

October Pinery Fitness Class Schedule

Please contact the instructor to sign up for classes.

Heather- 303-358-4338

Rosita- 872-701-1434

Kelsey- 970-443-2110

\$10 per class

All classes will be held in the Fitness Center, clubhouse or outside by the pool.

Please bring your own mat, towel and water!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am	Vinyasa Yoga Kelsey		Vinyasa Yoga Kelsey				
9:00am		Total Body Conditioning Heather		Pilates Heather		Total Body Conditioning Heather	
5:15pm		Teen Conditioning Rosita		Teen Conditioning Rosita			
7:00pm			Total Body Conditioning Rosita				

CLASS DESCRIPTIONS

Teen Conditioning- This class is a high-energy exercise class and strives to increase the overall health and fitness level of teens in a fun, positive and motivating environment by utilizing obstacle courses, partner activities, body weight exercises, circuits and more.

Total Body Conditioning- This class is a way to improve your physique and increase your lean muscle mass. This is a strength training class that is great for beginners, as well as experienced exercisers. You will use a variety of equipment while targeting every muscle group.

Pilates- Pilates is the ultimate strength, flexibility and body awareness exercise. The primary focus is to develop core strength with isolation of specific body parts.

Vinyasa Yoga- Coordinating breath with movement, we will gently flow with music through a series of postures to slowly awaken the body and start the day. Students will build strength, energy, flexibility, and the power of your breath in a fun atmosphere!

