



fitness & spa

Programming Schedule

Effective July 1, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00 Pura Flow Yoga * YS w/ Juliet Hicks 6:00-7:00 Indoor Cycling ⊙ PS w/ Devra Keyes 6:00-7:00 MoVe: Healthy Back ⊙ FS w/ Jen Rico 9:00-10:00 Indo-Row™ ⊙ PS w/ Jasmine Pina 9:00-10:00 Pur Fit Pilates ⊙ PILS w/ Tammy Wallace 9:30-10:30 Fit Body FS w/ Donna Schroeder-Hicks 10:00-11:30 PurAlign Yoga YS w/ Adam Ayers 10:30-11:30 Zumba FS w/ Jamie Vance	6:00-7:00 Ride & Row ⊙ PS w/ Stacey Lei Krauss 6:00-7:15 Pura Flow Yoga* YS w/ Dana Julius 6:00-7:00 willPower & grace™ FS w/ Stephanie Stebbins 9:30-10:30 Pilates Mat Fusion FS w/ TBD 9:30-10:45 Pura Flow Yoga* YS w/ Dana Julius 10:00-11:00 Indoor Cycling ⊙ PS w/ Jamie Vance 10:30-11:30 willPower & grace™ FS w/ Stacey Lei Krauss	6:00-7:00 Pura Fit Yoga * YS w/ Brian Fun 6:00-7:00 Indoor Cycling ⊙ PS w/ Devra Keyes 6:00-7:00 Pilates Mat Fusion FS w/ Amanda Fletcher 9:00-10:00 BOSU Step/Abs FS w/ Natalie Carrasco 9:15-10:30 PurAlign Yoga YS w/ Jessica Sherwood 10:30-11:30 MoVe ⊙ FS w/ Stacey Lei Krauss or Amanda Fletcher	6:00-7:00 Indo-Row™ ⊙ PS w/ Stephanie Stebbins 7:00-8:15 PurAlign Yoga YS w/ Dana Hanizeski 9:30-10:45 Pura Flow Yoga * YS w/ Lisa Schlelein 9:30-10:30 Fit Body FS w/ Donna Schroeder-Hicks 10:00-11:00 Indoor Cycling ⊙ PS w/ Adrine Writer 10:30-11:30 willPower & grace™ FS w/ Colleen Glenn	6:00-7:00 Pura Flow Yoga * YS w/ Brian Fun 6:00-7:00 Indoor Cycling ⊙ PS w/ Courtney Maglione 6:00-7:00 MoVe: Healthy Back ⊙ FS w/ Jen Rico 8:00-9:00 PurAlign Yoga YS w/ Jessica Sherwood 9:30-10:30 Strong Body FS w/ Jasmine Pina 10:00-11:30 PurAlign Yoga YS w/ Adam Ayers 10:30-11:30 MoVe & Flow ⊙ FS w/ Sara Cook	8:00-9:00 MoVe ⊙ FS w/ Sara Cook 8:00-9:00 Indoor Cycling ⊙ PS w/ Jasmine Pina 8:30-9:45 PurAlign Yoga YS w/ Adam Ayers 9:00-10:00 Turbo Kickbox FS w/ Devra Keyes 9:00-10:00 Indoor Cycling ⊙ PS w/ Jasmine Pina 10:00-11:00 willPower & grace™ FS w/ Jamie Vance 10:15-11:30 Pura Flow Yoga * YS w/ Jesse Franklin 10:30-11:30 Indo-Row™ ⊙ PS w/ Sara Cook 11:00-12:00 Zumba FS w/ Jamie Vance 12:00-1:30 Thermal Yoga * YS w/ Sara Cook
11:30-12:30 Indo-Row™ ⊙ PS w/ Dennis Mellon 12:00-12:30 Mad Abs FS w/ Casey Bryant 12:00-1:00 emPower Yoga YS w/ Dana Julius 12:30-1:00 Lunch on the Run FS w/ Tim Harris 12:30-1:30 Indoor Cycling ⊙ PS w/ Dennis Mellon	12:00-1:00 Ride & Row ⊙ PS w/ Stacey Lei Krauss 12:15-1:15 Pura Flow Yoga * YS w/ Julieta Claire	11:30-12:30 Indo-Row™ ⊙ PS w/ Dennis Mellon 12:00-12:30 Mad Abs FS w/ Adrian Wegeng or Casey Bryant 12:00-1:00 emPower Yoga * YS w/ Nastsha Vuklcevic 12:30-1:30 Indoor Cycling ⊙ PS w/ Dennis Mellon 12:30-1:00 Lunch on the Run FS w/ Tim Harris	12:00-1:00 Indoor Cycling ⊙ PS w/ Lori Schlotzhauer 12:15-1:15 emPower Yoga * YS w/ Billy Potocnik	11:30-12:30 Indo-Row™ ⊙ PS w/ Adrian Wegeng 11:30-12:30 Zumba FS w/ Suzanne Simone 12:00-1:00 Thermal Yoga * YS w/ Sara Cook 12:30-1:30 Indoor Cycling ⊙ PS w/ Devra Keyes	Sunday
4:30-5:30 Indo-Row™ ⊙ PS w/ Lori Schlotzhauer 5:00-5:30 Mad Abs FS w/ Sara Kosick 5:00-6:15 Pura Flow Yoga * YS w/ Dana Julius 5:30-6:30 Strong Body FS w/ Natalie Carrasco 5:30-6:30 Indoor Cycling ⊙ PS w/ Lori Schlotzhauer 6:30-8:00 Thermal Yoga* YS w/ Sara Cook 6:45-7:45 Indoor Cycling ⊙ PS w/Laura Bordeaux	4:30-5:30 MoVe ⊙ FS w/ Stacey Lei Krauss 4:30-5:30 Indoor Cycling ⊙ PS w/ Jasmine Pina 5:00-6:15 Pura Flow Yoga * YS w/ Billy Potocnik 5:30-6:30 willPower & grace™ FS w/ Stacey Lei Krauss 5:30-6:30 Indo-Row™ ⊙ PS w/ Jasmine Pina 6:30-7:30 Restorative Yoga YS w/ Kila Lau	4:30-5:30 Ride & Row ⊙ PS w/ Jasmine Pina 5:00-5:30 Mad Abs FS w/ Colleen Reilly 5:00-6:15 emPower Yoga* YS w/ Dave Farnar 5:30-6:30 Fit Body FS w/ Colleen Reilly 6:00-7:00 Indoor Cycling ⊙ PS w/ Joshua Marceau 6:30-7:30 Zumba FS w/ Agota Aczel 6:30-7:45 PurAlign Yoga YS w/ Adam Ayers	4:30-5:30 MoVe & Flow ⊙ FS w/ Sara Cook 5:00-6:15 Pura Flow Yoga* YS w/ Julieta Claire 5:30-6:30 Pilates Mat Fusion FS w/ TBD 6:00-7:00 Indoor Cycling ⊙ PS w/Laura Bordeaux 6:30-8:00 Thermal Yoga * YS w/ Erica Jorgensen 6:30-7:30 willPower & grace™ FS w/ Sara Cook	4:30-5:30 Fit Body FS w/ Jasmine Pina 4:30-5:30 Pura Fit Yoga * YS w/ Natalie Carrasco <div style="border: 1px solid black; border-radius: 15px; padding: 5px; width: fit-content; margin: 10px auto;">7:00-8:00 Vino & Vinyasa on the Filmore Green Refreshments will be provided at Lululemon following class.</div>	8:30-9:45 Restorative Yoga YS w/ Roseanna Frechette 9:00-10:00 Indo-Row™ ⊙ PS w/ Cheryl Dieck 9:15-10:15 Fit Body FS w/ Natalie Carrasco 10:15-11:30 Pura Flow Yoga* YS w/ Scott Anderson 10:30-11:30 Zumba FS w/ Agota Aczel 10:30-11:30 Indoor Cycling ⊙ PS w/ Cheryl Dieck 12:00-1:30 Thermal Yoga * YS w/ Natasha Vuklcevic 4:30-5:45 Pura Flow Yoga * YS w/ Billy Potocnik

