

Fall/Winter Hours

Monday-Friday

6am-9pm

Saturday

8am-5pm

Sunday

10am-5pm

October

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Yin Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Interval Training 5:30-6pm	2 Summit Amped 6-6:45am 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	3 Hatha Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Zumba 11am-12pm Interval Training 5:30-6pm	4 Summit Amped 6-6:45am Chair Yoga 10-11am Summit Amped 12-12:45pm Hatha Yoga 5:30-6:30pm **Taekwondo 6:30-8pm	5 Foam Rolling 7-8am Hatha Yoga 8-9am Silver Sneakers 9:15-10:30am Tai Chi 11am-12pm	6
7 NIA 11-12pm	8 Yin Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Interval Training 5:30-6pm	9 Summit Amped 6-6:45am 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	10 Hatha Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Interval Training 5:30-6pm	11 Summit Amped 6-6:45am Chair Yoga 10-11am Summit Amped 12-12:45pm Hatha Yoga 5:30-6:30pm Pound 5:30-6:15pm **Taekwondo 6:30-8pm	12 Foam Rolling 7-8am Hatha Yoga 8-9am Silver Sneakers 9:15-10:30am Tai Chi 11am-12pm	13
14 NIA 11-12pm	15 Yin Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Interval Training 5:30-6pm	16 Summit Amped 6-6:45am 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	17 Hatha Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Zumba 11am-12pm Interval Training 5:30-6pm	18 Summit Amped 6-6:45am 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	19 Foam Rolling 7-8am Hatha Yoga 8-9am Silver Sneakers 9:15-10:30am Tai Chi 11am-12pm	20
21 Zumba 10-11am NIA 11-12pm	22 Yin Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Interval Training 5:30-6pm	23 Summit Amped 6-6:45am 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	24 Hatha Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Zumba 11am-12pm Interval Training 5:30-6pm	25 Summit Amped 6-6:45am 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	26 Foam Rolling 7-8am Hatha Yoga 8-9am Silver Sneakers 9:15-10:30am Tai Chi 11am-12pm	27
28 Zumba 10-11am NIA 11-12pm	29 Yin Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Interval Training 5:30-6pm	30 Summit Amped 6-6:45am 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	31 Hatha Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Zumba 11am-12pm Interval Training 5:30-6pm			2

EVENTS!

October 5th: Homecoming & Harvest Fest

October 6th: Potato Day

October 12th & 13th: Celtic & Oktoberfest

October 21st: Aloha Shaka Cross Series

Class Descriptions

Zumba *Wednesday & Sunday (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 *(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!

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.

*Coming in November: Yoga en Espanol
Wednesday Nights from 6-7pm with Sarah.*

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.

October

Fitness Classes and Personal Training



Carbondale Recreation & Community Center

567 Colorado Ave
Carbondale, CO 81623

970-510-1290