

Group Exercise September 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	5:45-6:45 Bootcamp GX	5:45-6:45 Bootcamp GX	5:45-6:45 Bootcamp GX	5:45-6:45 Bootcamp GX	5:45-6:45 Bootcamp GX	7:45-8:45 Hot Yoga Sculpt HYS	8:00-9:00 Power Pilates Mat MB
	6:00-7:00 Cycling CS	5:45-6:45 Yoga Sculpt MB	6:00-7:00 Cycling CS	5:45-6:45 CycleOM CS/HYS	5:45-6:45 Hot Yoga Sculpt HYS	8:00-9:00 BODYCOMBAT GX	8:30-9:30 Power Sculpt GX
	7:15-8:15 Tai Chi MB	6:00-7:00 CycleOM CS/HYS	6:00-7:00 Vinyasa Yoga MB	7:25-8:25 Yoga Basics MB	6:00-7:00 Cycling CS	8:30-9:30 Cycling CS	8:35-9:35 Cycling CS
	8:35-9:35 Pilates Mat MB	7:05-8:05 Hot Yoga HYS	6:00-7:00 Hot Vinyasa HYS	8:00-8:45 TRX ES	6:00-7:00 Vinyasa Yoga MB	8:30-9:45 Vinyasa Yoga II-III MB	
	8:45-9:30 RPM CS	7:25-8:25 Yoga Basics MB	7:15-8:15 Taijifit MB	8:15-9:00 KillerCoreChallenge CCC	7:00-8:00 Hot Vinyasa HYS		
	8:15-9:00 KillerCoreChallenge CCC	7:15-8:15 Hot 26 HYS	8:30-9:15 HotSculptExpress HYS	7:00-7:45 NONSTOP GX			
	8:30-9:15 Tabata Tuesday GX	8:35-9:35 Pilates Mat MB		7:15-8:15 Tai Chi Forms MB			
		8:45-9:30 RPM CS		8:35-9:35 Pilates Mat MB			
MID MORNING	9:00-10:00 Liquid Fit OP	9:00-10:00 Jump & Pump CCC	9:00-10:00 Aqua Kickbox OP	9:00-10:00 Liquid Fit OP	9:00-10:00 Liquid Fit OP	9:00-10:00 Liquid Fit OP	9:00-10:00 Liquid Fit OP
	9:15-10:15 Hot Yoga Sculpt HYS	9:00-10:00 Cycling CS	9:00-10:00 Tabata GX	9:00-10:00 Jump & Pump CCC	9:00-10:00 Hot Vinyasa HYS	9:00-10:00 Hot 26 HYS	9:00-10:00 Hot Yoga Sculpt HYS
	9:30-10:30 CXWORX/COMBAT CCC	9:00-10:00 Aqua Bamba OP	9:15-10:15 Hot Yoga Sculpt HYS	9:00-10:00 CycleOM CS/HYS	9:00-10:00 Fierce Friday CCC	10:00-11:00 Nia MB	9:15-10:30 Restorative Yoga MB
	9:45-10:45 Vinyasa Yoga I-II MB	9:30-10:30 BODYPUMP GX	9:30-10:30 BODYCOMBAT CCC	9:30-10:30 BODYPUMP GX	9:15-10:15 YAH Total Body Fusion GX	10:15-11:15 Cycling CS	9:40-10:40 Step Revival GX
	10:30-11:30 BODYPUMP GX	9:30-10:30 Hot Yoga Sculpt HYS	9:45-10:45 Hatha Yoga I-II MB	9:40-10:40 Barre Sculpt MB	9:45-10:45 Vinyasa II-III MB	10:15-11:15 Hot Power Vinyasa HYS	10:15-11:15 Hot Vinyasa HYS
	11:00-12:00 Cardio Fit MB	9:40-10:40 Barre Sculpt MB	10:00-11:00 Tai Chi GX	10:15-11:15 Hot Power Flow HYS	10:15-11:15 Hot Yoga Sculpt HYS	10:45-11:45 ZumbaStep GX	10:45-11:45 Pilates Mat MB
