chi 11am-12pm	

## EVENTS!

**November 2nd: First Friday "Dia De Los Muertos"**  
**November 2nd & 3rd: The Way Home Harvest Fest**  
**November 4th: Aloha Shaka Cross Bike Race**  
**November 22nd: Turkey Trot & Cross**

# Class Descriptions

## **Zumba** *Wednesday & Sunday (Andrea)*

A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility.

## **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** *(Margaret, Laurie, Sharon, Sana)*

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.

## **Summit AMPED** *Tues/Thurs (Jonelle)*

Our most advanced class. Incorporating free weights, kettlebells, box jumps, TRX, Dynamax balls, and more, this class will make you work!

## **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 PM (Sana) Wed/Fri AM (Joanne)*

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

## **Yoga En Espanol** *Wednesdays (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.

## **Pound** *Thursdays (Kati)*

Use lightly weighted drumsticks to transform drumming into an incredible work out.

## **Foam Rolling** *Fridays (Judy)*

The poor man's massage! Keep your muscles in shape for all your summer activities.

## **Tai Chi** *Fridays (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, 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 years old**

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.

# November

## Fitness Classes and Personal Training



## Carbondale Recreation & Community Center

567 Colorado Ave

Carbondale, CO 81623

970-510-1290