

STUDIO LIVE CLASS SCHEDULE



ColoradoAthleticClub

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Cardio Chisel Brigitte - CAC 6:15-7:15AM	Studio Cycling Mike- NM 6-7AM				
		Pilates Mat Marietta - CAC 8-8:45AM		Cardio Chisel Marietta - CAC 8-8:45AM	Tabata Yael - NM 8:30-9:15AM	Studio Cycling Mike- NM 8:15-9:15AM
TGIM Yael - NM 9:15-10:15AM	Athletic Yoga Yael - NM 9:15-10:15AM	LES MILLS BODYCOMBAT™ Yael - NM 9:15-10:15AM	LES MILLS BODYPUMP Erin - NM 9:15-10:15AM	Chisel Yoga Yael - NM 9:15-10:15AM		
	Barre Express Shira - CAC 9:15-10:15AM				LES MILLS BODYPUMP Carol - NM 9:30-10:30AM	LES MILLS BODYPUMP Rachael - NM 9:30-10:30AM
Flow Yoga Jessica - CAC 12-1PM			Performance Ride Marietta - CAC 12-12:45PM		Flow Yoga Kerrie - CAC 12:30-1:30PM	Yoga I-II Yael - NM 10:45-11:45AM
Muscle Hour Lisa - NM 12-1PM	Pilates Mat Stephanie - NM 12-1PM		Muscle Hour Lisa - NM 12-1PM	HIT & Heal Stephanie - NM 12-1PM	<p>The classes will be live streamed for members to access at home. This service is for active members only. We anticipate a membership add-on being required in the future, but for July, it is available at no additional cost.</p> <p>To register for Studio Live, visit: https://wellbridge.com/wellbridge-virtual-studio-fitness-classes/</p>	
LES MILLS BODYPUMP Rachael - NM 4:30-5:30PM	LES MILLS BODYCOMBAT™ Yael - NM 4:30-5:30PM	Athletic Yoga Yael - NM 4:30-5:30PM				
Yoga I-II Jasmine - NM 5:45-6:45PM		Salsa Aerobics Patricia - NM 5:45-6:45PM	LES MILLS BODYPUMP Patricia - NM 5:45-6:45PM			

For the most up to date schedule, please visit Colorado.motionvibe.com or download our Colorado Athletic Club App in the App Store.

Athletic Yoga Yoga

A dynamic practice that will have you flow from one posture to another, using your breath to guide your movement. This class is a challenging total body workout, designed to build flexibility, balance, and focus, as well as develop endurance and strength. Appropriate for all levels.

Barre Express

Rooted in the disciplines and grace of ballet, Barre Burn proves why there is no such thing as an out-of-shape dancer. Small, controlled movements, isometric holds and high repetitions tighten and tone your entire body, as calories race to the nearest exit. With an emphasis on defining your glutes and legs, a dancer's physique is a hop, skip and a jete' away.

LES MILLS BODYPUMP

The original LES MILLS™ barbell class that will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

Cardio Chisel

Alternate cardio and strength segments for a workout designed to shock your metabolism and get you the results you never dreamed you could achieve. Instructors choice whether you'll step, BOSU, jog, squat, push-up or plank, but we promise we'll keep it simple and straightforward with plenty of modifications.

Chisel Yoga

Chisel Yoga incorporates traditional Yoga poses mixed with light hand weights for increased sculpting and toning. This class is a full body workout and adaptable to all levels.

Flow Yoga

Skillful sequencing and creative flows are the mark of this yoga class that links poses together with the focus on breath and movement. Build internal heat, detoxify the body and enliven your spirit. Beginners welcome and veterans challenged.

Hit & Heal

This class will burn those pre-weekend calories and recovery you from your long week. 40 min of cardio and strength combinations and 20 min of yoga based stretch.

Muscle Hour

A total body workout that utilizes different pieces of equipment such as steps, weights, bands, gliders, and more to condition and tone all muscle groups. This class will help you develop muscle endurance and strength. Appropriate for all levels.

Performance Ride

The emphasis is on zero-impact, cardiovascular conditioning using proven training methods such as intervals, tempo rides, and FTP tests. Consistent riders typically enjoy phenomenal results, whether their goal is to race, join casual group rides, or just to get fitter than they ever dreamed possible. Astonish yourself! Roll in for Performance Ride.

Pilates Mat

Pilates Mat is a series of floor exercises designed by Joseph Pilates that focus on breath, concentration, control, centering and precision. These exercises are designed to uniformly strengthen the body as a whole creating a balance of strength and flexibility. Open to all levels, but lends itself to beginners and those not interested in weight-bearing exercises.

Salsa Aerobics

This fun Latin Dance class features Samba, Merengue, Cha Cha, and much more! No partner needed.

TGIM

Thank Goodness It's Monday!

That's right, come work off the weekend indulgence, and be surprised every week by a different workout, ranging from cardio, through weights, intervals, and much more.

Yoga I-II

This class is appropriate for beginners as well as intermediate students, and it is both Iyengar and an Anusara based. Props are used to create proper alignment, freedom in the breath, and a balance of strength and stability. Each class offers a specific focus for that session - usually a part of the body or a system - highlighting the benefits of each pose. Initial centering - meditation, warm up flow movements, and postures are part of the class.