



April Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
6:00-6:55am		Get Lifted (Hannah)		Get Lifted (Hannah)	HIIT or Miss (Sawyer)
7:30-8:25am	Pilates Balance & Flow (Nina)		ABSolutely Pilates (Kim)		
8:30-9:25am		8:30-10:30am Yoga for Everyone (Terry)			ABSolutely Pilates (Kim)
9:00-9:55am	Peak Performance (Sawyer)			S.I.T (Jill)	Board & DRC Meeting 4/11/25 @ 9:00am
9:30-10:25am					9:30am Vinyasa Yoga (Sophie)
12:00- 12:55pm					Senior Strength (Braedan)
4:00-5:00pm	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
5:30-6:25pm	Lift the Barre (Hannah)	Pedal & Pump (Lisa)		S.A.S (Lisa)	
6:30-7:25pm			Yin Yang Yoga (Kenneth)		

April Fitness News

Free 40 minute Personal Training Session with Nina Aley ~ Week of 4/14–4/20 ~ For new personal training clients!

Nina is offering a free 40 minute training session to new clients the week of April 14th–20th, 2025. Contact Nina at 970-948-2274 or ninaaley11@gmail.com to book your session! Offer valid for one free 40 minute session to members who are currently not working with a personal trainer. Nina is passionate about helping clients find sustainable and enjoyable fitness routines that help them achieve their personal goals and improve quality of life. She is a certified personal trainer and comprehensive Pilates teacher, also specializing as a nutritionist in functional nutrition. Since 2021, she has been exploring avenues in fitness and nutrition in an effort to help all age groups and ability levels return to optimal health. Contact Nina for more information or to book a training session.

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 April 27, 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.

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!

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.