

CASTLE PINES VILLAGE™

Village Lake Fitness Center
303-663-5990

Class Schedule

(As of January 2010)

Monday	9:15 a.m. – 10:30 a.m.	Body Sculpt (Cindy)
Tuesday	8:30 a.m. – 10:00 a.m.	Hatha Yoga (Denice)
	10:00 a.m. – 11:30 a.m.	Therapeutic Yoga (Denice)
Wednesday	9:15 a.m. – 10:30 a.m.	Body Sculpt (Cindy)
Thursday	No Scheduled Class	
Friday	9:15 a.m. – 10:45 a.m.	Body Sculpt (Cindy)
Saturday	9:15 a.m. – 10:45 a.m.	Hatha Yoga (Denice)
Sunday	No Scheduled Class	

Class Fee: \$10 per Yoga; \$8 per class Body Sculpt

*Fees are payable to the Instructor. Please contact the instructors directly for payment information.

Body Sculpt: Total body training and conditioning utilizing light hand weights, bands and fit ball. Emphasis on muscle conditioning and core strength. Instructor: Cindy

Hatha Yoga: The balancing of oppositions is the focus of this form of yoga. This class focuses on flexibility and strength while moving smoothly through poses. Instructor: Denice Block.

Therapeutic Yoga: Gentle yoga designed to strengthen hips, increase balance and open chest. Standing poses use a chair to assist in balance and floor poses use gravity to help open the chest and stretch the back and shoulders. Instructors: Denice Block

To speak with or meet the instructor, visit the VLFC 15 minutes before scheduled class time.