	11:15-12:00 PowerHousePilates CCC	10:30-11:30 Treadmill Trekking CF	10:30-11:30 Hot Barre Sculpt HYS	10:30-11:30 Treadmill Trekking CF	11:00-12:00 Nia MB	11:15-12:15 Barre Sculpt MB	10:45-11:45 Cycle & Arms CS
		10:45-11:45 Hot Vinyasa HYS	11:00-12:00 Stretch Therapy I-II MB	10:45-11:45 Zumba GX	10:50-11:20 CXWORX GX		10:50-11:50 BODYPUMP GX
		10:45-11:45 Mitana GX	11:00-12:00 Essentrics GX	11:00-12:00 YAH Pilates Ball MB	11:25-11:55 Performance 30 GX		
AFTERNOON	12:00-1:00 Cycling CS	11:00-11:45 Wellness Meditation MB	12:00-1:00 Hot 26 HYS	12:00-12:45 RPM CS	12:00-1:00 Cycling CS	12:00-1:00 BODYPUMP GX	12:00-1:00 Hot Ballet Sculpt HYS
	12:00-1:00 Hot Power Yoga HYS	12:00-1:00 BODYPUMP GX	12:00-1:00 Cycling CS	12:00-1:00 Hot Vinyasa HYS	12:00-1:00 Hot 26 HYS	12:30-1:30 De-Stress Yoga MB	12:00-1:00 Zumba GX
	12:00-1:00 ZumbaStep GX	12:00-1:00 Cycling CS	12:00-1:00 Mitana GX	12:15-1:15 Gentle Hatha Yoga MB	12:00-1:00 BODYPUMP GX		12:00-1:00 Vinyasa Yoga I-III MB
	12:15-1:15 Gentle Hatha Yoga MB	12:00-1:00 Member Choice Yoga HYS	12:15-1:15 Ballet Sculpt MB	1:15-2:15 Liquid Fit OP	12:15-1:15 Barre Sculpt MB		1:15-2:15 Hot Vinyasa HYS
	1:15-2:15 Essentrics GX	12:15-1:15 Restorative Yoga MB	1:15-2:15 Aquabatta OP				
	1:15-2:15 Liquid Fit OP						
EVENING	4:00-5:00 Hatha Yoga I-II MB	4:00-5:00 Postures MB	4:00-5:00 All Levels Yoga MB	4:00-5:00 Hatha Yoga I-II MB	4:00-5:15 Restorative Yoga MB	4:00-5:30 Music Hot 26 HYS	4:00-5:00 Vinyasa Yoga I-III MB
	4:45-5:45 Hot Power Vinyasa HYS	4:45-5:45 Hot Yoga Sculpt HYS	4:45-5:45 Hot Stretch Therapy HYS	4:30-5:00 Fast-n-Fit ES	4:45-5:45 Hot 26 HYS		4:00-5:00 Detox Yoga HYS
	5:45-6:45 Barre Sculpt MB	5:00-5:45 TRX CCC	5:30-6:30 BODYPUMP GX	4:45-5:45 Hot 26 HYS	6:00-7:00 Hot Vinyasa HYS		5:00-6:00 Tai Chi Fusion MB
	6:00-7:00 CYCLING CS	5:45-6:45 Pilates Mat MB	5:30-6:15 Cycle Beatz CS	5:30-6:30 CycleOM CS/HYS			
	6:00-7:00 Hot Vinyasa HYS	6:00-7:00 CycleOM CS/HYS	5:45-6:45 Vinyasa Yoga I-III MB	5:45-6:45 Pilates Mat MB			
	6:00-7:00 BODYPUMP GX	6:00-7:00 Functional Strength GX	6:00-7:00 Hot Vinyasa HYS	5:45-6:45 Dance: Hip Hop GX			
	7:00-8:00 Restorative Yoga MB	6:30-7:30 Liquid Fit OP	7:15-8:15 Beginner Hot Vinyasa HYS	6:45-7:45 Hot Vinyasa Fusion HYS			
	7:15-8:15 Member Choice Yoga HYS	7:00-8:00 Dance: Jazz*** MB	8:00-9:00 Dance: Ballet MB	6:45-7:45 Dance:Belly Dance MB			
	7:15-8:15 Hot Yoga Sculpt HYS						