⊙ Limited participants. Reservations **required**. Contact Member Services at 303.321.7872 for reservations within the 90 minutes prior to the start of class & for complete information about our group exercise class policy.

FS-Fitness Studio 3rd floor. **PS**-Performance Studio 3rd floor.
YS-Yoga studio 4th Floor. **PILS**-Pilates Studio 4th Floor.
*****-Indicates heated studio



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Class Descriptions

BOSU Step/Abs Take your Step routine to the next level by transitioning to the BOSU. This high-intensity choreography based class will improve your balance, endurance, power and agility - followed by BOSU specific training for the core. **Cardio Strength Flexibility Balance**

emPower Yoga This invigorating practice places emphasis on strength and flexibility through varied sets of sequenced asanas practiced with strong purpose. This class will propel you into whatever follows with an abundance of high energy. **Cardio Strength Flexibility Balance**

Fit Body Give your metabolism a kick start with this cardiovascular and muscular challenge. Keeping your heart rate elevated with bouts of cardio intervals while sculpting the entire body with balls, bands, weights and more. **Cardio Strength Flexibility**

Indoor Cycling This traditional indoor cycling class offers a non-impact, highly effective way to build cardiovascular strength and endurance. Designed for all levels, this class offers a challenging opportunity to get your heart pumping, burn serious calories and leave you with a feeling of accomplishment and perhaps a desire to be out on the road. **Cardio**

