

CASTLE PINES VILLAGE™

Village Lake Fitness Center
303-663-5990

Class Schedule (As of September 2011)

Monday	9:15 a.m. – 10:30 a.m. 10:45 a.m. – 12:00 p.m. 11:00 a.m. – 12:00 p.m.	Body Sculpt (Cindy) Group Strength Training (Laurie) Liquid Gym (Judy) – POOL
Tuesday	8:30 a.m. – 10:00 a.m. 10:00 a.m. – 11:30 a.m.	Hatha Yoga (Denice) Therapeutic Yoga (Denice)
Wednesday	9:15 a.m. – 10:30 a.m. 11:00 a.m. – 12:00 p.m.	Body Sculpt (Cindy) Liquid Gym* (Judy) - POOL
Thursday	8:00 a.m. – 9:15 a.m. 9:30 a.m. – 10:45 a.m.	Hatha Yoga (Denice) Group Strength Training (Laurie)
Friday	9:15 a.m. – 10:45 a.m. 11:00 a.m. – 12:00 p.m.	Body Sculpt (Cindy) Liquid Gym (Judy) - POOL
Saturday	9:00 a.m. – 11:00 a.m.*	Yoga Ambush Practice (Denice)** <i>**1st Saturday of Month Only</i>
Sunday	No Scheduled Class	

Class Fee/Per Class

\$10 Yoga; \$10 Strength Training; \$8 Body Sculpt; \$8 Liquid Gym; Zumba*
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

Group Strength Training: Like one-on-one training but with the camaraderie of a group class. The class will focus on progressive workouts to promote individual improvement in strength, balance and flexibility by utilizing body weight, dumbbells, bands, fit balls, stability discs and steps. Instructor: Laurie

Liquid Gym: Summer time only. A fun way to enjoy the outdoors as you train all your muscles in an invigorating water fitness class. Meet at the pool! Instructor: Judy

Zumba: Four week sessions. Tuesday & Saturday mornings. New classes coming soon. Instructor: Sarah.

*Contact instructor for dates & rates: 720-732-5001.

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