For the most up-to-date information on classes, please consult the app, NOT the website.

GX: Group Exercise Studio
 CS: Cycling Studio
 HYS: Hot Yoga Studio
 MB: Mind Body Studio
 CF: Cardio Floor (Upstairs)

ES: Elevation Studio
 IP: Indoor Pool
 OP: Outdoor Pool
 FS: Flexibility Studio
 CCC: Cherry Creek Cage



Aqua Bamba: Immerse yourself in a low-impact workout that combines the amazing strength benefits of the Gymstick with the cardio benefits of dance. Come try it out!

Aquabata: A highly intense interval training workout that uses :20 /:10 timing to increase your heart rate. This class may or may not use equipment.

Aqua Kickbox: Experience the power, energy, and punch in this cool boxing water workout. This class is packed with kicks, punches, and drills.

Ballet Sculpt: Channel your inner ballerina in this conditioning ballet-inspired toning and strengthening workout.

Barre Sculpt: This class is a Barre fusion class combining weight training, ballet, Pilates and orthopedic stretching.

Beginner Hot Vinyasa: In this slow, more alignment-based practice, students will get used to the heat and humidity, and experience a fluid deep practice.

BODYCOMBAT: a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn hundreds of calories in each class. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. No experience needed.

BODYPUMP: Ultimate in group resistance training. This class will focus on low weight load, high repetition movement. Challenge all muscle groups, get into shape, and produce lean muscle.

Bootcamp: Circuits, HIIT, resistance training, core--you name it! This class will keep you guessing and moving toward a leaner, stronger YOU.

Cardio Fit: A low-impact class that incorporates cardio and strength training into one hour, while improving your muscle tone, coordination and balance.

Cycle & Arms: Challenge your cardiovascular and muscular endurance with this high-intensity class. Cycling between heart-pumping races and arm-shaping exercises, this class will keep your body burning calories for hours after you leave the studio.

Cycle Beatz: This high-intensity class is intended for all abilities. It will focus on a variety of cycling techniques including sprints, hill climbs, interval training and more, all to the beat of the music!

CycleOM: A dynamic fat-burning cycle workout combined with the beauty of our Hot Vinyasa-style yoga. This 60-minute workout starts in the Cycle studio.

Cycling: Utilize state-of-the-art Stages bikes! For all fitness enthusiasts, recreational cyclists, or serious racers looking to improve their ability with hill climbs, sprints, temp riding, and more!

CXWORX: Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together. All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout, trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches and hovers. You will also get into some hip, butt and lower back exercises.

Dance: Ballet: Pirouette, plié and grand-jeté your way to a dancer's body in this traditional ballet class. (traditional dance class format)

Dance: Belly Dance: Learn the art of Traditional Belly Dance while strengthening and toning your core. (traditional dance class format)

Dance: Hip Hop: Come learn the art of hip hop from popping to locking to freestyle. Let go and let the music move you (traditional dance class format)

Dance: Jazz: Channel your inner Fosse and get those jazz hands dazzling. Let go of your insecurities and dance your heart out! Dance shoes recommended, but not required. ***NEW TIME!

De-Stress Yoga: The key to de-stressing is realizing how to calm the mind and be present. With gentle asanas, moving and stretching major joints and muscles, mindful breath, and guided relaxation, the goal is to help promote a state of well-being that lasts beyond this one-hour class. All levels.

Detox Yoga: This class focuses on ways to detox the mind and body with twists and additional asanas that support a full body detox.

Essentrics: This class is a full-body workout that rapidly changes the shape of your body through dynamic strengthening and stretching.

Fast-n-Fit: 30-minute, high-intensity class incorporating a BOSU to develop the core, and stabilize muscles while challenging strength, power and endurance. (Low-impact option available)

Fierce Friday: This class is a total body workout! We will use resistance and cardio training techniques to improve your endurance and help you build strength. Circuit training allows you to fit a huge variety of movements into your workout-- meaning a full body challenge, and none of the boredom that can come with repetitive exercises. Plus, circuit training has all the metabolism and mood boosting benefits of standard resistance training --just in a quicker format.

Functional Strength: Whether you are training for life, triathlons or your next 5K, this class is designed to help you improve strength and endurance, and reduce injury, all in an efficient and fun total-body format.

