

# CLASS DESCRIPTIONS

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

**ARMED AND DANGEROUS** – Take no prisoners! In 30 minutes, shape and define your arms, shoulders, and upper body with effective, time-efficient methods using a variety of equipment.

**BETWEEN THE LINES** – Advanced level. Sport based training that develops speed, strength, power, quickness, agility, and balance through functional movements inherent to a wide range of team and individual sports.

**BODY SCULPT** – All levels. A toning & conditioning class with weights. Improves strength, muscular endurance, & stamina. Focuses on key areas to burn fat & calories.

**BOOTY DEFINED** – A high energy workout that fuses exercise technique from Pilates, dance, cardio, sculpting, and yoga using the ballet barre and small props. You'll firm, tighten, and tone your whole body without adding bulk, while burning mega calories in record breaking time! Limited to 12 students – sign up required.

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

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

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

**HALF BALL HAVOC** – All levels. A class that combines cardio, balance, core and sport specific training. A total body workout.

**HOT VINYASA FLOW** – All levels. Flow yoga connecting breath with movement, conducted at 95 degrees to enhance strength and 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.

**JUMP START** – All levels. A workout involving cardio, med ball, rip core, and TRX to jumpstart your day with a kick butt workout.

**KETTLEBELL CONDITIONING** – Circuit workout great for body fat loss and overall body conditioning. Guaranteed to elevate your heart rate for the ULTIMATE Cardio conditioning and Fat Loss workout.

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

**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. (\$)

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**PILATES JUMP BOARD INTERVAL TRAINING** – All levels. Reformer experience required. Jump board interval training on Pilates equipment. A dynamic class combining the strengthening benefits of traditional Pilates with cardio intervals on the jump board. (\$)

**PILATES MAT CLASS** – A great class that targets the entire body. This class integrates the Pilates principle of core control and spinal mobility. Small props are used to enhance the fitness challenge.

**PILATES REFORMER/TOWER** – Reformer Experience Required: This class offers something for everyone, whether you want to improve your sports performance, strengthen your core or lengthen tight muscles. Add Pilates to your workout program to support whole body fitness. (\$)

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

**REWOP BOXING (THE REAL DEAL)** – All Levels. A mix of Boxing, Kickboxing, and MMA (Mixed Martial Arts). A total-body workout using heavy bags including: Professional striking combinations, cardio and strength training. The ultimate experience! It's not an exercise class... it's a revolution. (*The gloves required for the class are sold in the Pro Shop.*)

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

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

**SKI-LATES** – Combines barre conditioning exercises with Pilates reformer work in a high intensity routine that will get you slope ready! Pilates Experience Required. (\$)

**TOUR DE FORZA** – 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. Full body circuit that uses TRX, Kettlebells, Crazy Ropes, Stairs, Ramp, and more. 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** – 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!!



**February 2012**  
Exercise Schedule  
Class Descriptions

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

# EXERCISE CLASS SCHEDULE

February 2012 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>	Meghan	Spin Studio
6:15-7:00am	<b>TRX FORZA Boot Camp</b>	Barrie/TBD	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	Basketball Court
11:30-12:30pm	<b>Butts, Guts &amp; Core</b>	Sarah	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>	Melissa	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
5:00-6:00pm	<b>Intro to Pilates Reformer</b> <small>(1st Monday of every month)</small>	Julie	Pilates Studio
5:30-6:30pm	<b>Ripped &amp; Shredded</b>	Lindsey	Group Exercise Studio
5:30-7:00pm	<b>Masters Swim</b> <small>(Pool is not open to public at this time)</small>	Brian	Pool
5:30-7:00pm	<b>Pick-up Basketball</b>		Basketball Court
6:00-7:00pm	<b>Hot Vinyasa Flow</b>	Hilary	Yoga Studio
6:00-7:00pm	<b>Tour de FORZA</b>	Jeremy	Spin Studio

## Tuesday

DAY & TIME	CLASS	INSTRUCTOR	LOCATION
6:00-7:00am	<b>Pilates Reformer/Tower (\$)</b>	Tina	Pilates Studio
6:15-7:00am	<b>Jump Start</b>	Jodi	Basketball Court
6:15-7:15am	<b>Hot Vinyasa Flow</b>	Juanita	Yoga Studio
11:00-12:00pm	<b>Pilates Reformer/Tower (\$)</b>	Ashley	Pilates Studio
11:15-12:15pm	<b>REWOP Boxing (The REAL Deal)</b> <small>(Boxing gloves required)</small>	Lindsey	Boxing Studio
11:15-12:00pm	<b>TRX FORZA Boot Camp</b>	Barrie	Basketball Court
11:30-1:00pm	<b>Pick-Up Basketball</b>		Basketball Court
11:30-12:00pm	<b>Armed &amp; Dangerous</b>	Sarah T.	Group Exercise Studio
11:30-12:30pm	<b>Pilates/Yoga Infusion</b>	Angelique	Yoga Studio
12:00-1:00pm	<b>Tour de FORZA</b>	Jon	Spin Studio
12:00-1:00pm	<b>Pilates Reformer/Tower (\$)</b>	Ashley	Pilates Studio
12:00-1:00pm	<b>Half Ball Havoc</b>	Sarah T.	Group Exercise Studio
12:30-1:30pm	<b>Booty Defined</b>	Kathy	Yoga Studio
1:00-2:00pm	<b>Pilates Jump Board Interval Training (\$)</b>	Ashley	Pilates Studio
2:00-3:00pm	<b>Intro to Pilates Reformer</b> <small>(3rd Tuesday of every month)</small>	Ashley	Pilates Studio
5:30-6:30pm	<b>Pilates Mat</b>	Ashley	Yoga Studio
5:30-6:30pm	<b>Winter X Games</b>	Jon	Group Exercise Studio

