



# CLASS SCHEDULE FEBRUARY 2012

Silver Yoga NOW Monday & Fridays @ Noon BIKE FIT! M @ 5:30 MOUNTAIN ATHLETE YOGA M,F,S Senior Fitness Fri @ 11:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05 - 6:50 <b>CYCLING</b> CASIE	6:05 - 6:50 <b>CYCLING</b> MARCHELL		6:05 - 6:50 <b>CYCLING</b> KATIE	6:05 - 6:50 <b>CYCLING</b> CASIE	
8:30 - 9:25 <b>SPORT PUMP</b> RUTH	6:15 - 7:15 SPORT PERFORMANCE JIMMY	8:30 - 9:25 <b>CARDIO SPORT</b> RUTH	6:15 - 7:15 SPORT PERFORMANCE JIMMY	8:30 - 9:25 <b>SPORT PUMP</b> ELISE	9:00 - 10:15 <b>MTN ATHLETE YOGA</b> SUSAN
9:35 - 10:30 <b>PILATES</b> ELISE	8:30 - 8:55 <b>CORE SPORT</b> RUTH	9:35 - 10:30 <b>PILATES</b> ELISE	8:30 - 8:55 <b>CORE SPORT</b> RUTH	9:35 - 10:30 <b>PILATES</b> KATI	9:00 - 10:00 <b>CYCLING</b> KATI
10:00 - 11:15 <b>YOGA</b> ANNE	9:05 - 10:00 <b>FULL FUNCTION</b> CHRIS	10:00 - 11:15 <b>YOGA</b> ANNE	9:05 - 10:00 <b>FULL FUNCTION</b> CHRIS	10:00 - 11:15 <b>HATHA FLOW</b> LYNNE	10:00 - 11:00 <b>SENIOR FITNESS</b> BILL CHRIS SARA
11:00 - 12:00 <b>SENIOR PILATES</b> DIANE	9:15 - 10:00 <b>CIRCUIT</b> WILLIAM	11:00 - 12:00 <b>SENIOR PILATES</b> DIANE	9:15 - 10:00 <b>CIRCUIT</b> WILLIAM	11:00 - 12:00 <b>SENIOR FITNESS</b> SARA	
12:00 - 1:00 <b>CYCLING</b> CHRIS	10:00 - 11:15 <b>HATHA FLOW</b> ANAND	12:00 - 1:00 <b>CYCLING</b> CHRIS	10:00 - 11:15 <b>HATHA FLOW</b> SANDY	10:00 - 11:00 <b>SENIOR FITNESS</b> CHRIS	
12:00 - 1:00 <b>SILVER YOGA</b> SUSAN	10:00 - 11:00 <b>SENIOR FITNESS</b> BILL		12:00 - 12:30 <b>LUNCH CRUNCH</b> RUTH	12:00 - 1:00 <b>SILVER YOGA</b> SANDY	
12:15 - 1:15 <b>INTERVAL STEP</b> KIM	12:00 - 12:30 <b>LUNCH CRUNCH</b> SARA		12:00 - 12:30 <b>LUNCH CRUNCH</b> RUTH	12:00 - 1:00 <b>CYCLING</b> CHRIS	
1:15 - 2:00 <b>SILVER CIRCUIT</b> WILLIAM	12:15 - 1:00 <b>CIRCUIT</b> WILLIAM		12:15 - 1:00 <b>CIRCUIT</b> WILLIAM		
4:30 - 5:20 <b>POWER HOUR</b> MARISA	1:00 - 2:00 <b>SILVER SNEAKERS</b> CHRIS		1:00 - 2:00 <b>SILVER SNEAKERS</b> CHRIS		
5:30 - 6:30 <b>CYCLING</b> KATIE	1:00 - 2:00 <b>ADVANCED TAI CHI</b> TIM	12:15 - 1:15 <b>INTERVAL STEP</b> KIM	1:00 - 2:00 <b>ADVANCED TAI CHI</b> TIM	12:15 - 1:15 <b>INTERVAL STEP</b> KIM	
5:30 - 6:45 <b>MTN ATHLETE YOGA</b> SUSAN	2:00 - 3:00 <b>BEGINNING TAI CHI</b> TIM	1:15 - 2:00 <b>SILVER CIRCUIT</b> WILLIAM	2:00 - 3:00 <b>BEGINNING TAI CHI</b> TIM		
5:30 - 6:30 <b>BIKE FIT!</b> SARA	4:15 - 5:00 <b>CIRCUIT</b> WILLIAM	4:30 - 5:20 <b>POWER HOUR</b> MARISA	4:15 - 5:00 <b>CIRCUIT</b> WILLIAM	4:30 - 5:20 <b>POWER HOUR</b> MARISA	
	4:30 - 5:20 <b>PILATES</b> KATIE	5:30 - 6:30 <b>CYCLING</b> KATIE	4:30 - 5:20 <b>PILATES</b> KATIE		
	5:30 - 6:30 <b>ZUMBA</b> MALIA		5:30 - 6:30 <b>ZUMBA</b> MALIA	5:30 - 6:45 <b>MTN ATHLETE YOGA</b> SUSAN	
	5:30 - 6:30 <b>CYCLING</b> CHRIS		5:30 - 6:30 <b>CYCLING</b> CHRIS		
	5:30 - 7:00 <b>YOGA</b> NOAH	6:30 - 8:00 <b>FENCING CLUB</b>	5:30 - 7:00 <b>YOGA</b> CHRISTINA		
		5:30 - 6:30 <b>GOLF FIT</b> JOHN			
	6:30 - 8:00 <b>KARATE</b> BILL		6:30 - 8:00 <b>KARATE</b> BILL		

