

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!!



January 2012
Exercise Schedule
Class Descriptions

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

EXERCISE CLASS SCHEDULE

January 2012 303.294.9494 www.forzadenver.com

1849 Curtis Street Denver, CO 80202

Monday

DAY & TIME	CLASS	INSTRUCTOR	LOCATION
6:00-7:00am	Tour de FORZA	Meghan	Spin Studio
6:15-7:00am	TRX FORZA Boot Camp	Luke/Barrie	Basketball Court
6:15-7:15am	Iyengar Yoga	Brad	Yoga Studio
11:30-1:00pm	Pick-Up Basketball		Basketball Court
11:30-12:15pm	TRX FORZA Boot Camp	Lindsey	Basketball Court
11:30-12:30pm	Butts, Guts & Core	Sarah	Group Exercise Studio
11:30-12:30pm	Pilates Mat	Julie	Yoga Studio
12:00-1:00pm	Tour de FORZA	Barrie	Spin Studio
12:30-1:15pm	Zumba	Melissa	Group Exercise Studio
12:30-1:30pm	Pilates Reformer/Tower (\$)	Julie	Pilates Studio
1:00-1:45pm	TRX FORZA Boot Camp	Sarah T.	Basketball Court
5:00-6:00pm	Intro to Pilates Reformer <small>(1st Monday of every month)</small>	Julie	Pilates Studio
5:30-6:30pm	Ripped & Shredded	Lindsey	Group Exercise Studio
5:30-7:00pm	Masters Swim <small>(Pool is not open to public at this time)</small>	Brian	Pool
5:30-7:00pm	Pick-up Basketball		Basketball Court
6:00-7:00pm	Hot Vinyasa Flow	Hilary	Yoga Studio
6:00-7:00pm	Tour de FORZA	Jeremy	Spin Studio

Tuesday

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

Wednesday

DAY & TIME	CLASS	INSTRUCTOR	LOCATION
6:00-7:00am	Shredded	Lindsey	Group Exercise Studio
6:00-7:00am	Tour de FORZA	Nick	Spin Studio
6:15-7:00am	TRX FORZA Boot Camp	TBD	Basketball Court
11:00-11:30am	Hard-Core	Barrie	Group Exercise Studio
11:30-12:15pm	TRX FORZA Boot Camp	Lindsey	Basketball Court
11:30-12:15pm	FORZA Kick	Chrissy	Group Exercise Studio
11:30-12:30pm	Vinyasa Yoga	Angelique	Yoga Studio
12:00-1:00pm	Between the Lines	Chris	Basketball Court
12:00-1:00pm	Tour de FORZA	Meghan	Spin Studio
12:00-1:00pm	Pilates for Men, Reformer/Tower (\$)	Randy	Pilates Studio
12:15-1:15pm	Ripped & Shredded	Chrissy	Group Exercise Studio
1:00-1:45pm	TRX FORZA Boot Camp	Sarah	Basketball Court
5:30-6:30pm	Ripped & Shredded	Lindsey	Group Exercise Studio
5:30-6:30pm	Tour de FORZA	Jon	Spin Studio
6:00-7:00pm	Vinyasa Yoga	Stephanie	Yoga Studio

Thursday

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

Friday

DAY & TIME	CLASS	INSTRUCTOR	LOCATION
6:00-7:00am	Tour de FORZA	Nikki	Spin Studio
6:15-7:00am	TRX FORZA Boot Camp	Steve	Basketball Court
11:00-12:00pm	Booty Defined	Kathy	Yoga Court
11:15-12:00pm	TRX FORZA Boot Camp	Sarah T.	Basketball Court
11:30-12:30pm	Ripped & Shredded	Lindsey	Group Exercise Studio
11:30-1:00pm	Pick-Up Basketball		Basketball Court
12:00-1:00pm	Pilates Mat	Kathy	Yoga Studio
12:00-1:00pm	Pilates Reformer/Tower (\$)	Julie	Pilates Studio
12:00-1:00pm	Tour de FORZA	Jeremy	Spin Studio
12:30-1:15pm	Body Sculpt	Chrissy	Group Exercise Studio
1:00-1:45pm	Intermediate/Advanced TRX FORZA Boot Camp	Lindsey	Basketball Court
5:30-7:00pm	Pick-up Basketball		Basketball Court

Saturday

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

Sunday

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