## Wednesday

DAY & TIME	CLASS	INSTRUCTOR	LOCATION
6:00-7:00am	<b>Shredded</b>	Lindsey	Group Exercise Studio
6:00-7:00am	<b>Tour de FORZA</b>	Nick	Spin Studio
6:15-7:00am	<b>TRX FORZA Boot Camp</b>	Tina	Basketball Court
11:00-11:30am	<b>Hard-Core</b>	Barrie	Group Exercise Studio
11:00-12:00pm	<b>Intro to Pilates</b> <small>(4th Wednesday of every month)</small>	Tina	Pilates Studio
11:30-12:15pm	<b>TRX FORZA Boot Camp</b>	Lindsey	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>Between the Lines</b>	Chris	Basketball Court
12:00-1:00pm	<b>Tour de FORZA</b>	Meghan	Spin Studio
12:00-1:00pm	<b>Pilates for Men, Reformer/Tower (\$)</b>	Randy	Pilates Studio
12:15-1:15pm	<b>Ripped &amp; Shredded</b>	Chrissy	Group Exercise Studio
1:00-1:45pm	<b>TRX FORZA Boot Camp</b>	Sarah	Basketball Court
1:00-2:00pm	<b>Pilates Reformer/Tower (\$)</b>	Tina	Pilates Studio
5:30-6:30pm	<b>Ripped &amp; Shredded</b>	Lindsey	Group Exercise Studio
5:30-6:30pm	<b>Tour de FORZA</b>	Jon	Spin Studio
6:00-7:00pm	<b>Vinyasa Yoga</b>	Kendra	Yoga Studio

## Thursday

DAY & TIME	CLASS	INSTRUCTOR	LOCATION
6:00-7:00am	<b>Pilates/Yoga Infusion</b>	Tina	Yoga Studio
11:15-12:00pm	<b>Zumba</b>	Michelle	Group Exercise Studio
11:30-1:00pm	<b>Pick-Up Basketball</b>		Basketball Court
12:00-12:30pm	<b>Hard-Core</b>	Lindsey	Group Exercise Studio
12:00-1:00pm	<b>Tour de FORZA</b>	Steve	Spin Studio
12:00-1:00pm	<b>Pilates Reformer/Tower (\$)</b>	Ashley	Pilates Studio
12:00-1:15pm	<b>Iyengar Yoga</b>	Emma	Yoga Studio
12:30-1:15pm	<b>Kettlebell Conditioning</b>	Jodi	Group Exercise Studio
1:00-2:00pm	<b>Between the Lines</b>	Chris	Basketball Court
1:00-2:00pm	<b>Pilates Reformer/Tower (\$)</b>	Ashley	Pilates Studio
2:00-3:00pm	<b>Ski-lates (\$)</b>	Ashley	Pilates Studio
5:30-6:30pm	<b>REWOP Boxing (The REAL Deal)</b> <small>(Boxing gloves required)</small>	Rusty	Boxing Studio
5:30-6:30pm	<b>Winter X Games</b>	Jodi	Group Exercise Studio
5:30-6:45pm	<b>Iyengar Yoga</b>	Emma	Yoga Studio

## Friday

DAY & TIME	CLASS	INSTRUCTOR	LOCATION
6:00-7:00am	<b>Tour de FORZA</b>	Becky	Spin Studio
6:15-7:00am	<b>TRX FORZA Boot Camp</b>	Steve	Basketball Court
11:00-12:00pm	<b>Booty Defined</b>	Kathy	Yoga Court
11:15-12:00pm	<b>TRX FORZA Boot Camp</b>	Sarah T.	Basketball Court
11:30-12:30pm	<b>Ripped &amp; Shredded</b>	Lindsey	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>	Jeremy	Spin Studio
12:30-1:15pm	<b>Body Sculpt</b>	Chrissy	Group Exercise Studio
1:00-1:45pm	<b>Intermediate/Advanced TRX FORZA Boot Camp</b>	Lindsey	Basketball Court
5:30-7:00pm	<b>Pick-up Basketball</b>		Basketball Court

## Saturday

DAY & TIME	CLASS	INSTRUCTOR	LOCATION
8:15-9:45am	<b>Iyengar Intermediate Yoga</b>	Brad	Yoga Studio
8:30-10:30pm	<b>Tour de FORZA</b>	Rotation	Spin Studio
9:30-10:30am	<b>Ripped &amp; Shredded</b>	Lindsey/Sarah T.	Group Exercise Studio
10:15-11:15am	<b>Hot Vinyasa Flow</b>	Sarah W.	Yoga Studio

## Sunday

DAY & TIME	CLASS	INSTRUCTOR	LOCATION
9:00-10:00am	<b>Hot Vinyasa Flow</b>	Sarah W.	Yoga Studio