Durango Sports Club  
970-259-2579  
[www.durangosportsclub.com](http://www.durangosportsclub.com)

### CLUB HOURS

**Monday-Friday**  
6:00 am - 9:00 pm  
**Saturday**  
8:00 am - 8:00 pm  
**Sunday**  
9:00 am - 6:00 pm  
**Nursery Hours**

**Monday-Friday**  
8:00 am - 7:30 pm  
**Saturday**  
8:30 am - 12:00 pm

# CLASS DESCRIPTIONS

**BIKE FIT!** - All of the Intervals, Strength, Power, Balance, Agility, Flexibility Training, and Core Conditioning that we did in Ski Fit only adapted to make you stronger on the bike!

**CARDIO SPORT** - Join Ruth for an hour of legendary Sport Pump plus about 30 minutes of athletic cardio moves for a total fitness experience.

**CORE SPORT** - Another edition of Body By Ruth. This 30 minute core strengthening class compliments **Sport Pump** and **Cardio Sport**.

**CIRCUIT** - We now have a whole circuit of cardio/strength training apparatus set up in Court 10! When these new machines are used in a clockwise direction, the result is a perfectly well-balanced workout for both the musculature and the cardiovascular system.

**CYCLING** - The ultimate cardiovascular workout. Indoor cycling is a highly proven class format done on stationary bikes

**FULL FUNCTION** - A core strength, balance and mobility class. Primarily a fusion of pilates, yoga, theraball and balance moves. This class is similar in style to pilates, but contains functional aspects from other disciplines.

**GOLF FIT** - Join John Dörner, Certified Birdie Ball instructor for golf specific training techniques. In our racquetball courts hitting the birdie ball feels just like hitting a real golf ball.

**INTERVAL STEP** - This energizing class consists of intervals of step aerobics to improve cardiovascular endurance combined with strength training intervals to improve muscular strength and endurance.

**KARATE** - The art of empty hand fighting. Karate emphasizes mental awareness as well as muscular and cardiovascular conditioning. Benefits include self discipline, self control, endurance, coordination, strength and flexibility.

**LUNCH CRUNCH** - Come in on your lunch break for this 30 minute class designed to burn your belly, back and buns.

**MOUNTAIN ATHLETE YOGA** - join 16yr fitness pro Susan Ulery for this full body fitness with a Yoga "vibe" to support superior performance

**PILATES** - Pilates is a mat class that strengthens and stretches the muscles while focusing on core body muscles. Pilates flows through a series of systematic and anatomically based movements to achieve functional strength

**POWERHOUR** - Meet the latest edition to our stellar staff, Marisa Asplund. Join her fun and intense - full body interval training class format. Her class is a long time Durango favorite.

**SENIOR FITNESS** - This class is designed for those 55+ folks and for those who are interested in a mildly intense workout. This class includes warm-up, cardio, and strength training followed by a relaxing stretch segment.

**SENIOR (BEGINNING) PILATES** - New to Pilates? Learn the basics of this core-strengthening mat class while focusing on the proper alignment and form. Controlled movements improve strength, balance and coordination.

**SILVERCIRCUIT** - Join William in Court 10 for a kinder more gentle strength and aerobic conditioning class for seniors

**SILVERSNEAKERS - MUSCULAR STRENGTH AND RANGE OF MOVEMENT** - Have fun and move to the music through a variety of exercises that increase muscular strength, balance and flexibility for daily living skills. Hand-held weights, elastic tubing with handles, a ball for resistance and a chair is used for seated and/or standing support.

**SILVER YOGA** - Join Sandy for a gentle focus on flexibility and mobility for seniors

**SPORT PUMP** A light weight/high repetition strength training workout involving large and small muscle groups. Weights, resistance bands, and stability balls are used to maximize stamina and endurance.

**SPORT PERFORMANCE** -Join Jimmy Hall for this sport specific training using various interval/recovery techniques.

**TAI CHI** - Tim is now teaching an advanced class @ 1pm and beginners @ 2pm. Experience age old moving meditation.

**YOGA** - Yoga postures are great for increasing flexibility, lubricating joints, massaging the organs and calming the mind. Continued practice leads to complete body detoxification, increased awareness, and reduced stress levels. Vinyasa-style power classes are taught in the morning and focus on developing strength, stamina, and flexibility.

**YOGA -HATHA FLOW** - A powerful flowing practice incorporating asana (posture), pranayama (breath control), and meditation, designed to calm the mind, relieve stress and anxiety and promote relaxation.

**ZUMBA** - Fun and working out are not mutually exclusive. Join the millions of people enjoying Zumba's hypnotic Latin rhythms and easy to follow dance moves. Come join the party!