



# February Fitness Schedule

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
<b>6:00-6:55am</b>		Get Lifted (Hannah)	<b>AM Cycle (Nina)</b>	Get Lifted (Hannah)	HIIT or Miss (Sawyer)
<b>7:30-8:25am</b>	<b>Pilates Balance &amp; Flow (Nina)</b>		ABSolutely Pilates (Kim)		
<b>8:30-9:25am</b>		8:30-10:30am Yoga for Everyone (Terry)			ABSolutely Pilates (Kim)
<b>9:00-9:55am</b>	Peak Performance (Sawyer)			S.I.T (Jill)	<b>Board &amp; DRC Meeting 2/14/24 @ 9:00am</b>
<b>9:30-10:25am</b>					9:30am Vinyasa Yoga (Sophie)
<b>12:00- 12:55pm</b>					Senior Strength (Braedan)
<b>4:00-5:00pm</b>	After School Program in Studio	After School Program in Studio	After School Program in Studio	After School Program in Studio	After School Program in Studio
<b>5:30-6:25pm</b>	Lift the Barre (Hannah)	Pedal & Pump (Lisa)	S.A.S (Lisa)		Volleyball Conditioning Class*
<b>6:30-7:25pm</b>			Yin Yang Yoga (Kenneth)		

## February Fitness News

### **Welcome Back Personal Trainer, Nina Aley**

Nina is a dedicated certified personal trainer, functional nutrition coach, Pilates teacher, and running coach. With a passion for helping people manage chronic pain and health conditions, Nina utilizes a functional approach to fitness and nutrition. She has been helping people reach their wellness goals since 2021. Her goal is to create programs that focus on individual needs to cultivate long-term success. To book training with Nina, please call/text her at 970-948-2274 or email her at [nina@returnstoroots.co](mailto:nina@returnstoroots.co). Nina will be offering two new weekly group fitness classes as well. See descriptions below.

### **Pilates Balance and Flow Mondays at 7:30am**

Join Nina for a Classical mat Pilates class with a contemporary approach in order to strengthen the core, restore alignment and strengthen the joints. All levels welcome. Beginning Monday, February 3.

### **AM Cycle Wednesdays at 6:00am**

A high-intensity ride that will include challenging drills, sprints, and climbs, focusing on building lower body strength and endurance while burning a significant amount of calories. We hope you will give this cycling class with Nina a try! Beginning Wednesday, February 5.

### **Complimentary Jr. Weight Room Certification Class**

Personal Trainer, Braeden Stewart, invites our youth members ages 12+ get certified to use weights and cardio equipment while building confidence and developing a strong foundation for a healthy lifestyle. Join Braeden on Sunday February, 23 from 1:30-2:30pm to get your certification. No sign up required.

# Fitness Class Descriptions

**ABSOLUTLY 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.

**AM CYCLE** - A high-intensity ride that will include challenging drills, sprints, and climbs, focusing on building lower body strength and endurance while burning a significant amount of calories.

**GET LIFTED** — Get Lifted is a unique 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 OR MISS** — Incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate, followed by short periods of rest. Improve stamina, increase strength, burn fat and keep the heart healthy by participating!

**LIFT THE BARRE** — This fast-paced and fun class provides a complete body workout and incorporates strengthening and toning of muscles, sustained cardio and intervals, barre work, and finishes with core work and stretching for a well-balanced total body workout!

**PEAK PERFORMANCE** — This high-intensity workout combines the best of both worlds: heart-pumping HIIT and effective strength training. Designed to improve cardiovascular endurance, build muscle, and burn fat, this class will push you to your limits. Whether you're lifting weights, performing bodyweight exercises, or incorporating functional movements, you'll experience a full-body workout that targets all major muscle groups. Suitable for all fitness levels, modifications will be provided to ensure everyone gets the most out of every session. Get ready to sweat, challenge yourself, and achieve results!

**PEDAL & PUMP** — a fun, hard-hitting, innovative, unscripted and unique indoor cycling experience! Get full-body sculpting, and a cardio blast that will provide a good sweat and allow you to leave the stress of the day behind! All levels of cyclists welcome. SPD clips shoes or sneakers work on all bikes. Instructors can help with bike set-up and proper form. We recommend beginners arrive early for basic instruction. Every class will offer a unique experience with instructor crafted format, playlists, and shared goal!

**PILATES BALANCE & FLOW**—Join Nina for a Classical mat Pilates class with a contemporary approach in order to strengthen the core, restore alignment and strengthen the joints. All levels welcome.

**S.A.S** — “Sculpt and Stretch” class is a dynamic workout that combines strength training and flexibility exercises to tone muscles and improve fitness. Leave feeling stronger and with increased mobility.

**SENIOR STRENGTH** — This class is tailored for seniors looking to stay active and socialize! This class combines low-impact exercises, stretching, and strength training to improve full body mobility, balance, and overall fitness. Whether you're a beginner or seasoned fitness enthusiast, our welcoming environment ensures everyone can participate at their own pace while having fun and building community bonds. Come join us and step into a healthier, happier you!

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

**VOLLEYBALL CONDITIONING CLASS** — Elevate your game with our girls volleyball conditioning class, designed to enhance athletic performance, strength, and endurance of your female volleyball players ages 14-18. This class combines sport specific exercises with functional training to improve agility, speed, power and overall physical fitness. Participants will engage in a mix of drills, plyometrics, strength training and conditioning routines that mirror the demands of competitive volleyball.

**YIN YANG YOGA** — Yin Yang yoga is a combination of high-energy movement, much like vinyasa, which builds heat and energy promoting power and endurance, followed by the more relaxing practice of Yin to give us a deeper grounding and calm the nervous system. Pranayama (breathwork) and mindfulness are weaved into this balanced offering to ease transitions and promote presence.

**YOGA FOR EVERYONE** — Terry Copeland, instructor/guide! We welcome everyone for any duration, at any time. We would love to have you stay for the full 2 hours, but if you only have a few minutes to breathe and move with us- please come when you can... you are not disturbing. The teacher will adapt the class to the wants/needs and timeline of those in attendance. Popular format: 8:30-9:30 - Yoga with foam rollers (facilitates stretching) 9:30- 5-10 min mid class Savasana (guided meditation/relax/recover/china gel option) 9:40-10:30- yoga stretches/balances at the bar and flows/challenges/class choices.