

# May



## Group Fitness Class Schedule

All Classes labeled in black are included in your membership package.

Those in **red** and noted with a "\$" are sold on an 8-class registration basis.

For class descriptions and information on specialty classes, such as Yoga, please see reverse side.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>State Employee Wellness Center <small>Managed by Healthbreak, Inc.</small></p>	<p><b>1</b></p> <p>12:00 pm - 12:30 pm Burn</p> <p>12:30 pm - 12:45 pm Absolute Arms</p> <p><b>1:00 pm – 2:00 pm</b> \$ Level 2 Yoga</p>	<p><b>2</b></p> <p>12:00 pm - 12:30 pm Circuit Central</p> <p>12:30 pm – 12:45 pm Core-illates</p>	<p><b>3</b></p> <p><i>Outdoor Class!</i></p> <p>12:00 pm - 12:45 pm X-Fit</p> <p><b>1:00 pm – 2:00 pm</b> \$ Level 2 Yoga</p>	<p><b>4</b></p> <p>12:00 pm - 12:15 pm Crazy Cardio</p> <p>12:15 pm - 12:30 pm Strength Sessions</p> <p>12:30 pm - 12:45 pm Ab-solution</p>
	<p><b>7</b></p> <p>12:00 pm - 12:30 pm Solid Strength</p> <p>12:30 pm – 12:45 pm Butts and Guts</p>	<p><b>8</b></p> <p>12:00 pm - 12:30 pm Burn</p> <p>12:30 pm - 12:45 pm Absolute Arms</p> <p><b>1:00 pm – 2:00 pm</b> \$ Level 2 Yoga</p>	<p><b>9</b></p> <p>12:00 pm - 12:30 pm Circuit Central</p> <p>12:30 pm – 12:45 pm Core-illates</p>	<p><b>10</b></p> <p>12:00 pm - 12:45 pm X-Fit</p> <p><b>1:00 pm – 2:00 pm</b> \$ Level 2 Yoga</p>
<p><b>14</b></p> <p>12:00 pm - 12:30 pm Solid Strength</p> <p>12:30 pm – 12:45 pm Butts and Guts</p>	<p><b>15</b></p> <p>12:00 pm - 12:30 pm Burn</p> <p>12:30 pm - 12:45 pm Absolute Arms</p> <p><b>1:00 pm – 2:00 pm</b> \$ Level 2 Yoga</p>	<p><b>16</b></p> <p>12:00 pm - 12:30 pm Circuit Central</p> <p>12:30 pm – 12:45 pm Core-illates</p>	<p><b>17</b></p> <p>12:00 pm - 12:45 pm X-Fit</p> <p><b>1:00 pm – 2:00 pm</b> \$ Level 2 Yoga</p>	<p><b>18</b></p> <p>12:00 pm - 12:15 pm Crazy Cardio</p> <p>12:15 pm - 12:30 pm Strength Sessions</p> <p>12:30 pm - 12:45 pm Ab-solution</p>
<p><b>21</b></p> <p>12:00 pm - 12:30 pm Solid Strength</p> <p>12:30 pm – 12:45 pm Butts and Guts</p>	<p><b>22</b></p> <p>12:00 pm - 12:30 pm Burn</p> <p>12:30 pm - 12:45 pm Absolute Arms</p> <p><b>1:00 pm – 2:00 pm</b> \$ Level 2 Yoga</p>	<p><b>23</b></p> <p>12:00 pm - 12:30 pm Circuit Central</p> <p>12:30 pm – 12:45 pm Core-illates</p>	<p><b>24</b></p> <p>12:00 pm - 12:45 pm X-Fit</p> <p><b>1:00 pm – 2:00 pm</b> \$ Level 2 Yoga</p>	<p><b>25</b></p> <p>12:00 pm - 12:15 pm Crazy Cardio</p> <p>12:15 pm - 12:30 pm Strength Sessions</p> <p>12:30 pm - 12:45 pm Ab-solution</p>
<p><b>28</b></p> <p>NO CLASSES</p> <p>Memorial Day</p>	<p><b>29</b></p> <p>12:00 pm - 12:30 pm Burn</p> <p>12:30 pm - 12:45 pm Absolute Arms</p> <p><b>1:00 pm – 2:00 pm</b> \$ Level 2 Yoga</p>	<p><b>30</b></p> <p>12:00 pm - 12:30 pm Circuit Central</p> <p>12:30 pm – 12:45 pm Core-illates</p>	<p><b>31</b></p> <p>12:00 pm - 12:45 pm X-Fit</p> <p><b>1:00 pm – 2:00 pm</b> \$ Level 2 Yoga</p>	<p><b>Wellness Center Hours</b></p> <p><b>Monday-Friday</b> 5:30am-6:30pm</p> <p><b>Saturday</b> 8:00am-12:00pm</p>



