



GUNBARREL ATHLETIC CLUB

# GROUP EXERCISE SCHEDULE JANUARY 2012

6565 GUNPARK DR. # 160 BOULDER, CO 80301

WWW.GUNBARRELCLUB.COM 303-530-7648

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30-6:30 Heart Zone Cycling Kevin	6:00-6:45 Boot Camp Kris	5:30-6:30 Heart Zone Cycling Kevin		
8:15-9:15 Indoor Cycling Bob	8:00-9:00 Step & Sculpt Natalie		8:00-9:00 Core Interval Kisa		8:00-9:00 Step & Sculpt Kisa	8:30-9:45 Cardio Challenge Melinda/ Amy
9:30-10:45 Pi-Yo Keri		9:00-10:00 Full Mat Pilates Kathy		9:00-10:00 Pilates Mat Kathy		
	12:00-1:00 Power Hour Cathy	12:00-1:00 Indoor Cycling Elizabeth	12:00-1:00 Cycle & Lift Cathy	12:00-1:00 Advanced Sports Conditioning Shari	12:00-1:00 Power Ball Melinda	
	5:00-5:55 Fast & Fierce Training * Shari	1:05-2:05 Fast & Fierce Training * Shari	4:30-5:25 Fast & Fierce Training * Shari	<i>Happy New Year!</i>		
	6:00-7:15 On Going Yoga Christy	5:30-6:30 Pi-Yo William	5:30-6:30 Indoor Cycling Melinda	5:30-6:30 Pi-Yo William/Keri	<b><u>OPERATING HOURS</u></b> <b>MONDAY- THURSDAY</b> 5:30AM-9:00PM <b>FRIDAY 5:30AM-8:00PM</b> <b>SATURDAY-SUNDAY</b> 8:00AM-5:00PM	
	7:30-8:45 Tai Chi Jonathan		6:30-7:45 Yoga Basics Emily	6:35-7:30 Sports Conditioning Shari		

**Bold print denotes class changes**

**\* Denotes specialty class/ See back page for more information**



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**CARDIO CHALLENGE:** Are you ready for THE CHALLENGE? Be prepared for anything in this dynamic class that combines cardio moves with weight intervals. Steps, bands, bosu balls, weights, boot camp drills, kickboxing... anything goes!

**INDOOR CYCLING:** High intensity and pure cardio. Bike the Vail Pass, Moab, or the Tour de France without ever leaving the studio! Guaranteed awesome workout!

**CYCLE & LIFT:** 45 minutes of cycling followed by 15 minutes of sculpting. This class has been received by everyone!

**YOGA:** The class will work your entire body from the inside out through contraction and extension. Correct posture, a sharp mind and physical renewal are just of the benefits.

**POWER HOUR:** Let us kick your booty! A little cardio and A LOT OF TONING! This is a class for all levels, and especially for those of you who want to kick it up a notch!

**FULL MAT PILATES:** Tuesday- (Advanced) Prior experience necessary- **PILATES MAT:** Thursdays- Intermediate: This class is an intelligent fitness practice which combines stretch and strengthening exercise designed to work the entire body. Major emphasis is placed on stabilizing the core, thereby improving the spine and abdominal areas. Work with the body, not against it.

**PI-YO:** A class that combines Yoga and Mat method based Pilates to balance muscle strength, improve posture and flexibility, and relieve stress. Please join this highly requested class!

**STEP & SCULPT:** Alternate step cardio with sculpting- generally using 3 minute intervals.

**BOOT CAMP:** Includes basic strength training exercises designed to create and maintain lean muscle development. This class will incorporate an aerobic element by limiting rest breaks and time exercise.

**ALL SPORTS CONDITIONING:** This high intensity class offers a full-body workout, with core strengthening and cardio- geared to prepare you for a variety of sports activities.

**CARDIO FUSION:** Challenge your current cardio fitness and increase stamina. Utilizing higher energy music, non-stop cardio workout, some step, continual light hand weight usage, martial arts training movements, and a lot of fun-dancelike movements.

**CORE INTERVAL:** is a cardio/strength class that combines aerobic endurance exercises with core stability movements that will challenge the mind and the body. The use of hand weights will guarantee you'll burn calories while giving your muscles a great workout. An overall balanced workout that will get your heart pumping.

**POWER BALL:** A challenging, core intense, muscle conditioning and stability class with the creative use of dumbbells, bands and stability balls. This will help you improve balance and overall day to day activities by strengthening your "core".

**TAI CHI:** A series of slow, graceful, rhythmic exercises designed to increase circulation throughout the body, improve balance, and calm the mind.

**\*FAST AND FIERCE TRAINING:** For information and pricing on this class please contact Shari Lesser at 720-232-8976 [Fit2bgood@hotmail.com](mailto:Fit2bgood@hotmail.com)