GLENWOOD HOT SPRINGS RESORT

September 2026

Glenwood Hot Springs Athletic Club

HOTEL 1888

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Reformer * Semi-Private** 6:30-7:30am *Emily* **Cycling AM** 6:30-7:15am *Sharma* **Pilates Breathe Balance and Flow** 8:00-9am *Suzzanne* **Circuit & Strength** 8:30-9:30am Lesa **H2O Fit** 9:15 – 10:15am *Laurie* **Pilates Bands, Balls and Rings** 9:15-10:15am *Suzzanne* **Yoga All Levels** 5:30 – 6:30pm *Cindy D.* **TRX** 5:30 - 6:30pm *Cindy F.* ****Fee Based, reservations required	**TRX** 6:30 - 7:30am *Cindy F.* ***Pilates Reformer *Semi-Private** 8:15 - 9:15am *Holly* **Functional Fitness** 8:00 - 9:00am *Mary* **H2O Fit** 9:15 – 10:15am *Stacee* **Functional Fitness** 9:15 - 10:15am *Mary* ***Pilates Reformer * Semi-Private** 9:30 – 10:30am *Holly* **HIIT** 5:45 pm-6:35pm Sharma ****Fee Based, reservations required***	***Pilates Reformer * Semi-Private** 6:30-7:30am *Emily* **Sivananda Yoga** 8:00 – 9:00am *Lisa* **H2O Fit** 9:15 – 10:15am *Laurie* **Pilates Breathe Balance & Flow** *9:15-10:15am* *Lisa* ***Tai Chi*** *10:30-11:30am* *John* **Astro Yoga** 6:00 - 7:00pm *Marcy* **TRX CYCLE Combo** 5:30 - 6:30pm *Cindy F.* *Deb* ****Fee Based, reservations required***	**Cycling AM** 6:30 - 7:15am *Deb* **Functional Fitness** 8:00 - 9:00am *Mary* ***Pilates Reformer * Semi-Private** 8:15 - 9:15am *Holly* **H2O Fit** 9:15-10:15am *Stacee* **Functional Fitness** 9:15 - 10:15am *Mary* ***Pilates Reformer * Semi-Private** 9:30 – 10:30am *Holly* ****Fee Based, reservations required***	***Pilates Reformer *Semi-Private** 6:30-7:30am *Emily* **Sunrise Yoga** 8:00 – 9:00am *Shaylee* ***Pilates Reformer * Semi-Private** *7:45-8:45am* *Monika* ***Pilates Reformer * Semi-Private** *9:00-10:00am* *Monika* **H2O Fit** 9:15 – 10:15am *Cindy F.* **Pilates Mat** 9:15 - 10:15am *Tara* ***Tai Chi*** *10:30-11:30am* *John* ****Fee Based, reservations required***	**Yoga for Every Body** 9:00 –10:15am *Julie*	**Yin Restorative Yoga** 4pm-5:15pm Bonita

****All Pilates Reformer Classes are Fee Based, Reservation Required***

Note: Classes needing reservations day before: Cycling, TRX and Barre
Club Hours: 6:15 AM to 9 PM Monday – Friday and 8:45 AM to 9 PM Weekends
ATHLETIC CLUB FRONT DESK 970.947.2953

FITNESS CLASS DESCRIPTIONS

Class	Description	Instructor
H2O Fit	The focus is on aerobic endurance and resistance training while using the mineral hot springs waters. Fun for all levels of fitness!	*Cindy F, Stacee, Kathy, Laurie*
Pilates Breathe Balance & Flow	A sequence of exercises using mind-body techniques, breathing, lengthening, realigning, and strengthening of the muscles in the body. Focus on improving posture, mental balance, and tone.	*Lisa, Suzanne,*
Pilates Reformer	Small group training, fee-based, & sign up required. Experience the difference in a small group setting. Expect individualized attention, get toned, and leave energized, lengthened, and balanced! $ **Fee Based &sign up at the club desk.**	*Holly, Emily, Monika, Suzanne*
Astro Yoga	This yoga class explores the energies of the moon phases each week. After the full moon, enjoy sound bowl meditation and restorative practices for reflection and renewal. As the moon grows, sessions gain momentum with invigorating movements. Connect with yourself in a nurturing and supportive environment.	*Marcy*
Sunrise Yoga	One hour of continuous movement to strengthen your core and lengthen your muscles. Wake Up the Body and Lift Your Spirits! All levels welcomed.	*Shaylee*
Yoga All Levels	Blends balance, strength, and flexibility in a fitness format. User friendly for all levels.	*Cindy D.*
Yoga For Every Body	Using our unique body's wisdom to move mindfully and safely.	*Julie*
TRX (Total Body Resistance Exercise)	Suspension training system designed to develop strength, balance, flexibility, and core. Limited space available; **Sign up 1 day in advance.**	*Cindy F.*
Functional Fitness	Functional Fitness, a class to train your muscles to work together with the strength, balance and core stability needed for an active lifestyle.	*Mary*
AM/PM Cycling	Experience the difference on our Stages cycling bikes equipped with power meters. Power meter training has proven to be effective in maximizing training efficiency and enhancing fitness and performance results for cyclists of all levels. **Sign up 1 day in advance.**	*Deb, Sharma,*
TRX Cycle Fusion	Mix up your routine with a half TRX, half cycling fusion class. Get your strength, endurance, flexibility/mobility and cardio workout all in one class. **Sign up at the Club Desk**	*Cindy F. Deb*
Tai Chi	Tai chi strengthens both the lower and upper extremities and the core muscles of the back and abdomen. Flexibility. Tai chi can boost upper- and lower-body flexibility as well as strength. Balance.	*John*
Sivananda Yoga	-Vedanta meditation, pranayama-breathwork, asana-proper exercise, savasana relaxation	*Lisa*
Circuit & Strength	An overall body strengthening and conditioning class that encompasses weight training, cardio conditioning and balance training. We will utilize the variety of tools available and incorporate some circuit training. This class is appropriate for all levels.	*Lesa*
HIIT	High Intensity Interval Training features a modified version of interval training, alternating periods of intense anaerobic exercise with less recovery periods. Boost metabolism and fat burning. **All fitness levels welcome**	*Sharma*
Yin Restorative Yoga	Yin Restorative Yoga involves allowing the mind to rest while the body holds an accessible stretch to target the connective tissues with the use of props to aid in releasing into the postures.	*Bonita*
Pilates Mat	A sequence of classical exercises using mind-body techniques, breathing, lengthening, realigning and strengthening of the muscles in the body. Focus is on improving posture, core strength, and tone. Pilates Fusion integrates added balance and flexibility elements.	*Tara*
Restorative Yoga	Restorative uses pranayama combined with Iyengar influences to create an alignment-based, prop-supported asana practice that allows students to deepen their ROM (range of motion) **Appropriate for all ages, levels, and yoga backgrounds are welcome.**	*Shaylee*