

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 st	2 nd	3 rd	4 th
<p>BOLD= New Class Italics>= New Time * indicates an extra fee</p>	<p>A=Angie B=Brent C=Chip D=Deirdre H=Haskel J=Jason K=Katie M=Meredith P=Pam PC=Perry R=Randy S=Steve T=Tim TL=Tammy</p>	<p>9-10am <u>Circuit-M</u> 10:30-11:30am <u>SilverSneakers@-T</u> 12:15-12:45pm <u>Core-T</u> 6-7pm <u>BOOTCAMP-M/C</u> 6-7pm <u>CARDIO CHALLENGE-H</u> 7-8pm <u>FLOWYOGA-J</u></p>	<p>8:30-9:15am <u>TRX@-C/A</u> 9:20-9:50am <u>GRX Ride-C/A</u> 9:40-10:40 <u>SS Intervals-D</u> 5:45-6:30pm <u>Cardio Cycling-S</u> 6-7pm <u>ZUMBA@-J</u> 7-8pm <u>RIP@-TL</u></p>	<p>8:30-9am <u>CORE-D</u> 9-10am <u>BODYATTACK@-P</u> 10:30-11:30am <u>SilverSneakers@-D</u> 11:30-12:30pm <u>*Denver Stomp-Joe</u></p>	<p>8:15-9AM <u>GRX Ride-Ride Team</u> 9-10am <u>RIP@-RIP Team</u></p>
6 th	7 th	8 th	9 th	10 th	11 th
<p>5-5:30am <u>Express Cycling-T</u> 8:30-9:15am <u>Rock-n-Spin-R</u> 9:20-10:20am <u>POWER STEP-P</u> 10:30-11:30am <u>SilverSneakers@-D</u> 6-6:30 pm <u>CORE-D</u> 6:30-7:30pm <u>BODYATTACK-P</u></p>	<p>8:30-9:30am <u>RIP@-D</u> 9:40-10:10am <u>Free Ride-PC</u> 9:40-10:40am <u>YOGA STRETCH-D</u> 5:45-6:30pm <u>Cardio Cycling-R</u> 5:45-6:40pm <u>SOUL STEP-J</u> 6:45-7:45pm <u>RIP@-P</u></p>	<p>9-10am <u>Circuit-M</u> 10:30-11:30am <u>SilverSneakers@-T</u> 12:15-12:45pm <u>Core-T</u> 6-7pm <u>BOOTCAMP-M/C</u> 6-7pm <u>CARDIO CHALLENGE-H</u> 7-8pm <u>FLOWYOGA-J</u></p>	<p>8:30-9:15am <u>TRX@-C/A</u> 9:20-9:50am <u>GRX Ride-C/A</u> 9:40-10:40 <u>SS Intervals-D</u> 5:45-6:30pm <u>Cardio Cycling-S</u> 6-7pm <u>ZUMBA@-J</u> 7-8pm <u>RIP@-TL</u></p>	<p>8:30-9am <u>CORE-D</u> 9-9:45am <u>ZUMBA@-J</u> 9:45-10:30am <u>FLOWYOGA-J</u> 10:30-11:30am <u>SilverSneakers@-D</u> 11:30-12:30pm <u>*Denver Stomp-Joe</u></p>	<p>8:15-9AM <u>GRX Ride-Ride Team</u> 9-10am <u>RIP@-RIP Team</u></p>
13 th	14 th	15 th	16 th	17 th	18 th
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20 th	21 st	22 nd	23 rd	24 th	25 th
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27 th	28 th	29 th	30 th	31 st	
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Thursdays at 9:40am SS INTERVALS with Deirdre This class will consist of a rotational schedule between classroom interval training, weight room training and cardio.

Summer Class Cancellations: Monday HIIT at 12:15pm, Wednesday SpeedWorx at 5:30pm, Thursday at 3:30pm KIDFIT and Saturday TRX at 8:15am.

Have fun, train hard and get results!

