



Town of Snowmass Village Recreation Center
May Group Fitness Classes
No classes on Memorial Day

Core Yoga

This class will target abs, hips, and thighs. Excellent for alignment, lengthening and strengthening. You will feel balanced and revitalized

Tuesday & Thursday 8:30am-10:00am

Session: May 4-May 27 8 classes Cost: resident \$80.00 non-resident \$100.00

Vinvasa Flow Yoga

Vinyasa means breath synchronized movement, tends to be a more vigorous style based on the performance of a series of poses classed Sun Salutations, in which movement is matched to breath

Monday & Wednesday 6:00pm-7:15pm

Session: May 3-May 26 8 classes Cost: resident \$80.00 non-resident \$100.00

Stretch and Restore Yoga

This class utilizes the basic poses and principles of hatha yoga. Class will focus on reducing everyday stress and increasing flexibility, strength and balance. This is a great way to get started in yoga or to recover from more strenuous pursuits

Monday & Wednesday 5:00pm-6:00pm

Session: May 3-May 26 8 classes Cost: resident \$80.00 non-resident \$100.00

Mixed Martial Arts

The fight club! This class is for all levels of martial arts enthusiasts. Please bring your own equipment. Train with the best in the valley!

Tuesday & Thursday 7:00pm-8:00pm

Session: May 4-May 27 8 classes Cost: resident \$80.00 non-resident \$100.00

Spring Sports Conditioning

Cardio and Core. Get ready for summer sports or get bathing suit ready! This class will help strengthen your core to improve performance in a variety of sports such as golfing, kayaking, biking, etc. as well as tone and sculpt your core for bathing suit season! The first part of class will be 25 minutes of indoor cycling on our state of the art Keiser cycles. The remainder of the class will focus on your core using Bosu Balls, bands, fitness balls and more. This class is appropriate for all fitness levels and exercises will be adjusted accordingly. Get ready for your best summer ever! Class is limited to 6 participants so sign-up early.

Day: Tuesday & Thursday 6:00pm-7:00pm

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Drop-In on a space available basis \$15.00

SCHEDULE IS SUBJECT TO CHANGE

**PLEASE SIGN-UP, CLASS WILL BE CANCELLED IF THE MINIMUM IS NOT MET 48HRS BEFORE
THE FIRST DAY OF CLASS**

970-922-2240

www.snowmassrecreation.com