Gentle Hatha Yoga: Lengthen and strengthen the muscles, tendons and ligaments, as well as calm the nerves by focusing on the breath. For everyone who wants to learn the basics from the ground up or just feel wonderful!

Hatha Yoga: "Hatha yoga" is the physical practice of yoga. Most styles of yoga fall under this umbrella. Students will learn various breathing exercises and postures that begin to open the body, generate energy & promote focus and balance.

Hot 26: This class will use the traditional 26 hot yoga poses taught sequentially. Build strength, flexibility, balance and focus in this challenging class. Come get your sweat on! Temperatures are set at 105 degrees.

Hot Barre Sculpt: This is a fusion class combining weight training, ballet, Pilates and orthopedic stretching. This class is what you love in our Barre Sculpt but in a 95-degree heated room.

Hot Hatha: Utilize a set sequence of poses designed to strengthen, lengthen, and improve balance. This detoxifying mixture of poses will be both challenging and relaxing as they heal and transform. Temperatures are set at 105 degrees.

Hot Power Vinyasa: This class is a blend of balance, strength, alignment and flexibility. It focuses on postures to open shoulders and hips while strengthening your spine and core. We incorporate all this into a practice with longer holds in postures.

Hot Stretch Therapy: A class focused on stretching the body from head to toe to encourage movement and lengthening. 80-85-degree heated room.

Hot Vinyasa: Do you love vinyasa in a temperate room? You'll love vinyasa in our heated space! Creative and fluid sequences that build on each other and will lead your body to a stronger, more flexible and grounded place. Temperatures are set at 95 degrees.

Hot Vinyasa Fusion: This class combines the best of both worlds. Some hot 26 postures will be taught as well as fluid vinyasa sequences. This class will help you build strength, flexibility and balance. Temperatures are set at 95 degrees.

Hot Yoga Sculpt: This intense but easy to follow athletic practice will utilize small hand weights within the postures to help you get stronger. Prepare to enjoy this fluid, challenging class. Temperatures are set at 95 degrees.

Jump & Pump: Plyo 'til you die-o! This class is a combination of low to high intensity plyometric movements, high-intensity interval cardio and total body strength training! Build purposeful strength, burn body fat, increase endurance, and sweat like you never have before!

Killer Core Challenge: Are you up for the challenge? 45 Minutes of nonstop core and ab exercises that are sure to make you sore! Come work towards that ever elusive 6-pack!

Liquid Fit: Don't let the water fool you! This high-intensity, low-impact workout uses dumbbells, Gymsticks, Hydrotones, and noodles to increase resistance, and tone your entire body. **Mitana:**MITANA DANCE: exclusive to CCAC, the word Mitana means “star.” Set to heart-pumping popular music this high-impact cardio dance class establishes a new standard for the fusion of smiling and sweating. No prior dance experience required. Dance like no one is watching and feel like a super-star doing it. Move seamlessly between all styles of dance including jazz, hip-hop, modern, funk and Broadway. Obtain an eternally fit body and joyous spirit while getting an over-the-top, high-energy caloric burn. Sneakers or dance shoes required.

Music Hot 26: Your favorite hot 26 class set to music.

NIA: Nia tones your body while transforming it by combining 52 simple dance moves with martial arts and mindfulness. Come discover how much fun moving can be.

NONSTOP: Find your limit, then push past it. The goal: keep your body moving for 45 minutes in this total body conditioning class. Your cardiovascular endurance will be tested. Can you last?

Pilates Mat: This class focuses on the classical repertoire of Joseph H. Pilates' principles. Participants of all levels will benefit from core and stability training with enhanced breathing techniques.

Performance 30: Increase your fitness with this metabolic conditioning class that will accelerate your results by challenging your cardiovascular endurance while strengthening the full body with high-intensity interval drills.

Postures: Challenge your inner superhero and fight back against the daily grind with this structural class that improves postures and lifts your spirits.

Power Hour: Full body workout. High caloric burn that builds lean muscle mass and improves your metabolic system to burn more fat!

Power House Pilates: (Abs & Glutes) A Pilates Mat class focusing specifically on strengthening and shaping your abdominals and booty! Target those challenging areas through proper alignment, activation, and isolation. Start seeing the results you've been looking for!

