

# CLASS DESCRIPTIONS

**AQUA FITNESS** – Aerobic workout in the water! Experience water interval training, water sports, conditioning, water yoga, and more! All levels welcome.

**BALANCING ACT (Fitball)** – All levels. Balance, stability, core and lots of abs!

**BUTTS, GUTS, & CORE** – All levels. Core, balance, intensive abs, glute and leg work to hit all the parts you worry about most!

**CARDIO NINJA (Turbo Kick)** – A cardio kickboxing workout that consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/ endurance training, and cool-down. No equipment is necessary!

**FORZA KICK (Cardio Kickboxing)** – All levels. Fast-paced, energy-packed, power-punching cardio! No boxing skills required.

**HARD-CORE (Killer Abs)** – All levels. 30 minutes of simply the best ab workout you've ever had.

**HALF BALL HAVOC (Bosu Core & Cardio)** – All levels. A class that combines cardio, balance, core and sport specific training. A total body workout.

**HOT YOGA** – All levels. Yoga in a Bikram-style 26-posture format, conducted at 102 degrees to make muscles supple and pliable, to enhance strength & flexibility.

**INTERMEDIATE/ADVANCED TRX FORZA BOOT CAMP** – Same description as our TRX FORZA Boot Camp, but this class is for members who have experience with the TRX straps and feel they're ready to move onto the next level! Limit to 10 students.

**INTRO TO PILATES** – An introductory 1-hour class on Pilates equipment. This class will suffice as one of the 3 private class pre-requisites to join group classes.

**IYENGAR YOGA** – All levels. Hatha yoga in the Iyengar tradition. Perfect for both the beginner as well as the experienced student of yoga.

**MASTERS SWIM** – Coached swim workouts for beginner, intermediate & advanced swimmers. Stroke and technique skills and drills. Meet at the pool ready to swim!

**OPEN PILATES STUDIO** – The Open Pilates Studio is FREE to members and is a time where ALL Forza members are welcome to come workout in the Pilates studio under the direction of a Pilates Instructor.

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**PILATES FOR MEN** – All levels. Reformer Experience Required. A reformer/tower class designed specifically for men, focusing on core conditioning, flexibility, upper & lower body strength. (\$)

**PILATES MAT CLASS** – All levels. A core strength workout using the Pilates technique. Abdominal, leg and lower back areas are emphasized.

**PILATES REFORMER/TOWER CLASS** – Reformer Experience Required. A unique class that uses the traditional Pilates Reformer and Cadillac separately, or blends both pieces of equipment, adding integrated movement to your Pilates workout. (\$)

**PILATES YOGA INFUSION** – All levels. A blend of Pilates and Yoga exercises for the complete mind-body workout.

**RIPPED & SHREDDED (Cardio Chisel)** – All levels. A combination of cardio and barbell intervals, designed for aerobic conditioning, muscle endurance and fat burning.

**SHREDDED (Chisel)** – All levels. A barbell workout in a class format. Designed to build muscle endurance, strength and definition- and to burn fat.

**TOUR DE FORZA (Spinning)** – Intermediate-Advanced. A stationary cycling class adaptable to all levels of fitness. Cycling over different "terrain." Great cardio workout. Sign up required at the front desk. List goes out 20 minutes prior to each class. Limited to 34 students.

**TRX FORZA BOOT CAMP** – All levels welcome. A class that will kick butt! Full body circuit that uses Kettlebells, Crazy Ropes, Stairs, Ramp, TRX, and more. Come join the fun using equipment you'll find nowhere else! Sign up required at the front desk. Limited to 10 students.

**VINYASA YOGA** – All levels. A Vinyasa yoga practice is a sequence of yoga postures linked with conscious breathing.

**WINTER X GAMES (Sports Conditioning)** – Intermediate-Advanced. A total conditioning class comprised of dynamic warm-up, strength, agility, plyometrics, core strength and more!"

