

March 2010

TROUT CREEK FITNESS SCHEDULE

Members: \$6 Basic class / \$8 Yoga & Spinning

Guests: \$10 Basic class / \$12 Yoga & Spinning

	6:00 AM	7:00 AM	8:00 AM	9:00 AM		4:00 PM	5:00 PM	6:00 PM	7:00 PM
MON	6:15 - 7:15 a.m. Spinning (Logan)		9:15 - 10:30 a.m. Anusara Yoga (Nancy)			5:15 - 6:15 p.m. Weights & Conditioning <i>*No class 3/8</i>	6:30 - 7:45 p.m. Yoga for Structural Integrity (Lynne)		
TUE	6:00 - 6:45 a.m. Spinning (Kathy)	7:00 - 8:00 a.m. Core Strength & Balance (Denise)		9:30 - 10:30 a.m. Spirit Ride Spinning (Nikoletta)	4:15 - 5:15 p.m. Beginning Line Dancing <i>*No Class 3/16 & 3/30</i>	5:15 - 6:15 p.m. Line Dancing for Fitness & Fun	6:30 - 7:15 p.m. Spinning (Marion)		
WED	6:15 - 7:15 a.m. Spinning (Logan)		7:30 - 8:30 a.m. Pilates (Paula)	9:15 - 10:30 a.m. Anusara Yoga (Nancy)		5:15 - 6:15 p.m. Weights & Conditioning (Ivazina)	6:30 - 7:30 p.m. Yoga for Skiing (Judy)		
THU	6:00 - 6:45 a.m. Spinning (Kathy)	7:00 - 8:00 a.m. Core Strength & Balance <i>*No class 3/4</i>		9:30 - 10:30 a.m. Spirit Ride Spinning (Nikoletta)		6:00 - 6:45 p.m. Spinning (Marion)	7:00 - 8:15 p.m.. Cardio Cross Training <i>*No Class 3/7</i>		
FRI	6:15 - 7:15 a.m. Spinning (Logan)		7:30 - 8:30 a.m. Pilates (Paula)	9:15 - 10:30 a.m. Anusara Yoga (Nancy)					
SAT			8:00 - 9:15 a.m. Ski Conditioning (Ivazina)	9:30 - 10:30 a.m. Anusara Yoga (Nancy)					
SUN			8:00 - 9:15 a.m. Cardio Cross Training (Karen)	9:30 - 10:30 a.m. Spinning (Logan) <i>*No class 3/7</i>					

Anyusara Yoga:

Anusara Yoga is a modern style of hatha yoga with a Tantric philosophy and emphasis on "heart opening" postures.

Cardio Cross Training:

An intense workout that combines a short cardio warm-up (step and/or aerobics) with weight training and core strengthening in a fast paced environment.

This class is the ultimate cross training fitness class.

Core Strength and Balance:

This intermediate/advanced class is designed to work every muscle from head to toe. This class also focuses on the "core" muscles. You will gain overall strength, balance, and stabilization.

Line Dancing for Fun and Fitness:

This fast paced class is for individuals with prior dance experience and/or for those who pick up dance steps fairly quickly. At least five dances will be introduced and/or reviewed in each class and will be performed up tempo to music.

Pilates Mat Class:

Come enjoy a dynamic workout, and enhance your freedom of movement. This class uses the Pilates principles of core strength and alignment, to improve posture, strength, flexibility, and balance. Also incorporating exercises inspired by yoga and Gyrokinesis, the class promotes healthy, efficient movement in any sport or daily activity.

Ski Conditioning:

Get ready for winter fun with this great fitness class that will prepare you for those brilliant sierra powder days.

Spinning:

This spinning class offers a non-impact, highly effective way to build cardiovascular strength and endurance. This class provides the perfect mix of hard work and great fun while burning up calories too. Class maximum is 11 participants.

Spirit Ride:

This is a unique spinning class that incorporates yoga movements and philosophy. join us for an exhilarating spinning workout that combines spirit, strength and visual imagery in a group cycling class. Find your spirit and ride like the wind...

Weights & Conditioning:

Get ready for summer fun and stay in shape all season long with this great fitness class that will prepare you for those brilliant summer days. This total body conditioning workout will enhance strength and muscle definition. Class may utilize weights, balance discs, gliding discs, medicine balls, and/or stability balls, combined with isometric exercises designed to tone and sculpt the body.

Yoga for Skiing:

Improve your Alpine or Nordic skiing techniques with the help of Yoga---stability, core strength, flexibility and power will enhance your skiing experiences this year!

Yoga for Structural Integrity:

An integrative practice that focuses on the physical, psychological, and spiritual balance and integrity of the individual. Drawing from traditions of Iyengar, Asthanga, Kripalu, and Kundalini yoga, YSI practice utilizes asana (yoga postures), pranyama (breathwork), movement integrations, and philosophical exploration to bring the practitioner to a greater awareness of his body, mind, and spirit.

