



# May 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)		Get Lifted (Hannah)	HIIT or Miss (Sawyer)
<b>7:30-8:25am</b>	Pilates Balance & Flow (Nina)		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 5/9/25 @ 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>	<b>Move Well (Hannah)</b>	<b>Butts &amp; Guts (Breanna)</b>	<b>S.A.S (Lisa)</b>	<b>Barlates (Breanna)</b>	
<b>6:30-7:25pm</b>			Yin Yang Yoga (Kenneth)		

## May Fitness News

**New Personal Trainer ~ Breanna Glanz-de la Rosa** Originally from Louisville, Colorado and raised in Austin, Texas, Breanna brings a diverse background and a strong passion for fitness. She serves as a certified personal trainer and group aerobics instructor committed to creating a welcoming and results-driven environment for every guest. She holds certifications through AAI and ISMA, which reflect her dedication to safety, continued education, and effective training methods. With a background in dance and two decades of experience as a competitive figure skater, she brings both discipline and creativity to every class and session. When she's not in the gym, you'll find her snowboarding in the valley during winter or exploring hiking trails in the summer. Her energy is high, her passion is real, and she is here to help you reach your fitness goals every step of the way.

### **Barlates with Breanna ~ Thursdays at 5:30pm, beginning 5/1**

Welcome to Barlates where Pilates precision meets barre burn! This dynamic fusion class blends the core-strengthening, posture-improving moves of Pilates with the sculpting, toning power of barre. Expect low-impact, high-reward movement that targets your abs, glutes, thighs, and arms while improving balance, flexibility, and control. Using light weights, resistance bands, and the barre, you'll move through small, intentional movements and deep muscle engagement that deliver serious results—without the high-impact stress on your joints. Perfect for all levels, Barlates is graceful, effective, and just the right amount of spicy. Focus Areas: Core, Glutes, Legs, Posture, Flexibility, Intensity: Low to Moderate

### **Butts and Guts with Breanna ~ Tuesdays at 5:30pm, beginning 5/6**

Get ready to tighten, tone, and torch calories in this high-energy, lower-body and core-focused workout! Butts and Guts is designed to sculpt your glutes, strengthen your abs, and build endurance through a mix of resistance training, bodyweight moves, and cardio bursts. Whether you're looking to firm up, power up, or just feel strong and confident, this class will leave you feeling the burn—in the best way. Expect squats, lunges, planks, and crunches, all set to a motivating playlist that keeps you moving. All fitness levels welcome, with modifications and progressions offered. Focus Areas: Glutes, Core, Legs, Intensity: Moderate to High

### **Move Well with Hannah ~ Mondays at 5:30pm, beginning 5/5**

This is a low impact, functional strength, circuit training class for all levels of fitness. This class will help improve your everyday life and hobbies! We will get stronger by doing movements that will incorporate balance, stabilizing, and mobility. Using many different types of equipment and practicing good form, this class will leave you feeling great!

**Complimentary Jr. Weight Room Certification Class for May is Canceled due to holiday weekend** Please contact Hannah for individual certification during the month of May. We invite 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.

# 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.

**BARLATES** — Welcome to Barlates where Pilates precision meets barre burn! This dynamic fusion class blends the core-strengthening, posture-improving moves of Pilates with the sculpting, toning power of barre. Expect low-impact, high-reward movement that targets your abs, glutes, thighs, and arms while improving balance, flexibility, and control. Using light weights, resistance bands, and the barre, you'll move through small, intentional movements and deep muscle engagement that deliver serious results—without the high-impact stress on your joints. Perfect for all levels, Barlates is graceful, effective, and just the right amount of spicy. Focus Areas: Core, Glutes, Legs, Posture, Flexibility  
Intensity: Low to Moderate

**BUTTS AND GUTS** — Get ready to tighten, tone, and torch calories in this high-energy, lower-body and core-focused workout! Butts and Guts is designed to sculpt your glutes, strengthen your abs, and build endurance through a mix of resistance training, bodyweight moves, and cardio bursts. Whether you're looking to firm up, power up, or just feel strong and confident, this class will leave you feeling the burn—in the best way. Expect squats, lunges, planks, and crunches, all set to a motivating playlist that keeps you moving. All fitness levels welcome, with modifications and progressions offered. Focus Areas: Glutes, Core, Legs, Intensity: Moderate to High

**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!

**MOVE WELL** — This is a low impact, functional strength, circuit training class for all levels of fitness. This class will help improve your everyday life and hobbies! We will get stronger by doing movements that will incorporate balance, stabilizing, and mobility. Using many different types of equipment and practicing good form, this class will leave you feeling great!

**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.