**ZUMBA** – All levels welcome! The sexy dance workout that's guaranteed a PARTY!!



**March 2010**  
Exercise Schedule  
Class Descriptions

**Club Hours**  
Mon - Fri: 5AM - 9PM  
Sat & Sun: 7AM - 6PM

# EXERCISE CLASS SCHEDULE

March 2010 303.294.9494 www.forzadenver.com

1849 Curtis Street Denver, CO 80202

## Monday

DAY & TIME	CLASS	INSTRUCTOR	LOCATION
6:00-7:00am	<b>Tour de FORZA</b>	Lucy	Spin Studio
6:15-7:00am	<b>TRX FORZA Boot Camp</b>	Rusty	Basketball Court
6:15-7:15am	<b>Iyengar Yoga</b>	Brad	Yoga Studio
11:30-1:00pm	<b>Pick-Up Basketball</b>		Basketball Court
11:30-12:15pm	<b>TRX FORZA Boot Camp</b>	Lindsey H.	Basketball Court
11:30-12:30pm	<b>Butts, Guts &amp; Core</b>	Lyndsey M.	Group Exercise Studio
11:30-12:30pm	<b>Pilates Mat</b>	Julie	Yoga Studio
12:00-1:00pm	<b>Tour de FORZA</b>	Barrie	Spin Studio
12:30-1:15pm	<b>Zumba</b>	Barb	Group Exercise Studio
12:30-1:30pm	<b>Pilates Reformer/Tower (\$)</b>	Julie	Pilates Studio
1:00-1:45pm	<b>TRX FORZA Boot Camp</b>	Sarah T.	Basketball Court
5:30-6:30pm	<b>Ripped &amp; Shredded</b>	Lindsey H.	Group Exercise Studio
6:00-7:00pm	<b>Tour de FORZA</b>	Jafar	Spin Studio
5:30-6:30pm	<b>Intro to Pilates</b> <small>(1st Mon. of every month)</small>	Julie	Pilates Studio
5:30-7:00pm	<b>Masters Swim</b>	Brian	Pool
6:00-7:00pm	<b>Hot Yoga</b>	Hilary	Yoga Studio

## Tuesday

DAY & TIME	CLASS	INSTRUCTOR	LOCATION
6:00-7:00am	<b>Pilates Reformer/Tower (\$)</b>	Beth	Pilates Studio
6:15-7:15am	<b>Iyengar Yoga</b>	Taylor	Yoga Studio
11:00-12:00pm	<b>Pilates Reformer/Tower (\$)</b>	Kathy	Pilates Studio
11:15-12:00pm	<b>TRX FORZA Boot Camp</b>	Lindsey H.	Basketball Court
11:30-1:00pm	<b>Pick-Up Basketball</b>		Basketball Court
11:30-12:15pm	<b>Balancing Act</b>	Barrie	Group Exercise Studio
11:30-12:30pm	<b>Pilates/Yoga Infusion</b>	Beth	Yoga Studio
12:00-1:00pm	<b>Tour de FORZA</b>	Jon	Spin Studio
12:00-1:00pm	<b>Pilates Reformer/Tower (\$)</b>	Kathy	Pilates Studio
12:15-1:15pm	<b>Half Ball Havoc</b>	Lyndsey M.	Group Exercise Studio
5:30-6:30pm	<b>Pilates Mat</b>	Beth	Yoga Studio
5:30-6:30pm	<b>Winter X Games</b>	Lindsey H.	Group Exercise Studio
6:00-6:45pm	<b>TRX FORZA Boot Camp</b>	Sarah T.	Basketball Court
6:00-7:00pm	<b>Aqua Fitness</b>	Shantel	Pool
6:30-7:30pm	<b>Cardio Ninja</b>	Chrissy	Group Exercise Studio

## Wednesday

DAY & TIME	CLASS	INSTRUCTOR	LOCATION
6:00-7:00am	<b>Shredded</b>	Lindsey H.	Group Exercise Studio
6:00-7:00am	<b>Tour de FORZA</b>	Melissa M.	Spin Studio
6:15-7:00am	<b>TRX FORZA Boot Camp</b>	Mike R.	Basketball Court
11:00-11:30am	<b>Hard-Core</b>	Barrie	Group Exercise Studio
11:00-12:00pm	<b>Pilates Reformer/Tower (\$)</b>	Randy	Pilates Studio
11:30-1:00pm	<b>Pick-Up Basketball</b>		Basketball Court
11:30-12:15pm	<b>TRX FORZA Boot Camp</b>	Lindsey H.	Basketball Court
11:30-12:15pm	<b>FORZA Kick</b>	Chrissy	Group Exercise Studio
11:30-12:30pm	<b>Vinyasa Yoga</b>	Angelique	Yoga Studio
12:00-1:00pm	<b>Tour de FORZA</b>	Jafar	Spin Studio
12:00-1:00pm	<b>Pilates for Men, Reformer/Tower (\$)</b>	Randy	Pilates Studio
12:30-1:30pm	<b>Ripped &amp; Shredded</b>	Lyndsey M.	Group Exercise Studio
1:00-1:45pm	<b>TRX FORZA Boot Camp</b>	Sarah T.	Basketball Court
1:00-2:00pm	<b>Intro to Pilates</b> <small>(3rd Wed. of every month)</small>	Randy	Pilates Studio
1:00-2:00pm	<b>Open Pilates Studio</b> <small>(4th Wed. of every month)</small>	All Instructors	Pilates Studio
5:30-6:30pm	<b>Ripped &amp; Shredded</b>	Lindsey H.	Group Exercise Studio
6:00-7:00pm	<b>Vinyasa Yoga</b>	Taylor	Yoga Studio