(704)820-9707

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LKN ATHLETIC CLUB CLASS DESCRIPTIONS

SS Intervals This is a class for beginners but options are shown so that everyone can achieve new goals. Deirdre will alternate between weight training in the weight room, aerobics in a classroom setting and interval training. SS Intervals is for everyone – safe, heart-healthy and gentle on the joints! This is a class for those new to working out, whether weight training or aerobics. Deirdre will start with basic moves and build as the class progresses as a whole. Upper-body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

Duration: 60 minutes

BODYATTACK® is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!

Duration: 60 minutes

BOOTCAMP Denver's only outdoor bootcamp uses some traditional and some not so traditional exercises to get you fit. Flip/carry tires, toss/lift kegs, squat/press logs, hurdles, balance beam, charge THE hill, truck pull/push...you name it and we do it.

Duration: 60 minutes

CARDIO CHALLENGE

This is a non-stop cardio party! Basic HILO cardio steps combined with some jabs, uppercuts, kicks, burpees and much more....THE PARTY is to celebrate your FITNESS!

Duration: 60 minutes

CARDIO CYCLING/ROCK-N-SPIN

We bring an outdoor cycling experience indoors with this athletic and authentic cycling ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Each workout is different as the instructor picks the music, terrain and sets the goals for each class.

Duration: 45 minutes

COREWORX incorporates moves to hit the upper and lower abs, obliques and back. This class includes the front, sides, back and deep into the hips and gluteals, this class is a must for everyone. It will help to strengthen in all directions and keep you safe and strong in everyday life, whether you are lifting groceries or something heavier.

Duration: 30 minutes

EXPRESS CYCLING

Short and sweet...Kick start your day with a ½ hour of power! LKN's Express Cycling is perfect to get your metabolism pumping and keep it going for the rest of the day.

Duration: 30 minutes

FLOW YOGA is a combination of Pilates, Yoga and Tai Chi. Controlled breathing, concentration and a structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance. This workout builds flexibility and strength and leaves you feeling centered and calm.

Duration: 45/60 minutes

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GRX Ride has you climbing hills, mountains and sprinting through flats. There are several chances to break away from the pack when the music revs up. Clip in for the ride and let the music take you away as calories melt off your body. A new GRX Ride class is released every three months with new music and choreography.

Duration: 30/45/60 minutes

Jason's SOUL STEP a non-stop Step Aerobics class that puts focused emphasis on increased strength and endurance of the cardiovascular system with one long aerobic training session. A one hour Soul Step class, for instance, will include an intense 45-50 minute Step aerobic workout followed by 10-15 minutes of anaerobic strength training.

Duration: 60 minutes

Joe's Denver Stomp It's a party! Bring your friends and learn all of the latest country line dances: Slappin' Leather, Boot Scootin' Boogie, Tush Push, Electric Slide and many more! Joe breaks it down, step by step...then you put it all together. Your ready to take your moves to the club! *There is an extra fee associated with this class. \$4/class*

Duration Varies

POWER STEP truly brings athleticism to the step! This is an amazing step workout that makes you feel unstoppable. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from chart topping hits that keep you singing. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body. A new POWERSTEP class is released every three months with new music and choreography. Burpees, Power Jacks, Ladder Training, Split Push Ups, Tuck Jumps, Plank Jumps and more. Get ready to burn some major calories while having the time of your life. PUT POWER IN YOUR STEP!

Duration: 60 minutes

RIP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! A new RIP class is released every three months with new music and choreography.

Duration: 60 minutes

SilverSneakers® Muscular Strength & Range of Movement Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Duration: 60 minutes

TRX® Suspension Training is a revolutionary method of leveraged bodyweight exercise. Easy set up, efficient transitions, no weights to change...and the best part of all...you're in control. You will be instructed how to safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.

Duration: 45 minutes

YOGA STRETCH This is a Healthways based program designed for SilverSneakers. Yoga and Stretching with the use of a chair is a perfect compliment to the Muscular Strength and Range of Movement class and a major benefit to prevent injury and increase your range.

Duration: 60 minutes

ZUMBA® Let's face it, working out can be healthy, rewarding and beneficial. Working out can be lots of things, but wouldn't you also like it to be an exhilarating experience? Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. 45-60 exciting minutes of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Duration: 45/60 minutes

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