If you are a first time participant to a class, please try to arrive 5-10 minutes early to meet the instructor. Any fitness class that does not maintain an average of 4 participants during any 8-week period is subject to change or cancellation.

## CLASSES INCLUDED IN MEMBERSHIP – *no additional cost or registration required*

**Solid Strength:** Let’s get you out of weekend-mode and ready for the week! For “Solid Strength”, we will take you through an intense total-body weight-training class to help build strength and muscular tone.

**Butts and Guts:** We will focus on lots of leg exercises and invigorating ab exercises to tone those tough spots!

**Burn:** Join Tuesday’s “Burn” class from to torch those calories. This class will use a variety of cardio exercises to help you break a sweat and raise your heart rate, all while having fun in a group setting.

**Absolute Arms:** Looking to focus on your arms a bit? In just 15 minutes we will use free-weights, exercise bands, and our own body weight to sculpt all your arm muscles.

**Circuit Central:** Need a mid-week pick-me-up? Come join this fun and unique circuit-style class. We will incorporate cardio and strength exercises to help you relieve the stress of the day.

**Core-irates:** This class focuses on core strength using pilates-like exercises. Come tighten your tummy while learning new techniques.

**Outdoor Class!** **X-Fit:** Attend this high-intensity, heart-pumping outdoor adventure on Thursdays. In this total body workout, we focus on functional training while enjoying the great outdoors. We will meet in the Wellness Center, then head outdoors. Please bring water, sunglasses, sunscreen, and dress in layers!

**Crazy Cardio:** 15 minutes is all you need to crush those calories and leave your body feeling energized.

**Strength Sessions:** No time to lift weights? Join us for 15-minutes to hit all major muscle groups in this time-saving class!

**Ab-solution:** All you need is 15 minutes to exercise your entire core, including lower back and abdominals.

## SPECIALTY CLASSES – *additional cost and registration required*

We offer a few 8-class sessions of **Yoga** classes throughout the year.

	8-Class Yoga Session Cost	Drop-in for ALL Yoga Classes
Wellness Center Member Pricing	\$54 for 60-minute class	\$8

### Level 2 Yoga:

Participate in this heart-pumping, challenging yoga class that focuses on breath and movement through each yoga pose. Level 2 Yoga is slightly more advanced than Level 1 Yoga, but each pose can be adapted for your ability.

# Yoga Price Information for All Sessions

**8-Class Level 2 Yoga Session (60 minutes):** \$54 Wellness Center member

**Drop-in Cost (per class):** \$8 Wellness Center member

**Payment Options:** Cash or Check payable to Healthbreak

**Registration & Payment Deadline:** Due by first class in each session

## Participant Information

- There is one Wellness Center yoga mat available on a first come first serve basis. We recommend you bring your own mat if possible.
- A few yoga blocks are also available for participants. If you would like your own block or strap, please feel free to bring them to class.
- Yoga is typically done barefoot. You can wear your shoes/flip flops into the class room, and then put them off to the side before class.
- The group fitness room is generally on the warm side in the summer, colder in the winter. We recommend you dress in layers accordingly.
- Please remember to silence cell phones before class starts.
- Please inform the instructor of any current injuries, joint issues, and any other medical conditions. All health information is kept confidential between you and the instructor.

## Missed Class & Refund Policy

Unused classes may not be carried over to another session. However, missed classes may be made up by attending a different yoga class during the same session. No refunds given except in the case of medical reasons that prevent participation or no longer employed at the State of Colorado.

