



FORT COLLINS
country club

APRIL 2018

FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOUTCAMP 5:45–6:30 AM Krista			SPIN FUSION* 5:45–6:45 AM Sam		
	SPINNING 6:00–6:45 AM Jacob	GENTLE YOGA 6:30–7:30 AM Whitney		20/20/20 6:00–7:00 AM Krista	
TENNIS CONDITIONING* 9:00–9:55 AM Krista & Bryce Tennis Courts	BOUTCAMP 9:15–10:10 AM Krista	SPINNING 9:15–10:00 AM 4 th 8:15–9:00 AM 18 th Sam			PILATES MAT 9:00–10:00 AM Bryndi
		PILATES MAT WITH PROPS 12:15–1:00 PM Marisa		STRETCH & RECOVERY* 11:00–11:45 AM Krista	
	GOLF CONDITIONING* 6:00–6:55 PM Sam		GOLF CONDITIONING* 5:30–6:25 PM Krista		

•Please register for classes on **Mindbody** as there are a limited number of spots available. Walk-ins are welcome given there is space

•Check for class cancellations via **Mindbody** before attending.

•Fee based classes are highlighted* Class pricing may vary. Prices listed on **Mindbody**.

•For questions please contact Krista at fcccfitness@gmail.com

•Class description located on back→

20/20/20: A quick and fast paced workout that flies by. This class involves 20 minutes of spinning, a 20-minute circuit including strength and cardio work, and 15-20 minutes of core exercises at the end. All skill levels welcome!

Bootcamp: A full body workout that involves strength, cardio, plyometrics, functional training and fun! This class will test you to push yourself.

Gentle Yoga: Great class for beginners or anyone who is looking for a gentle practice. This class focuses on classic and restorative yoga poses, with an emphasis on foundation, breath and alignment. A wonderful way to reduce stress, increase flexibility, and find balance.

Golf Conditioning: Focuses on golf-specific muscular strength, stability, balance postural control and the development of power. Designated to help increase club head speed through a powerful turn and improved hip mobility to start hitting the ball straighter and farther. Increase core strength, balance and stability. \$18/class

Pilates Mat: Building on the principles of Joseph Pilates, Pilates mat will focus on strengthening the core, or center of the body. The exercises are done in a classical order designed to strengthen and elongate muscles, increase flexibility, correct postural alignment, and balance the body thus decreasing the likelihood of injury. All levels welcome!

Pilates Mat Props: Similar to the Pilates Mat class, this class will continue Joseph Pilates' classical sequencing yet will incorporate the use of props. Props can include the use of the magic circle, bands, balls, and light weights to challenge and deepen the mat workout.

Spin Fusion: An energetic mix of cycling and high intensity interval training with half the time spent on the bike and half circuit training with various pieces of equipment. This class will get your heart rate up while giving you a mix of cardio and strength training. This may in fact be the ultimate workout. \$15/class

Spinning: Whether you're a novice or expert, road cyclist or mountain biker, come in and enjoy a great workout on the spin bikes. Spinning will enhance your speed, strength, and stamina, improve your overall physical health, and increase your caloric burn.

Stretch & Recovery: This class will focus on the recovery process of your physical well-being. We will work on active, passive, partner, and SMR stretching and recovery techniques. Bring your foam rollers if you have them. \$15/class

Tennis Conditioning: This class combines the best features of the sport of tennis with strength, conditioning, cardiovascular exercise, and tennis drills, delivering the ultimate, full body tennis specific workout.

TRX Fusion: Incorporates multiple exercises utilizing the TRX suspension system, free weights, body weight, and cardio work. This class will improve overall strength, endurance, flexibility, balance, and core strength. \$18/class