

Classes are included with Membership  
Non-Member \$10 per class

**SEPTEMBER CLASSES  
GYPSUM**

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM	<b>Fury</b> Tom	<b>Fury Strength</b> Judd	<b>Fury</b> Jeff	<b>Fury Strength</b> Judd	<b>Fury</b> Jessica	
8:00AM	<b>Fury</b> Kevin	<b>Fury Strength</b> Judd	<b>7:30am Beginning Tai Chi</b> Briony <b>8:30am Tai Chi Form Practice</b> Briony <b>Fury</b> Kevin	<b>Fury Strength</b> Judd	<b>Fury</b> Kevin	
9:00AM	<b>Dance Over 50</b> Jeanne	<b>Fit After 50</b> Wendy	<b>Heart Smart</b> Kimber	<b>Zumba Gold</b> Endah	<b>Fit After 50</b> Wendy	<b>9:15am Zumba Gold</b> Endah <b>9:15am Spin</b> Alex/Tom/Nicole
10:00AM	<b>Gentle Yoga</b> Kimber <b>Aqua Zumba</b> Claire	<b>Water Aerobics</b> Norma	<b>Gentle Yoga</b> Kimber	<b>Water Aerobics</b> Norma	<b>Gentle Yoga</b> Kimber	
11:30AM	<b>Fury</b> Jessica	<b>12:00pm Resonate Yoga and Sound Bath Therapy</b> Chanelle/Kimber	<b>Fury</b> Jessica	<b>Baby &amp; Me Yoga</b> Chanelle	<b>Fury</b> Jessica	
5:30PM	<b>Intuitive Fitness</b> Kimber	<b>Yoga</b> Kimber	<b>5pm Intuitive Fitness</b> Kimber	<b>Yoga</b> Kimber	Happy Hour Yoga Kimber/Simone	
6:00PM	<b>HIIT Fit</b> Shila  <b>6:30pm Power Yoga</b> Kimber	<b>Spin Strength</b> Leonard  6:30pm Pound Claire	<b>HIIT Fit</b> Shila  <b>Zumba</b> Claire	<b>Spin Fusion</b> Allie/Tom/Nicole		

**Spin Classes:** The best low-impact cardio workout you can get inside. Indoor Cycling is easy on the joints and keeps the heart rate consistently elevated to improve fitness. Classes are varied and can accommodate all levels, you're in control. Class types:

*Strength* – Many hills and jumps.

*Endurance* – Gets your heart rate up and down and uses a little bit of strength and fusion.

*Fusion* – Total body workout incorporating the use of indoor cycling, and weights. Looking to burn loads of calories in less than an hour, and get the muscle development you want? This is the class for you!

**HIIT Fit:** HIIT class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance, and clear your mind.

**NEW Dance Over 50:** Join us in this class for a great time dancing through an invigorating fun workout. Includes cardiovascular, muscular conditioning, flexibility and balance!

**NEW Baby & Me Yoga:** Chanelle will create a fun environment where you are sure to feel your stresses and anxiety melt away as she takes you and your little one through the poses and techniques needed to strengthen, support and find your breath together. Traditional yoga class etiquette will be forgotten at the door. There is no expectation for your baby to "behave" in any certain way. If needed, feel free to take care of your baby's immediate needs and rejoin class when you are ready. This is your time and we are honored to create space for you and baby. "I am excited to offer the opportunity for parents to reconnect with themselves, while bonding with their children. We all need a moment to breathe and understand we are not alone, and I believe these classes will bring an amazing time to learn and succeed as parents."

**NEW Resonate Yoga and Sound Bath Therapy:** Students who attend this class will be bathed in sound waves that transport them into deeply restorative and meditative states as they practice a gentle yoga flow and recline into a blissful state of mind. Kimber and Chanelle will co-create a space bringing a gentle and loving yoga practice, sounds of the gong, crystal and Tibetan singing bowls, drums, chimes, rain sticks and singing, to the ear's hearts and bodies of all attending. You will get to enjoy the expansion of light therapy within the space. Students will also experience the integrating of hands on Reiki touch healing during the session, along with many different foundations of healing breath work, mantras and mudras. Each class will offer something so healing for your mind body and soul, leaving you feeling as if you've just had a complete spa for the body. Modifications will always be shown, and lovingly encouraged. No prior yoga experience necessary. Each class will be gentle, bring simplicity for your soul.

**NEW Power Yoga:** Motivate with music in Power flow to tone your muscles as you build stamina and flexibility.

**NEW Aqua Zumba:** brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout. So, liven up your working week with some Latin fever.

**NEW Happy Hour Yoga:** Looking for a healthy fun start to your weekend? Put down the happy hour beer and come join our amazing instructors Kimber and Simone for a fun and upbeat yoga class.

*For complete class descriptions please visit our website @ [MountainRec.org/program/gypsum-fitness-classes/](http://MountainRec.org/program/gypsum-fitness-classes/)*