

# Spring Hours

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

# MARCH

WEST GYM  
 EAST GYM  
 FULL GYM

ACTIVITY ROOM

\*\*SPECIALTY CLASS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Hatha Yoga 8-9am Silver Sneakers 9:15-10:30am Parent Tot Zumba 12-12:45pm	2
3 Zumba 10-11am	4 Yin Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Interval Training 5:30-6pm Pound 6-6:30pm	5**Base Camp Cycling 7:15-8:15am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Amped 12-12:45pm **Base Camp Cycling 12-1pm Hatha Yoga 5:30-6:30pm **Base Camp Cycling 6-7pm **Taekwondo 6:30-8pm	6 Hatha Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Zumba 11am-12pm Interval Training 5:30-6pm	7**Base Camp Cycling 7:15-8:15am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Amped 12-12:45pm **Base Camp Cycling 12-1pm Hatha Yoga 5:30-6:30pm Pound 5:30-6:15pm **Base Camp Cycling 6-7pm **Taekwondo 6:30-8pm	8 Foam Rolling 7-8am Hatha Yoga 8-9am Silver Sneakers 9:15-10:30am Tai Chi 11am-12pm Parent Tot Zumba 12-12:45pm	9
10 Zumba 10-11am	11 Yin Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Interval Training 5:30-6pm Pound 6-6:30pm	<b>GYM CLOSED TUESDAY-SATURDAY FOR CARBONDALE ARTS GREEN IS THE NEW BLACK FASHION SHOW</b> <b>NO GYM FITNESS CLASSES, PROGRAMS, OR DROP-IN ACTIVITIES</b>				
		**Base Camp Cycling 7:15am, 12-1pm, 6-7pm Chair Yoga 10am-11am Hatha Yoga 5:30pm-6:30pm Taekwondo 6:30-8pm	Hatha Yoga 7:30-8:30am	**Base Camp Cycling 7:15-8:15am, 12-1pm, 6-7pm Chair Yoga 10am-11am Hatha Yoga 5:30pm-6:30pm	Foam Rolling 7-8am Hatha Yoga 8-9am Tai Chi 11am-12pm Parent Tot Zumba 12-12:45pm <b>*Facility Closes at 5pm</b>	
17 Zumba 10-11am	18 Yin Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Interval Training 5:30-6pm Pound 6-6:30pm	19**Base Camp Cycling 7:15-8:15am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Amped 12-12:45pm **Base Camp Cycling 12-1pm Hatha Yoga 5:30-6:30pm **Base Camp Cycling 6-7pm **Taekwondo 6:30-8pm	20 Hatha Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Zumba 11am-12pm Interval Training 5:30-6pm	21 **Base Camp Cycling 7:15-8:15am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Amped 12-12:45pm **Base Camp Cycling 12-1pm Hatha Yoga 5:30-6:30pm Pound 5:30-6:15pm **Base Camp Cycling 6-7pm **Taekwondo 6:30-8pm	22 Foam Rolling 7-8am Hatha Yoga 8-9am Silver Sneakers 9:15-10:30am Tai Chi 11am-12pm Parent Tot Zumba 10:30-11:15am	23
24/31 Zumba 10-11am	25 Yin Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Interval Training 5:30-6pm Pound 6-6:30pm	26**Base Camp Cycling 7:15-8:15am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Amped 12-12:45pm **Base Camp Cycling 12-1pm Hatha Yoga 5:30-6:30pm **Base Camp Cycling 6-7pm **Taekwondo 6:30-8pm	27 Hatha Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Zumba 11am-12pm Interval Training 5:30-6pm	28 **Base Camp Cycling 7:15-8:15am Chair Yoga 10-11am Summit Amped 12-12:45pm **Base Camp Cycling 12-1pm Hatha Yoga 5:30-6:30pm Pound 5:30-6:15pm **Base Camp Cycling 6-7pm **Taekwondo 6:30-8pm	29 Foam Rolling 7-8am Hatha Yoga 8-9am Silver Sneakers 9:15-10:30am Tai Chi 11am-12pm Parent Tot Zumba 10:30-11:15am	30

# EVENTS!

**March 14-16: Green is the New Black Fashion Show**

# Class Descriptions

**Zumba** *Wednesday & Sunday (Andrea/Sana)*

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** *(Sharon, Margaret, 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.

**Parent Tot Zumba** *Fridays (Andrea)*

Try Zumba with your pre-schooler! Move to the beat of the music and join us for some fun!

# 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.

# March

## Fitness Classes and Personal Training



## Carbondale Recreation & Community Center

567 Colorado Ave  
Carbondale, CO 81623

970-510-1290