

HOURS OF OPERATION

Monday-Friday 6am-9pm
Saturday-Sunday 7am-8pm
970-477-5377

Sign up for all Group Fitness classes via your Sonnenalp Wellness App

GROUP FITNESS CLASS SCHEDULE — May 2022

MONDAY

- Spin 45X**♥^{ALL}
6:00-6:45am – Kevin
- Morning Yoga Flow**^{ALL}
8:30-9:25am – Tracy
- Spin 45X**♥^{ALL}
8:30-9:15am – Nancy
- Bounce and Burn**^{ALL}
9:30-10:15am – Nancy
- Pilates Barre**^{ALL}
9:30-10:25am – Tracy
- Aerial Yoga**^{ALL}
10:30-11:25am – Tracy
- Pilates Mat**^{ALL}
12:00-12:50pm – Kira
- Align and Refine Yoga**^{INT}
5:00-6:00pm – Maura
- Bodyweight Strength Training**^{ALL}
5:30-6:15pm – Ryan

TUESDAY

- Circuit Breaker**^{INT/ADV}
6:00-6:45am – Kevin
- Guided Meditation**^{ALL}
7:45-8:15am – Suzanne
- The Practice**^{INT/ADV}
8:30-9:45am – Suzanne
- Swimsuit Strength**^{ALL}
9:00-9:45am – Ryan
- Pilates Mat**^{ALL}
12:00-12:50pm – Kira
- Yoga for Stiff People**^{ALL}
12:00-1:00pm – Suzanne

WEDNESDAY

- Spin 45X**♥^{ALL}
6:00-6:45am – Kevin
- Vinyasa Yoga**^{ALL}
6:15-7:00am – Sarah
- Balance to Move**^{ALL}
8:15-8:45am – Tracy
- Pilates Barre**^{ALL}
9:00-9:50am – Tracy
- Total Body**^{ALL}
10:00-10:45am – Tracy
- Rebounder Barre & Bounce**^{ALL}
11:00-11:45am – Tracy
- Tai Chi**^{ALL}
12:00-12:45pm – Matt
- Pilates Mat**^{ALL}
12:00-12:50pm – Kira
- Align and Refine Yoga**^{INT}
12:00-1:00pm – Suzanne
- Bodyweight Strength Training**^{ALL}
5:30-6:15pm – Ryan

THURSDAY

- Circuit Breaker**^{INT/ADV}
6:00-6:45am – Kevin
- Guided Meditation**^{ALL}
7:45-8:15am – Suzanne
- Align and Refine Yoga**^{INT}
8:30-9:30am – Suzanne
- Swimsuit Strength**^{ALL}
9:00-9:45am – Ryan
- Pilates Mat**^{ALL}
12:00-12:50pm – Kira
- Yoga for Stiff People**^{ALL}
12:00-1:00pm – Suzanne

FRIDAY

- Spin 45X**♥^{ALL}
6:00-6:45am – Kevin
- Vinyasa Yoga**^{ALL}
6:15-7:00am – Sarah
- Yoga Sculpt**^{INT/ADV}
8:30-9:30am – Tara
- Bounce to Balance**^{ALL}
9:30-10:15am – Tracy
- Total Body**^{ALL}
9:45-10:30am – Tara
- Pilates Barre**^{ALL}
10:35-11:30am – Tara
- Tai Chi**^{ALL}
12:00-12:45pm – Matt

SATURDAY

- Vinyasa Yoga**^{ALL}
8:30-9:30am – Sarah

SUNDAY

- Sunrise Meditation**^{ALL}
8:30-9:00am – Jocelyn
- Daoyin Yoga Flow**^{ALL}
9:15-10:30am – Jocelyn

SPECIAL PROGRAMMING

♥ Heart rate optional

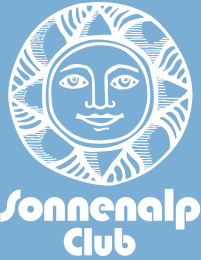
JOIN FOR 2 SPECIAL END OF SEASON EVENTS:

"Rest and Recover" a complimentary Restorative yoga practice on Thursday, May 5th 6:45-7:45p with Jenn AND Wednesday, May 25th 5:30-6:30pm with Tara.

PILATES BARRE Pop Up with Macy: Sat & Sun, May 7th & 8th, 14th & 15th, 9:00-10:00am

PILATES BARRE Pop Up with Tara: Sunday, May 22nd at 9:00-10:00am

KIDS MARTIAL ARTS PROGRAM is happening and its not too late to join: Tuesday & Thursday ages 4-12. Email Soliver@sonnenalp.com or call Fitness desk at (970) 477-5377.



GROUP FITNESS CLASS DESCRIPTIONS

May 2022

Group Fitness Class Descriptions

Balance to Move Focus of class is to refine movement patterns that we use to balance and move in life. These exercises will help you feel more confident in both your athletic endeavors and everyday tasks.

Bodyweight Strength Training Using your own body weight, become stronger, more athletic and build muscles. During this class we run through various sets, reps and intervals. Be prepared to sweat!

