

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
New Classes Yoga and Core w/Deirdre	A-Angie C-Chip D-Deirdre J-Jason R. JC-Jason C K-Kristi M-Meredith P-Pam R-Randy T-Tim	Circuit with Meredith Is back!!!	RIP is back on Thursdays with Pam!		8:10-8:55AM REVOLUTION- Ride Team 9-10am RIP-RIP Team
3	4	5	6	7	8
8:30-9:15am Rock-n-Ride-R 8:30-9:20am SilverSneakers@-D 9:25-9:55am CORE-D 9:55-10:25am YOGA-D 10:30-11:30am SilverSneakers@-T 5:45-6:25pm HardCore-K 6:30-7:30am BODYATTACK@-P	8:30-9:30am RIP-D 9:40-10:40am SS Yoga/Stretch-D 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 Circuit-M 9:30-10:20am SS Intervals-D 10:30-11:30am SilverSneakers@-T 12:15-12:45pm CoreWorx-T 6-6:50pm WAR-P 7-8pm FLOWYOGA-J	8:30-9:15am RIP-P 9:20-9:50am REVOLUTION-C 9:40-10:40am SS Yoga/Stretch-D 5:45-6:30pm Cardio Cycling-T 6-6:55pm ZUMBA@-J 7-7:45pm RIP-D	9-9:45am ZUMBA@-J 9:45-10:30am FLOWYOGA-J 10:30-11:30am SilverSneakers@-D 11:30-12:30pm *Denver Stomp-J	8:10-8:55AM REVOLUTION- Ride Team 9-10am RIP-RIP Team
10	11	12	13	14	15
8:30-9:15am Rock-n-Ride-R 8:30-9:20am SilverSneakers@-D 9:25-9:55am CORE-D 9:55-10:25am YOGA-D 10:30-11:30am SilverSneakers@-T 5:45-6:25pm HardCore-K 6:30-7:30am BODYATTACK@-P	8:30-9:30am RIP-D 9:40-10:40am SS Yoga/Stretch-D 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 Circuit-M 9:30-10:20am SS Intervals-D 10:30-11:30am SilverSneakers@-T 12:15-12:45pm CoreWorx-T 6-6:50pm WAR-P 7-8pm FLOWYOGA-J	8:30-9:15am RIP-P 9:20-9:50am REVOLUTION-C 9:40-10:40am SS Yoga/Stretch-D 5:45-6:30pm Cardio Cycling-T 6-6:55pm ZUMBA@-J 7-7:45pm RIP-D	9-10am BODYATTACK@-P 10:30-11:30am SilverSneakers@-D 11:30-12:30pm *Denver Stomp-Joe	8:10-8:55AM REVOLUTION- Ride Team 9-10am RIP-RIP Team
17	18	19	20	21	22
8:30-9:15am Rock-n-Ride-R 8:30-9:20am SilverSneakers@-D 9:25-9:55am CORE-D 9:55-10:25am YOGA-D 10:30-11:30am SilverSneakers@-T 5:45-6:25pm HardCore-K 6:30-7:30am BODYATTACK@-P	8:30-9:30am RIP-D 9:40-10:40am SS Yoga/Stretch-D 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 Circuit-M 9:30-10:20am SS Intervals-D 10:30-11:30am SilverSneakers@-T 12:15-12:45pm CoreWorx-T 6-6:50pm WAR-P 7-8pm FLOWYOGA-J	8:30-9:15am RIP-P 9:20-9:50am REVOLUTION-C 9:40-10:40am SS Yoga/Stretch-D 5:45-6:30pm Cardio Cycling-T 6-6:55pm ZUMBA@-J 7-7:45pm RIP-D	9-9:45am ZUMBA@-J 9:45-10:30am FLOWYOGA-J 10:30-11:30am SilverSneakers@-D 11:30-12:30pm *Denver Stomp-J	8:10-8:55AM REVOLUTION- Ride Team 9-10am RIP-RIP Team
24/30	25	26	Happy Thanksgiving! 27	28	Turkey Burn 29
8:30-9:15am Rock-n-Ride-R 8:30-9:20am SilverSneakers@-D 9:25-9:55am CORE-D 9:55-10:25am YOGA-D 10:30-11:30am SilverSneakers@-T 5:45-6:25pm HardCore-K 6:30-7:30am BODYATTACK@-P	8:30-9:30am RIP-D 9:40-10:40am SS Yoga/Stretch-D 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 Circuit-M 9:30-10:20am SS Intervals-D 10:30-11:30am SilverSneakers@-T 12:15-12:45pm CoreWorx-T No Evening Classes No Staff after 1pm	 No Classes Or Staff	9-10am BODYATTACK@-P 10:30-11:30am SilverSneakers@-D 11:30-12:30pm *Denver Stomp-Joe	 8:30- 10AM RIP&RI DE

EVENTS

New Classes

MON 9:25am Core w/Deirdre
MON 9:55am Yoga w/Deirdre
WED 8:30am Circuit w/Meredith
THURS 8:30am RIP w/Pam

Special Class

Saturday, Nov. 29th
Turkey Burn

Revolution and RIP: We combine two classes for the ultimate fat melting, lean muscle building experience!

Thanksgiving Hours:

Nov. 26th: No evening classes and no staff after 1pm.
 Nov. 27th: No classes or staff

Checkout our website for tips on how to avoid binge eating during the holidays!

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**

BOOT™ will ignite your inner fire! Meet the 9-MINUTE KNOCKOUT, which includes four rounds to keep you fitter, stronger, more flexible and balanced. No equipment needed with this NEW training format, just your body and some DETERMINATION. Calories melt away as the clock counts down -- 9, 8, 7... DISCOVER YOUR INNER ATHLETE! **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**

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

Hard-CORE is a full body intense cardio and strength training class which primarily focuses on the lower body and core. It will push both the beginner and the advanced to the next level. **Duration: 40 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

REVOLUTION™ 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. REVOLUTION matches proven riding principles and music to resistance levels, riding speeds and positions to maximize cardio training while having fun. Join the REVOLUTION! A new REVOLUTION class is released every three months with new music and choreography. **Duration: 30/45/60 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**

WAR™ It's not just a class. It's WAR...on obesity and inactivity. WAR gets you off the couch, out of your office and into an exhilarating total body workout where a fusion of martial arts meets chart-topping music. Lace up and be prepared to kick fat cells in the gut, knockout stress, and win the war on gaining strength, heart-lung function and flexibility. Be a rebel. BECOME ARMED AND DANGEROUS! **Duration:45-60 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**