Power Pilates Mat: Explore the advanced Pilates repertoire with this challenging, full-body workout! Test your strength, coordination, and stamina through high-level movements that will leave you feeling strong and powerful!

Power Sculpt: High-intensity, short duration intervals combining power movement and strength training used to define all major muscle groups of the body. Includes the use of weights, bands, balls, glide discs, BOSUs and steps.

Prana Vinyasa: A uniquely creative and energetic vinyasa yoga practice created by Shiva Rea that invokes elements of nature as poses are moved through fluidly and in wave-like patterns.

Restorative Yoga: Come enjoy this restful practice and restore balance & peace in your life.

RPM: Ride to the rhythm of powerful music as you take on the terrain in this punishing cycle class. Release your inner athlete! All RPM classes can be 30 or 45 minutes.

Rumble: 'Kick' your day off with this high-energy, calorie-burnin' class! We will use non-contact punches, kicks and combos to engage your muscles and empower your mind! Let's get ready to Rumble!

Step Revival: Blast from the past! Get your leg warmers out for this Step Aerobics class! Use 1-2-3 risers, or zero, it's up to you. No matter what, you'll get a great workout.

Stretch & Align: Restore and balance the body through gentle stretching, strengthening and myofascial release. We incorporate elements of yoga, Pilates and other movements to stimulate the lymphatic system, help circulation, lubricate joints, hydrate & relax the connective tissues and balance the nervous system. This class is appropriate for all ages and all bodies. It is a great compliment to a vigorous exercise routine.

Stretch Therapy: A class focused on stretching the body from head to toe so movement and lengthening can occur more fluidly.

Tabata: A high-intensity interval training workout using :20/:10 time periods.Exercises will be a combination bodyweight and resistance training.

Tai Chi: Generating and circulating vital energy, Tai Chi is a gentle flow that improves circulation and increases energy through slow movements done with precise focus that promote stability and relaxation.

Tai Chi Forms: Promote mental focus, balance, internal stillness, strength, & flexibility through the Yang Style Tai Chi forms – a series of slow & fluid standing movements developed in ancient China and still practiced today by millions of people worldwide.

Thai Chi Fusion: This class combines muscle/tendon conditioning (“Yi Jin Jing”) to improve flexibility, strength, and life energy (“Qi”), together with practice in the Yang Style of Tai Chi forms – the most popular in the world.

TaijiFit: The use of small weights makes this Tai Chi class even more challenging!

Treadmill Trekking: Kick up your metabolism as an instructor guides you through high-energy interval sets and energizing music. All levels welcome.

TRX: Join us in the Cherry Creek Cage for a total body workout utilizing the TRX straps to encourage increased muscle activation and stabilization. **Class space is limited to 12 - please sign up online.**

Vinyasa Yoga: *Vinyasa* is a type of yoga that links movement and breath to attain balance in the mind and body. From the Sanskrit “to place in a special way,” vinyasa aligns a deliberate sequence of poses with the breath to achieve a continuous flow. Inhalation is usually connected to upward, open movements, while exhalation is often tied to downward movements or twists. Often, poses will be done repeatedly to build toward a final, culmination pose. Every class is different!

Wellness Meditation: In this class you will learn mindfulness techniques to manage stress, experience greater peace and create overall well-being. All levels of experience welcome, from the novice to the veteran practitioner.

YAH Pilates Ball: This class develops Pilates muscles. Participants of all levels will work on length, strength and balance using weights, bands & balls.

YAH Total Body Fusion: When it comes to your fitness/wellness, this class will teach you the fundamental elements of "Fitness is a Lifestyle." Strength, Endurance, Flexibility, & Balance are challenged.

Yoga Sculpt: This intense but easy to follow athletic practice will utilize small hand weights within the postures to help you get stronger. Prepare to enjoy this fluid, challenging class.

Zumba: Features Latin rhythms with red-hot international dance steps set to traditional cumbia, salsa, samba, reggae, and merengue music.

Zumba® Step!: Zumba movements (either on or off the stepping bench) using American pop music, salsa, samba, meringue, reggaeton, and other Latin rhythms.

