



GLENDALE SPORTS CENTER
AT INFINITY PARK

Fitness Class Schedule Starts January 2*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	Indoor Cycling (Studio) 6:00-7:00AM TRX Strength ^{SS} (Gym) 6:00-6:45AM	Kettlebells (Studio) 6:00-7:00AM TRX Boot Camp ^{SS} (Gym) 6:00-7:00AM	Indoor Cycling (Studio) 6:00-7:00AM	Kettlebells (Studio) 6:00-7:00AM TRX Boot Camp ^{SS} (Gym) 6:00-7:00AM	Indoor Cycling (Studio) 6:00-7:00AM Tabata Training (Gym) 6:00-6:30AM		
8:00AM						Flow Yoga* (Studio) 8:00-8:50AM	
9:00AM	SilverSneakers® Cardio Circuit (Gym) 9:30-10:30AM	Power Pump (Gym) 9:15-10:15AM	SilverSneakers® MSROM (Gym) 9:30-10:15AM T'ai Chi Chih (Studio) 9:30-10:30AM	Power Pump (Gym) 9:15-10:15AM	Zumba® (Studio) 9:00-10:00AM SilverSneakers® MSROM (Gym) 9:30-10:15AM	Hatha Yoga (Studio) 9:00-10:15AM	
10:00AM	Mat Pilates (Studio) 10:15-11:15AM	SilverSneakers® MSROM (Gym) 10:30-11:15AM Line Dancing (Studio) 10:30-11:15AM	Zumba® Gold (Studio) 10:30-11:15AM	SilverSneakers® MSROM (Gym) 10:30-11:15AM Mat Pilates (Studio) 10:45-11:45AM	Core Challenge (Studio) 10:00-11:00AM SilverSneakers® Yoga Stretch (Gym) 10:30-11:15AM	Turn & Burn (Studio) 10:30-11:30AM	Mat Pilates (Studio) 10:15-11:15AM
11:00AM		Tabata Training (Studio) 11:45AM-12:15 PM					
12:00PM	Power Yoga (Studio) 12:00-1:00PM	Abs & Gluts (Studio) 12:15-12:45PM	Willpower & Grace (Studio) 12:00-1:00PM	NIA (Studio) 12:00-1:00PM	Hatha Yoga (Studio) 12:00-1:00PM		
5:00PM	Hatha Yoga (Studio) 5:15-6:15PM TRX Strength ^{SS} (Gym) 5:45-6:30PM	Indoor Cycling (Studio) 5:30-6:15PM	Mat Pilates (Studio) 5:45-6:45PM	Alignment Based Yoga (Studio) 5:15-6:15PM			
6:00PM	P.U.S.H. (Gym) 6:30-7:30PM Willpower & Grace (Studio) 6:30-7:30PM	Zumba® (Studio) 6:30-7:30PM	Flow Yoga (Studio) 6:45-7:45PM	Tabata Training (Gym) 6:00-6:30PM Zumba® (Studio) 6:30-7:30PM			

- Fitness classes are for adults. Must be 14 years or older to participate.

- A minimum of 2 people is required to hold a class.

^{SS} Additional fee/Registration required. For more info, please refer to the Program Guide or Program Flyer.

* The Saturday morning Flow Yoga class will not start until January 21.

Managed By The YMCA Of Metropolitan Denver



Fitness Classes Starts January 2*

Abs and Gluts

This 30-minute class uses a variety of exercises designed to blast the lower body and sculpt the abdominals.

Alignment Based Yoga

This class will provide new students with the basics of the yoga poses and provide more experienced students with a stronger foundation and knowledge. Yoga props are used so that the poses are accessible to all levels.

Core Challenge

This class combines Pilates, strength work, total body conditioning and intense muscle isolation taken to the next level! Learn how to isolate and strengthen the smaller muscles to develop true intrinsic balanced strength. All levels welcome.

Flow Yoga*

This is a series of flowing postures linked by the breath to detoxify, stretch and strengthen the body.

Hatha Yoga

Hatha Yoga is an effective way to stretch and tone muscles and reduce stress. Learn some of the most popular Yoga poses which work to promote circulation, balance and flexibility. All levels welcome.

Indoor Cycling

Experience one of the best indoor cycling workouts around! Certified Instructors will take you through an imaginary ride up hills and through scenic landscapes. This workout can benefit everyone from beginners to world class cycling enthusiasts.

Kettlebells

Maximize performance using kettlebells to improve core strength, power, endurance, speed, coordination and dynamic flexibility. The kettlebells used in class range in weight from 17.5 to 70.5 pounds.

Line Dancing

Have fun while working out learning the steps to popular Pop and Country Line Dances. All ages and levels welcome.

Mat Pilates

This core strengthening class enhances long muscle structure while increasing flexibility. The focus is on proper breathing techniques, balance and strength.

NIA

This class combines the fun and energy of dance, the explosive power of Martial Arts, the gentle flow of Tai Chi with the breathing and flexibility of Yoga into one body/mind/spirit cardio workout.

Power Pump

This exciting variable weight barbell class uses basic lifting techniques and motivating music to challenge every major muscle in your body. This class is great for both men and women.

Power Yoga

This challenging, interesting and balanced yoga flow underlines core strength, balance and flexibility to harmonize the body and mind.

P.U.S.H.

Plyometrics Using Strength and High Intensity

SilverSneakers® II Cardio Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength workout with handheld weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

SilverSneakers® Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. This class is open to all Senior members.

SilverSneakers® YogaStretch

This class will move your whole body through a complete series of seated and standing Yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Tabata Training

Lose fat and gain fitness! Tabata interval training is the single most effective type of high intensity interval training. The workout consists of 8 rounds of 20 second high intensity intervals with 10 seconds of rest in between rounds. This workout produces maximum results in minimum time. The class consists of 4 rounds of Tabatas, warm up and cool down for a 30-minute workout.

T'ai Chi Chih

T'ai Chi Chih (pronounced Tie Chee Chuh) is a series of gentle, flowing movements designed to circulate and harmonize the Chi—the vital energy force flowing through the body. The movements are designed to be simple to learn so that students of various skill levels and age groups can master the form. Potential benefits of regular practice include stress reduction, improved balance, management of chronic ailments, increased energy, enhanced mental clarity and improved athletic performance.

TRX Boot Camp^{ss}

TRX Suspension Training is not only becoming the functional training system of choice for units in every branch of the Armed Forces, but also for athletes in every professional sport. Train multiple muscles at once, in multiple planes of movement for a workout unlike anything you have ever experienced! This TRX class challenges users with a fast-paced workout that combines TRX strength exercises with cardio drills.

TRX Strength^{ss}

This strength focused TRX class is based on reps, tempo and form. Engage all of your muscles with this non-stop workout on the TRX straps! Build overall strength, balance and flexibility in this 45-minute total body program.

Turn & Burn

45 minutes of indoor cycling followed by abdominal work and stretching.

Willpower & Grace

This workout is the ideal cardiovascular solution for mind-body practitioners. It's equipment free, barefoot, and infused with positive, strengthening philosophy.

Zumba®

Zumba is a fusion of Hip Hop, Latin dance and international music creating a dynamic, exciting fitness system. The routines feature aerobic fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Zumba® Gold

A Fitness program designed to take the exciting Latin and International dance moves created in the original Zumba program and bring them to the Active Older Adult, beginner and anyone else needing modifications for a successful class.

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