



NOVEMBER 2020 FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOOTCAMP 6:30-7:25 AM Krista	GENTLE YOGA 6:30-7:25 AM Tonya	BOOTCAMP 6:00-6:55 AM Krista	SPINNING 6:30-7:15 AM Jacob	BOOTCAMP 6:30-7:25 AM Krista	
		STRETCH & RECOVERY 7:00-7:55 AM Krista			
	BOOTCAMP 9:00-9:55 AM Krista				
BOOTCAMP 10:30-11:25 AM Krista					
				POWER FLOW 4:30-5:25 PM Tonya	

- 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 krista@fortcollinscc.com.
- Class description located on the back. →

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

Power Flow Yoga: This class will be set to upbeat music and will include an energetic sequence of poses moving breath to movement. There will also be some core work and time for shivasana leaving you energized and refreshed.

Vinyasa Flow: vinyasa is a style of yoga that strings together postures with breath , moving seamlessly from one posture to another. A variety of postures are incorporated and no two classes are exactly alike. Time enough for seated and reclined stretching at the end.

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.

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.

Yin Restorative Yoga: This class consists of a series of long-held, supported and passive floor poses using props such as blocks and blankets. The areas of the body addressed are especially rich in connective tissue that benefits from long holds. No experience is necessary and all levels are welcomed.

- Classes will meet in the West side of ballroom of the main clubhouse. Please use the North door for entrance/exit.
- Face coverings are required in all public places. Face masks must be worn during classes while inside.
- Please remember to dress accordingly for classes. We may be outside at times.
- Bring your own mats, dumbbells, resistance bands, blocks etc to class. No equipment will be provided. No sharing of equipment allowed.
- Social Distancing will be strictly enforced.
- Bring your own water bottles filled from home.
- Please check Mindbody for the latest class information.