



# JUNE 2021 FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>OUTDOOR BOOTCAMP</b> 6:30-7:25 AM Krista <b>*Playground*</b>	<b>GENTLE YOGA</b> 6:30-7:25 AM Tonya <b>*Gazebo*</b>	<b>OUTDOOR 20/20/20</b> 6:30-7:30 AM Krista Indoor/Outdoor <b>*Behind Tennis/Fitness Building*</b>	<b>SPINNING</b> 6:30-7:15 AM Jacob 3 <sup>rd</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> <b>*Behind Tennis/Fitness Building*</b>	<b>OUTDOOR BOOTCAMP</b> 6:30-7:25 AM Krista <b>*Playground*</b>	
	<b>OUTDOOR BOOTCAMP</b> 11:30- 12:25 PM Krista 1 <sup>st</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> <b>*Playground*</b>				
		<b>BODY DEFINE YOGA</b> 12:00-12:45 PM Tonya <b>*Movement room*</b>			
				<b>POWER FLOW YOGA</b> 4:30-5:25 PM Tonya <b>*Gazebo*</b>	

- 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](mailto:krista@fortcollinscc.com).
- Class description located on the 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 ~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).
- Gazebo - South side of pool
- 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.

- Please remember to dress accordingly for classes. Weather can change quickly.

- Bring your own mats, dumbbells, resistance bands, blocks etc to class.

- Bring your own water bottles filled from home.

-Please check Mindbody for the latest class information.