## Thursday

DAY & TIME	CLASS	INSTRUCTOR	LOCATION
6:15-7:30am	<b>Masters Swim</b>	Brian	Pool
6:30-7:30am	<b>Pilates Mat</b>	Stacy	Yoga Studio
7:00-8:00am	<b>Tour de FORZA</b>	Terry	Spin Studio
11:15-12:00pm	<b>Zumba</b>	Barb	Group Exercise Studio
11:30-1:00pm	<b>Pick-Up Basketball</b>		Basketball Court
12:00-12:30pm	<b>Hard-Core</b>	Lindsey H.	Group Exercise Studio
12:00-1:00pm	<b>Tour de FORZA</b>	Charlie	Spin Studio
12:00-1:00pm	<b>Pilates Reformer/Tower (\$)</b>	Kathy	Pilates Studio
12:00-1:15pm	<b>Iyengar Yoga</b>	Emma	Yoga Studio
12:30-1:15pm	<b>Cardio Ninja</b>	Chrissy	Group Exercise Studio
1:00-2:00pm	<b>Pilates Reformer/Tower (\$)</b>	Kathy	Pilates Studio
4:30-5:15pm	<b>TRX FORZA Boot Camp</b>	Sarah T.	Basketball Court
5:30-6:30pm	<b>Pilates Reformer/Tower (\$)</b>	Kathy	Pilates Studio
5:30-6:30pm	<b>Winter X Games</b>	Sarah T.	Group Exercise Studio
5:30-6:30pm	<b>Tour de FORZA</b>	Jon	Spin Studio
6:30-7:45pm	<b>Iyengar Yoga</b>	Emma	Yoga Studio

## Friday

DAY & TIME	CLASS	INSTRUCTOR	LOCATION
6:00-7:00am	<b>Tour de FORZA</b>	Terry	Spin Studio
6:00-7:15am	<b>Iyengar Yoga</b>	Emma	Yoga Studio
6:15-7:00am	<b>TRX FORZA Boot Camp</b>	Mike R.	Basketball Court
11:30-12:15pm	<b>TRX FORZA Boot Camp</b>	Rusty	Basketball Court
11:30-12:30pm	<b>Ripped &amp; Shredded</b>	Lindsey H.	Group Exercise Studio
11:30-1:00pm	<b>Pick-Up Basketball</b>		Basketball Court
12:00-1:00pm	<b>Pilates Mat</b>	Kathy	Yoga Studio
12:00-1:00pm	<b>Pilates Reformer/Tower (\$)</b>	Julie	Pilates Studio
12:00-1:00pm	<b>Tour de FORZA</b>	Melissa M.	Spin Studio
1:00-1:45pm	<b>Intermediate/Advanced TRX FORZA Boot Camp</b>	Lindsey H.	Basketball Court

## Saturday

DAY & TIME	CLASS	INSTRUCTOR	LOCATION
8:15-9:30am	<b>Iyengar Intermediate Yoga</b>	Brad	Yoga Studio
8:30-10:30am	<b>2 Hour Tour de FORZA</b>	Rotation	Spin Studio
9:30-10:30am	<b>Ripped &amp; Shredded</b>	Lindsey H./ Sarah T.	Group Exercise Studio

## Sunday

DAY & TIME	CLASS	INSTRUCTOR	LOCATION
9:00-10:00am	<b>Hot Yoga</b>	Hilary	Yoga Studio

