



# WINTER GROUP CLASS SCHEDULE

704.483.3188

[www.DenverHealthFitness.com](http://www.DenverHealthFitness.com)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cycle Attack</b> 6:00-6:45AM Mary <b>Pilates</b> 7:00-8:00AM Mark <b>Pi/Yo</b> 8:15-9:15AM Mark <b>ZUMBA</b> 9:30-10:20AM Vanessa <b>Total Body / Interval Strength</b> 11:45-12:45PM Janet <b>Causby Karate (SC)</b> 4:45-5:25PM <b>Body Chisel/Abs</b> 5:30-6:00PM April <b>Turbo Kick</b> 6:10-7:00PM April <b>Ultimate Boxing</b> 7:00-8:00PM Sean <b>Causby Karate (SC)</b> 8:00-9:00PM	<b>Booty Camp</b> 8:15-9:15AM Kathy  <b>Causby Karate (SC)</b> 4:00-6:45PM  <b>ZUMBA</b> 7:00-8:00PM Yvette	<b>Cycle Attack</b> 6:00-6:45 AM Mary <b>Pi/Yo</b> 7:00-8:00AM Mark <b>Turbo Kick</b> 9:30 - 1030 AM Vanessa <b>Total Body / Interval Strength</b> 11:45-12:45PM Janet <b>Causby Karate (SC)</b> 4:45-5:30PM <b>Yoga</b> 6:00-6:50PM Vanessa <b>Ultimate Boxing</b> 7:00-8:00PM Sean <b>Causby Karate (SC)</b> 8:00-9:00PM	<b>Booty Camp</b> 8:15-9:15 AM Janet  <b>ZUMBA JAM</b> 9:30-10:20 AM Yvette  <b>Causby Karate (SC)</b> 4:00-6:45PM  <b>ZUMBA</b> 7:00-8:00PM Jennifer  TC = Trial Class	<b>Cycle &amp; Pump</b> 6:00-6:45 AM Mary <b>Pilates</b> 7:00-8:00AM Terri <b>DHF Power Yoga</b> 8:15-9:15AM Catherine <b>Step Jam</b> 9:30-10:30AM Mary <b>Total Body/Interval Strength</b> 11:45-12:45PM Janet <b>Causby Karate (SC)</b> 4:45-5:30PM <b>Causby Karate (SC)</b> 6:00-7:00PM  SC – Special Class extra fee	<b>ZUMBA PARTY</b> For Everyone 8:25-9:15AM Jennifer  <b>Yoga</b> 9:15-10:15AM Terri / Catherine  <b>Causby Karate (SC)</b> 10:30-12:00PM

### DHF Guest Policy

Complimentary workouts are for local residents only, over the age of 18 years, and must provide valid identification. Complimentary workouts include a club tour and membership presentation. All others are subject to a **\$10 Daily guest Fee** see Front desk for details. Classes are subjected to change without notice.

**CYCLE ATTACK:** This POWERFUL 45 minute class will start with a Spin Marathon that will take you over the Mountains and back again. Instructors will get you traveling at High speeds for a Power Packed, Fast Moving, Fat Burning Spin Marathon. Great Upbeat, Fast Moving Music with powerful energy will motivate anyone and everyone. Arrive early, size up bike and pedal straps for safety, bring water and towel. Burn up to 1000 calories.

**CYCLE & PUMP:** Burn maximum calories while building cardiovascular endurance, strength and lean muscle. Start with a Cycling warm-up and then alternate between Cycle and PUMP Class. (water and towel recommended)

**STEP JAM:** Burn calories and body fat using a height-adjustable step with powerful movements, on, over, around the step. Fun music, fun moves. Followed with upper and lower body strengthening and stretching. Push fat-burning systems into high gear. Anyone can do step, just pace yourself and workout at your level. 400-800 calories burned in this fun hour of step.

**TURBO KICK:** Hottest kickboxing class around! Set to Music this TK class is a powerful cardio workout. Inspired by martial arts, this class combines athletic moves, punching, kicking, boxing and Taekwondo. A superior calorie burning cardio workout. First, warm up your body and mind, then get ready to take yourself on a powerful fat burning, muscle toning journey. At the end, cool down the body with toning, stretching and relaxing techniques. All ages and Levels. Calories Burned between, 300-800.

**Ultimate Boxing:** Fight the Fat !!! A Knockout Workout!!! 60 minutes of martial arts and boxing movements. Punching, kicking, jumping rope, boxing drills, speed bags, non-contact mitt boxing. Awesome workout for anyone wanting to lose weight, increase endurance, build confidence and be ready for the ring. Burn up to and over 900 calories.

**Zumba :** Zumba a one-of-a-kind cardio dance and fitness interval training set to the fused beats of Latin and international music. Move to rhythmic routines of salsa, hip-hop and many other styles to help you maximize your caloric output while having fun. No dance background required – all fitness levels welcome. Men, Woman, Kids, Teens, everyone does Zumba, come join the fun...

**BOOTY CAMP:** These awesome Barbell/Dumbbell classes will strengthen and condition the entire body. This 60minute class will challenge all the major muscle groups, burn body fat, increase overall strength and flexibility. Great Music, Great Fun, And Great Supportive instructors will help you get the results you came for. The class starts with energetic aerobic moves to get the body and muscles ready for intense training... The instructors will guide you through a powerful hour and then stretch and relax you. Men and Woman will find this to be a great class.

**PILATES:** Inhale-Exhale-Engage your CORE! Grow Longer and Stronger. Movements incorporate Mind-Body-Spirit. Open your joints for better mobility and less pain. Empower Yourself To Take Control Of Your Health and Wellness With Yoga, Pilates, Flow Yoga.

**Total Body / Interval Strength:** In this class you get a personal trainer. Have fun while, Core strengthening, muscle building, toning, fat burning .Great Heart Healthy workout, Come see for yourself.. See Results... all levels. Great class for men, women, seniors, everyone.

**Yoga:** High-energy yoga guaranteed to make you work up a sweat. Upbeat music. Fun challenging poses. Beginner to advanced yogi, our instructor gives modifications that will allow anyone to join in.