



March Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:05-7:05am	Morning Flow Yoga (Sophie)	Get Lifted (Hannah)		Get Lifted (Hannah)			
6:15-7:15am		HIIT Spin (Bree)		HIIT Spin (Bree)			
8:30-9:30am		8:30-9:15am Yoga Sculpt (Terry)	ABSolutely Pilates (Kim)		ABSolutely Pilates (Kim)	Saturday Flow Yoga (Sophie)	
9:15-10:15am	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Terry)		S.I.T (Justin)	Board Meeting 3/13/20 9:00am		
10:30-11:30am	Pilates Mat Class (Deana)						
12:00-1:00pm					Gentle Yoga (Sophie)		
4:00-5:00pm	After School in Fitness Studio	After School in Fitness Studio	4:25-5:25pm Youth Yoga (Allie)	After School in Fitness Studio	After School in Fitness Studio		
5:30-6:30pm	Lift the Barre (Hannah)		Strength & Conditioning (Christina)				5:15-6:15pm Reset & Restore Yoga (Allie)
6:35-7:35pm	Power Yoga (Christy)		Stretch/ Restorative Yoga				

March Fitness News

Instructor Spotlight: Allie Zachariades

Allie Zachariades has been living in Colorado for 4 years, originally from Northern California where she attained her 200-HR Teacher Certification from Purusha Yoga School in San Francisco. She then moved to Boulder, CO where she received her Masters in Mindfulness Based Transpersonal Mental Health Counseling from Naropa University. Currently, Allie works as a High School Counselor and is working towards becoming a Somatic (body based) Therapist. Allie became inspired to practice yoga while playing Division 1 lacrosse at Fresno State University to aid with the discomfort of osteoarthritis in her knees. Over the past 10 years Allie has practiced yoga routinely, attending multiple yogic and meditation retreats in North and Central America and has added training in restorative, thai massage and power sequencing to her repertoire. In 2020, Allie plans to receive further training in Yoga Sculpt, Core Cardio and master the MELT method. If you come to her class you will be challenged, find inner balance in a supportive and upbeat atmosphere. Allie teaches Youth Yoga on Wednesdays at 4:25pm and Reset & Restore Yoga on Sundays at 5:15pm.

Free Nutrition Series: Digestive Wellness

Join Christine Pierangeli, certified master nutrition therapist, Board certified in holistic nutrition and owner of Profound Wellness of Vail for a discussion on Digestive Wellness on Tuesday, March 10 at 5:30pm. This one hour discussion will focus on defining "leaky gut", supporting natural detoxification pathways and foods that boost our digestive health. Christine will take questions and provide a handout with information discussed. This series is free for members.

Fitness Class Descriptions

20/20/20 - An invigorating, fast paced fitness class that challenges your endurance. You will utilize various forms of fitness equipment totaling 20 minutes of intervals, 20 minutes of weights, and 20 minutes of core.

ABSolutely Pilates - Improve core strength and stabilization as you move through this fluid series of floor work exercises designed to strengthen your entire body, improve posture and increase flexibility. Cultivate mindfulness in your movement as precision and flow is emphasized.

GENTLE YOGA—Gentle yoga is a class designed for the practitioner who is newer to yoga, recovering from an injury, or looking for modifications to all postures. Our instructor creates a safe environment through alignment to explore your personal boundaries while building strength & flexibility. This practice excludes all inversions & extreme backbends.

GET LIFTED — Get Lifted is a new fitness class that will use a combination of plyometric exercises and lifting weights, keeping the heart rate up for an all around fat burning work out!

HIIT (High Intensity Interval Training) Spin — HIIT Spin is an indoor cycling workout utilizing the rhythms of various musical genres to alternate bouts of high intensity work with periods of active recovery. We will take on varying “terrain”, utilizing changes in resistance to simulate hills, flat roads, mountain peaks and time trials. Whether you’re looking to sweat a little (or a lot!), burn a few calories, improve your cardiovascular fitness and endurance, or get an endorphin high, this ride does all of the above.

MORNING FLOW YOGA — Start your week with a morning wake up class! A flow that gives you time to center yourself on your mat and work into fun, playful movement sequences synced with breath. Many variations available depending on how your morning is going.

PILATES MAT CLASS - An exercise system focused on increasing flexibility and strength for the total body without building bulk. No apparatus is used during this class.

POWER YOGA – This powerful, energetic, playful flowing class has a strong emphasis on breath and allows beginners, intermediate and advanced students to be challenged in the same class. Expect to sweat and challenge yourself with movement and powerful, athletic postures, inventive and thoughtful sequences of sun salutations, standing and seated postures, back bending, and inversions guided by a steady breath to tone and calm the mind. Power Yoga flow will tone, strengthen and rinse your body, clear your mind and leave you with a sense of accomplishment and empowerment.

RESET/RESTORE YOGA — Restorative Yoga is a great option after an active weekend or for those recovering from an injury. Restorative yoga is thought of by many as “active relaxation”. It is specifically designed for when you feel fatigued, weak or stressed from daily life. The props used while practicing the various restorative yoga poses are designed to provide support and be conducive to total relaxation. Typically poses are held for longer periods of time (up to 10 minutes) to further healing of the nervous system & fascia tissues. Come relax & recharge to optimize the week ahead!

S.I.T.– “Strength and Interval Training.” Another high energy conditioning class utilizing the step, bosu, weights and intervals to keep your heart pumping!

VINYASA FLOW YOGA— In this yoga class the teacher will encourage you to synchronize your breath to the movement from one pose to the next on an inhale or an exhale. This style of yoga allows for a lot of variety, but you can expect movement, not just stretching.

YOUTH YOGA CLASS — Yoga for pre-teens and teens gives youth tools they can use to reduce stress in their lives, promote positive body image, and increase mental/physical strength and flexibility. Each class will include a series of yoga poses, breathing exercises, and meditation practices. Classes will include discussions on how to apply what they learn in yoga class to help them at home, school, and with friends. Each class ends with a period of relaxation and guided meditation.

STRETCH/RESTORATIVE YOGA — In a calm meditative atmosphere a half hour is spent stretching with your breath. The remaining time of class is given to guided meditation while exploring the range of motion of your spine supported by bolsters in gentle poses.