

Durango Sports Club Class Schedule March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:45 - 7:30 HIIT Lauren				
8:00 - 9:00 SPORT PUMP Lauren		8:00 - 9:00 STRENGTH 45 + Antoinette		8:00 - 9:00 BOOTY BOOTCAMP Lauren	
	8:15 - 9:15 HIIT/ PZ CYCLING Brian			8:15 - 9:15 ENDURANCE CYCLING Brian	8:15 - 9:15 YOGA FLOW Melissa B.
	8:20 - 9:20 PILATES + Nik		8:20 - 9:20 PILATES + Nik		8:30 - 9:30 TRAIN FOR THE TRAIN Brian
8:45 - 9:30 FUNCTIONAL TRNG. Adrian		8:45 - 9:30 FUNCTIONAL TRNG. Adrian		9:10-10:10 YOG-LATIES Marta	
		9:25 - 9:55 CORE 30 Kat			9:30 - 10:30 ARMS & ABS Rachael
9:50 - 10:50 THERAPEUTIC YOGA Nik	10:10 - 11:10 SENIOR FITNESS JoC	10:05 - 10:50 SHINE DANCE FITNESS Dana	10:10 - 11:10 SENIOR FITNESS Kim H.		
11:00 - 12:00 SILVER SNEAKERS CLASSIC Kim H.		11:00 - 12:00 SENIOR BARRE Kim H.		11:00 - 11:30 SILVER SNEAKERS CLASSIC Kim H.	
				11:40 - 12:10 SFC Kim H.	
12:15 - 1:00 SENIOR BARRE Kim E.	12:15 - 1:00 BAR-LATIES Melissa P.	12:10 - 1:10 THERAPEUTIC YOGA Nik	12:15 - 1:00 SENIOR SPORT PUMP Kim E.		Room Color Key
	2:00 - 3:00 ROOM RESERVED		2:00 - 3:00 ROOM RESERVED		BREAKAWAY STUDIO
		4:00 - 5:00 ROOM RESERVED	4:00 - 5:00 ROOM RESERVED		AEROBIC ROOM
5:30 - 6:30 RESTORATIVE YOGA Melissa B.	5:20 - 5:50 ZUMBA Stacey		5:30 - 6:30 MTN BIKE FIT Brian		FUNCTIONAL TRAINING ROOM
5:45 - 6:45 RIDE TO THE MUSIC Brian	6:00 - 7:00 BARRE Devin				POOL / OUTSIDE
					Thick box border = New Class, Time, Instructor, or Room

ARMS & ABS	Designed to strengthen the upper body, back and core muscles to be better equipped for athletic activities, injury prevention, and longevity. This strength building class targets large and small muscle groups in a functional way. Open to all levels!
BAR-LATIES	Strength and flexibility training with Pilates focused moves. This class is higher energy than a traditional Pilates class and utilizes the barre method of pushing specific muscles to the point of fatigue. Light cardio and upbeat music!
BOOTY BOOTCAMP	This class is combination of functional movements, Pilates, and Barre exercises for your booty. Get ready to burn that booty!
CORE 30	30 minutes of working your abs and glutes. A strong core is important! All levels welcome!
FUNCTIONAL TRAINING	Learn to use the equipment in the Functional Training Room in a 45 minute circuit open to all levels. This class has a focus on core, whole body, and functional moves translatable to everyday life.
HIIT	45 minute class of high intensity interval exercises ranging from explosive to toning for intense short bursts of work followed by a brief recovery. Since it is for time, each person goes at their own pace and modifications/ progressions are offered. All fitness levels encouraged!
HIIT/ PZ CYCLING	Class inspires you to PUSH yourself to MAX Efforts and Recover with the same intensity. Class Format: 12Min warm-up/build-up 30 Minutes of PowerZone intervals 1 - 6 at cadences ranging 60 - 90 RPM. 5-7Min Cool Down & Stretch. This intervals-driven class, helps you explode in and out of the saddle, will boost your metabolism, and challenge your fitness level to grow. *(Bring Water and Towel)
MTN BIKE FIT	Shape up for mountain bike season (3 rounds, 12 stations, 1 minute/station, circuit). Training will target mountain bike stance, movements, core, and techniques to develop strength, endurance, and agility.
PILATES+	Not your traditional Pilates style mat class, more core and glute work.
RIDE TO THE MUSIC	Ride Tempo / RPM / Cadence aligns with music. The intensity of this class ranges from Zone 2-Challenging to Zone 4-Hard. This class will develop riders fitness base, improve cardiovascular health, and comfort at any cadence.
SENIOR BARRE	Barre class with focus on posture and alignment. Exercises for joint care and balance. All ages and fitness levels welcome!
SENIOR FITNESS	Designed for those 55+ folks and for those who are interested in a mildly intense class. It includes warm-up, cardio, and strength training followed by a relaxing stretch.
SENIOR SPORT PUMP	Total body workout with focus on strength, balance, and memory. Warm-up and cooldown included. Exercises from large to small muscle groups. All ages and fitness levels welcome.
SFC	Stretch, Flex, & Core! Dynamic and static movements (stretching) incorporating core work and correct breathing techniques.
SHINE DANCE FITNESS	SHiNE Dance Fitness™ is a cardio and toning class using popular music and choreography for all-abilities. Each class includes a balance of high cardio and toning to ensure you receive a full-body workout. Rooted in jazz, ballet, and hip-hop, this class feels more like a dance party than a workout. Open to all levels!
SILVER SNEAKERS CLASSIC	Have fun and move to the music through a variety of exercises that increase muscular strength, balance, and flexibility for daily living skills.
SPORT PUMP	A light-weight, high repetition strength training workout involving large and small muscle groups.
STRENGTH 45 +	This full body strength building class utilizes optional weights, bands, stability balls to target and work every major muscle from your glutes/legs to upper body and core. Finish the class off with a little bit of stretching.
TRAIN FOR THE TRAIN	This class is designed to develop your endurance base in preparation for the IHBC. The INTENSITY of the ride will gradually increase in both physical effort and overall time. Each weekly ride is designed to prepare you to seamlessly return to outdoor riding, so you can have every physical advantage to beat the Train to Silverton.
UPPER HIIT	High intensity interval training 30 minute class for the upper body. All fitness levels welcome!
YOGA	A practice that increases flexibility, improves balance & strength, lubricates joints, calms the mind & relaxes the nervous system while promoting increased mind-body awareness RESTORATIVE YOGA - A slow, relaxing, and calming yoga practice using props to get into proper alignment to hold poses for long periods. THERAPEUTIC YOGA - Safely and systematically improve balance, flexibility, alignment; repattern muscular habits and increase core strength while calming the nervous system and relieving stress. YOGA FLOW - Consciously linking the movement of the body to the movement of the breath, this flowing practice leads you through a balanced series of postures to build strength and also increase flexibility, promoting physical stamina and sense of deep inner calm. GREAT FOR ALL LEVELS!
YOG-LATIES	This class incorporates the core strengthening of Pilates with balance principles of yoga with props and light weights. Suitable for all levels of fitness and ages.