

Durango Sports Club Class Schedule October 2022

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			7:00 - 8:00 SKI FIT Brian <i>(starts 10/13)</i>		
8:00 - 9:00 SPORT PUMP Lauren		8:00 - 9:00 STRENGTH + Antoinette		8:00 - 9:00 BOOTY BOOTCAMP Antoinette	
	8:15 - 9:15 HIIT/ PZ CYCLING Brian		8:15 - 9:15 ENDURANCE CYCLING Brian		8:15 - 9:15 YOGA FLOW Sandy, Melissa, Marta, & Nicole
	8:30 - 9:30 PILATES + Rachel R.		8:30 - 9:30 PILATES + Rachael, Kat, Antoinette		9:15 - 10:15 ARMS & ABS Rachael W.
		9:25 - 9:55 CORE 30 Kat			
9:50 - 10:50 THERAPEUTIC YOGA Nik					
11:00 - 12:00 SILVER SNEAKERS CLASSIC Kim H.		11:00 - 12:00 THERAPEUTIC YOGA Nik		11:00 - 12:00 SILVER SNEAKERS CLASSIC Kim H.	
12:15 - 1:00 SENIOR BARRE Kim E.			12:15 - 1:00 SENIOR SPORT PUMP Kim E.		
					Room Color Key
					BREAKAWAY STUDIO
					AEROBIC ROOM
5:00 - 6:00 FULL FUNCTION Rachael W.	5:00 - 6:00 SKI FIT Brian <i>(starts 10/11)</i>				FUNCTIONAL TRAINING ROOM
5:45-6:45 CYCLING Brian <i>(starts 10/10)</i>		5:45-6:45 CYCLING Brian	5:30 - 6:30 KICKBOXING Marija		POOL / OUTSIDE
6:00 - 7:00 ZUMBA Stacey	6:00 - 7:00 BARRE Devin				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!
BARRE	A workout designed to tone, trim & transform the body with a fusion of ballet, Pilates & resistance training.
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!
CYCLING	Indoor cycling classes improve cardiovascular fitness while burning maximum calories in an efficient and low impact manner.
ENDURANCE CYCLING	Class focuses on building your endurance base, GREAT FAT-BURNER, with varied Power Zone-3 (TEMPO) intervals at varied Cadence zones between 50RPM to 100RPM. Class format: 12Min Warm/Build-UP: Focus, Stretch, Spin-ups, your Perceived Zones 1 -3 identification, Pedal drills 30-35Min Endurance Intervals: Varies time and cadence varies from class to class. 5Min Cool Down & Stretch. The class effort is proportional to a 2 1/2 hour endurance outdoor ride. *(Bring Water and Towel)
FULL FUNCTION	This class focuses on building total body strength for functional movement, injury prevention and athletic performance. We will use a combination of free weights, exercise bands, exercise balls and more. All levels welcome!
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)
MRM (MUSCLE RESET METHOD)	This class uses a foam roller and varied yoga inspired postures. Focus is on deep pressure muscle work combined with breathing during contracting and releasing target areas. The goal is to soften and lengthen muscles to help increase overall flexibility, recovery and overall durability.
PILATES+	Not your traditional Pilates style mat class, more core and glute work.
SENIOR BARRE	Barre class with focus on posture and alignment. Exercises for joint care and balance. All ages and fitness levels welcome!
SR. (SENIOR) CYCLE STRETCH	30 minutes of cycling (all levels), and 30 minutes of dynamic and static stretching. Never been on a bike before. No worries, you will learn how to fit a bike to your frame. We will also go over basic spin dynamics.
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.
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.
SKI FIT	Cardio and strength drills and exercises to get you ready for ski season. The new format is broken down into sections: cardio, strength, legs, cardio, core, & cooldown.
SPIN & TONE	45 minutes of indoor cycling with the last 15 minutes for a toning blast to top off the workout.
SPORT PUMP	A light-weight, high repetition strength training workout involving large and small muscle groups.
STRENGTH +	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.
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!
YOGA-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.
ZUMBA	Zumba is a calorie-burning dance class for all levels of dancer inspired by music from around the world- from salsa and merengue to hip hop and bellydance. It feels more like a dance party than a workout- so "ditch the workout, and join the party!"