IndoRow™ Celebrated by athletes and celebrities alike, and dubbed "The Perfect Calorie Burn," Indo-Row is a one-of-a-kind rowing workout that will truly change the way you think about group exercise. This Indoor Rowing workout is a non-impact, total body, high-energy experience. It will challenge and transform your body as well as ignite your inner team spirit. **Cardio**

Lunch on the Run This 30-minute circuit training class will challenge the athlete in you. Inspired by Master Personal Trainer, Tim Harris and intended to make the most out of your lunch hour! **Cardio Strength Flexibility Balance**

Mad Abs This class is just what you've been asking for, 30 minutes of pure ABS. Helping you strengthen and tighten the most important muscles in your body, your CORE! **Strength Flexibility Balance**

MoVe. Pilates meets Fitness! This class offers heart-pumping sculpting exercises with the efficiency and effectiveness of Pilates using the MVe chairs. Newcomers are welcomed... no prior Pilates experience necessary. **Strength Flexibility Balance**

MoVe & Flow In this class, experience Pilates fusion in a flowing format. MoVe & Flow is guaranteed to tone and strengthen your body while also offering light cardiovascular benefits. Be prepared for a slight mental challenge as well! **Strength Flexibility Balance**

MoVe: Healthy Back Licensed Massage Therapist and Certified Personal Trainer, Jen Rico, will teach you how to move efficiently and with greater ease and agility in this special class. MoVe Healthy Back will enhance your spinal alignment and articulation, core strength and overall movement confidence. This is a great class for students who want to move beyond back pain into a healthy, functionally fit body. Expect hands-on coaching skills; helping you to develop a smarter body. **Strength Flexibility Balance**

Pilates Mat Fusion An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, coordination and mind/body awareness. **Strength Flexibility Balance**

Pura Fit Yoga This practice includes an athletically influenced Yoga format that provides a well-balanced variety in routine for athletes of all sports, fitness enthusiasts and yoga lovers alike. This low-impact cross training class can help you develop better a breathing technique while it improves your balance, flexibility, core strength, and endurance. **Strength Flexibility Balance**

Pura Flow Yoga This class matches the comfort of fluid, graceful movement with the strength-building power of challenging postural flow resulting in a truly enjoyable process to cleanse, inspire and inform. **Cardio Strength Flexibility Balance**

PurAlign Yoga This practice pays particular attention to precision of alignment, form and structure. Each yoga pose is experienced and examined thoroughly, often with the use of props, resulting in greater strength and flexibility as well as improved physical posture and deep power of concentration. **Strength Flexibility Balance**

PurFit Pilates PurFit Pilates is a cardio/strength interval class that will improve endurance, increase core strength and coordination, and maximize calorie burning-all while focusing on correct body alignment and jumping technique. This high-energy class is best suited for students who are injury-free, and in good condition. No prior Pilates experience necessary. **Flexibility Balance**

Strong Body This sculpting class includes all benefits of movement and incorporates all major muscle groups of the body. Be prepared for an hour of power! **Cardio Strength Flexibility Balance**

Restorative Yoga A relaxing sequence of breath-infused stretch flows and moderately-paced asana practice meant to release tension, "untangle" knots and restore energy. This session ends with a long relaxation meditation. **Strength Flexibility Balance**

Ride & Row Experience a strong cardiovascular workout and full body muscular challenge in this action packed hour. Meet in the Performance Studio for an indoor cycling and indoor rowing combo class. (standard athletic shoes are suggested, additional cycling shoes may be used for cycling as well). Only at Pura Vida Fitness & Spa. **Cardio**

Thermal Yoga These Bikram-style sessions give you the benefit of growing within the realm of repetitive, consistent and challenging structure. This practice, known as the original "hot yoga" is hosted in a very warm studio and includes 26 asanas, some Tim Harrises repeated twice, along with breath exercises intended to build strength, flexibility, stamina and inner focus. **Cardio Strength Flexibility Balance**

Turbo Kickbox Join this choreographed kickboxing class inspired by Dance, Tae Kwon Do, Capoeira, Tai Chi, Boxing and Funk! Enhance your dance moves with the latest music - and burn some serious calories while you're at it! **Cardio Strength Flexibility Balance**

willPower & grace™ WillPower is the ability to create change using the power of your mind. Grace is how you land on your feet. This is a mindful, energetic cardio mosaic of postures, drills and principles. We integrate barefoot training methods to help strengthen your feet and correct imbalances in your ankles, knees and hips. In Tim Harrise you will stand taller, walk with greater confidence and move with integrity. **Cardio Strength Flexibility Balance**

Zumba The Latin Word Zumba, which means, "to move fast and have fun!" - represents a dance-fitness workout that is full of spice and zest. This popular cardio party offers a combination of Latin rhythms and international dance steps for a fun-loving, calorie-burning, mood swing in the right direction! **Cardio Flexibility**