

# LKN ATHLETIC CLUB

## MARCH GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <sup>ST</sup>
<b>BOLD= New Class</b> <b>Italics=New Time</b> * indicates an extra fee	A=Angie B=Brent C=Chip D=Deirdre J=Jason JA=Jennifer K=Kristy M=Meredith P=Pam R=Randy S=Steve T=Tim				8:10-8:55AM <u>GRX Ride</u> -Ride Team 9-10am <u>RIP®</u> -RIP Team
3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
8:30-9:15am Rock-n-Ride-R 8:30-9:20 SilverSneakers®-D 9:30-10:15am WAR-D 10:30-11:30 SilverSneakers®-D 5:15-6pm Inro Circuit-P 6:00-6:30pm Rock-n-Ride-R 6:05-6:25pm CoreWorx-T 6:30-7:30pm BODYATTACK®-P	8:30-9:30am RIP®-D 9:40-10:40am SS YOGA STRETCH-D 5-5:40pm Intro to BODYATTACK-P/JA 5:45-6:30pm Rock-n-Ride-R 5:45-6:40pm SOUL STEP-J 6:45-7:45pm RIP®-P	8:30-9:15am TRX-C 9:20-9:50am GRX Ride-C 9:30-10:30 SilverSneakers®-T 10:30-11:30 SilverSneakers®-T 12:15-12:45pm Coreworx-T 6-6:50pm WAR PARTY-P 7-8pm FLOWYOGA-J	8:30-9:15am RIP®-M <b>9:20-9:50am BODYATTACK-P/JA</b> 10-11am SS Intervals-D 5:45-6:30pm Cardio Cycling-TBA 6-6:55pm ZUMBA®-J 7-7:45pm RIP®Express-D	8:30-9am CoreWorx-D 9-10am BODYATTACK®-P 10:30-11:30am SilverSneakers®-D 11:30-12:30pm *Denver Stomp-Joe	8:10-8:55AM <u>GRX Ride</u> -Ride Team 9-10am <u>RIP®</u> -RIP Team
10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>
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**Have fun, train hard and get results!**

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**LKN ATHLETIC CLUB CLASS DESCRIPTIONS**

**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. This class will resume in the fall. **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**

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**

**CIRCUIT TRAINING** is short bursts of resistance exercise using moderate weights and frequent repetitions, followed quickly by another burst of exercise targeting a different muscle group. Because the exercises alternate between muscle groups, no rest is needed between exercises. This gets the heart rate up, which usually doesn't happen during resistance exercise. Sometimes, to up heart rate further, aerobics are sprinkled between the resistance exercises. **Duration: 60 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/FREE RIDE**

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**

**GRX™ Ride** is a 60-minute cycling program tailor made for anyone who can ride a bike. Ride over hills, sprint in the flats, break away from the peloton, and do interval training. GRX Ride matches proven riding principles and music to resistance levels, riding speeds and postions to maximize cardio training while having fun. Join the Ride! 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**

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**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**

**ROCK N RIDE** Join Randy as he cranks up some old ROCK and ROLL to inspire your ROCK N RIDE! Randy's ride takes you on sprints, hills, intervals and strengthens your legs, butt and core. As with any cycling class, the focus is on increasing endurance and speed, and includes both interval and anaerobic training. All in a non-competitive environment. This class is for everyone from the beginner to the highly experienced exerciser. The emphasis is on providing a fun and effective workout for all fitness levels. The instructor incorporates basic to intermediate techniques with a focus on proper form and offers more challenging options for experienced participants.

**Duration: 45 minutes**

**SilverSneakers® 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**

**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**

**SilverSneakers® Yoga&Stretch** will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. **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**

**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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