



MAY 2021

FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OUTDOOR BOOTCAMP 6:30-7:25 AM Krista *Playground*	GENTLE YOGA 6:30-7:25 AM Tonya *Ballroom*	OUTDOOR 20/20/20 6:30-7:30 AM Krista Indoor/Outdoor *Behind Tennis/Fitness Building*	SPINNING 6:30-7:15 AM Jacob 6TH, 20TH, 27TH *Behind Tennis/Fitness Building*	OUTDOOR BOOTCAMP 6:30-7:25 AM Krista *Playground*	May 1st National Fitness & Pilates Day! *Bootcamp* Krista 7:30-8:00am *Spinning* Jacob 8:15-8:45am *Mat Pilates* Rebecca 9:00-9:30am
	OUTDOOR BOOTCAMP 9:00-9:55 AM Krista *Playground*				
		BODY DEFINE YOGA 12:00-12:45 PM Tonya *Movement room*			
				POWER FLOW YOGA 4:30-5:25 PM Tonya *Movement room*	

- 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. →

National Fitness & Pilates Day: Come join us for a fun filled morning of fitness! We will be offering 30 minute classes from spin, bootcamp, to mat pilates. Attend one class or all three for \$15. Light snacks will be provided. Register on Mindbody.

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 ~20 minutes of core exercises at the end. All skill levels welcome!

Body Define Yoga: Build up your fitness level & strengthen your yoga practice with this quickly paced, power hour, conditioning and strengthening. It includes the use of light weights & cardio bursts weaved in with Powerflow yoga fundamentals. Energizing music will move you for a mid-day recharge. This is an intermediate level class & prior yoga experience is encouraged.

Outdoor 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.

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 savasana leaving you energized and refreshed.

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.

- Classes will meet where depicted in the description.

- Movement room (fitness/tennis building).
- Ballroom - West side of ballroom of the main clubhouse. Please use the North door for entrance/exit.
- Outdoor classes will meet by the pool and playground. Please dress accordingly.
- Spin bike usage classes will meet at the back end of the Tennis/Fitness building by the stairs and driving range.

- 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.

- Social Distancing will be strictly enforced.

- Bring your own water bottles filled from home.

-Please check Mindbody for the latest class information.