Bounce and Burn This class utilizes our mini trampoline with a "low bounce" to create a low impact, aerobic interval workout for the entire body. Guaranteed to increase endurance, strengthen bones and muscles, improve balance, coordination and immune system. Believe it or not, this class burns more calories than running!

Bounce to Balance A trampoline class suitable for all ages, fitness levels, & abilities. Offering a moderate cardiovascular workout & specific exercises to increase balance, coordination & proprioception. A "balance bar" is attached for added security. Discover that improving your health & fitness can be truly enjoyable!

Circuit Breaker Train like a pro, but at your own pace. A workout inspired by World Cup Skiers, Bikers, Runners & Mountaineers, that mirrors many of the same exercises that are used with elite athletes. Intervals will be for 1-min on, with a 30-sec active recovery. An all levels class in which modifications can be made for any limitations.

Pilates Barre Our classes are designed to effectively strengthen, tone and balance the entire body. Students will focus on form and precision while performing small isometric movements as instructors emphasize basic alignment, foundation, and specific muscle actions.

Pilates Mat Pilates mat work offers a full-body workout with emphasis on strengthening the core. Precise movements work deep muscles, developing stability of the pelvis, mobility in the spine and strong abdominal muscles. With a strong focus on breath, spinal alignment and safe technique.

Rebounder Barre & Bounce A challenging, sweaty & fun fitness class which follows a predefined interval format. This class alternates cardio segments on the trampoline & strength segments on the ground. The perfect class for students who want to increase stamina, while building power & strength.

SPIN 45X A 45-min indoor or outdoor spin class to challenge all levels from indoor cyclists & hobbyists to bike racers & triathletes! Combines a variety of endurance, strength, speed & hill training helping improve overall fitness. All bike levels are welcome!

Swimsuit Strength Train your full body in under an hour to become stronger, more athletic, and build the muscle to show it off! This class will coach you through various sets, reps, and intervals.

Tai Chi Conscience regulation of breathing & mindful movement is the foundation of this practice. The goal is to eliminate sub-consciousness breath holds that deplete the system of energy. A variety of movement captivates the mind developing a sustainable energy applicable in all arenas of life.

Total Body is a full body workout to improve both muscular strength & endurance, using various props to add resistance. Guaranteed to give you the results you desire!

Yoga Descriptions

Aerial Yoga A gentle system using the silk prop to aid for balance & spotting device which safely guides postures & shapes reserved for gymnasts or circus artists. Inviting for all body types, athletes & yogi's alike. Offering a safe deep stretch, heightened sense of focus while strengthening muscles, engaging the core & moving towards inversions without spinal compression. *Silks can either be purchased or rented.*

Align & Refine Yoga A potent alignment oriented practice. Skilled alignment cues are woven throughout to enhance each form & action taken to co-create the posture. Be safely instructed through postures in a progressive sequence leading towards an apex posture, taking time to break down techniques to honor awareness & refine skills on & off the mat.

Daoyin Yoga Flow A gentle Yin-style Vinyasa combined with Qi gong variations for a full body & mind somatic experience. Flow through creative sequences that highlight proper alignment & the cultivation of Qi, or life force energy, move into your day with focus, flexibility & grounded energy.

Guided Meditation is structured using experiential instruction combined with group meditations & visualization practices. Learn how to calm the mind, be present in your body & feel rejuvenated. The benefits of daily meditation practice can reduce stress, anxiety & insomnia as well as increase clarity, concentration & creativity.

Morning Yoga Flow Designed for those who desire a gentle and uplifting yoga practice. Great for those working with limited mobility or stamina. Perfect for the more mature adult desiring a safe, mindful movement class including relaxation and meditation.

The Practice Intermediate/Advanced Guided Yoga Class. The Practice is designed to help experienced yoga students deepen their connection through more challenging sequences, postures and breath. The student will follow the instructors practice, offering an invitation to explore and intelligently develop more ownership.

Sunrise Meditation Wake up with the sunshine! Begin your morning in sacred silence, guided through gentle pranayama (breathwork exercises) as well as visualization to cultivate mindful awareness, ease the thinking mind & promote overall well-being. No prior meditation experience necessary.

Vinyasa Yoga synchronizes movement with breath which helps the practitioner develop a greater sense of self-awareness, balance and harmony within themselves and their environment. Vinyasa classes typically include smoothly flowing movements between poses guided by the force of inhaled and exhaled. Each class is unique however sequencing is often built around sun salutations.

Yoga for Stiff People Can't touch your toes? Can't even see them? Don't do yoga? This is the perfect class for you! with everything. Learn safe ways to strengthen & gain more flexibility through a wide range of posture with gentle & modified approaches. Ideal for strong athletes that have big bulky & short muscles to those with joint replacements, injuries or yogi's that appreciate a slower and more detailed pace.

Yoga Sculpt A dynamic practice that incorporates resistance interval training & cardiovascular exercise into traditional yoga sequences. Use your own bodyweight & small hand weights to deepen your yoga practice while chiseling your body into shape. Designed to target & tone all the major muscle groups.