



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

♥ Heart rate optional

GROUP FITNESS CLASS SCHEDULE — Summer 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spin 45X ♥ ^{ALL} 6:00-6:45am – Kevin	Circuit Breaker ^{INT/ADV} 6:00-6:45am – Kevin	Spin 45X ♥ ^{ALL} 6:00-6:45am – Kevin	Circuit Breaker ^{INT/ADV} 6:00-6:45am – Kevin	Spin 45X ♥ ^{ALL} 6:00-6:45am – Kevin	Rise & Shine Yoga ^{ALL} 8:00-9:00am – Sarah/Tracy
Dance Fit ^{ALL} 7:45-8:30am – Beth	Guided Meditation ^{ALL} 7:45-8:15am – Suzanne	Vinyasa Yoga ^{ALL} 6:15-7:15am – Sarah	Slow Flow Yoga ^{ALL} Begins 6/9 8:30-9:30am – Lisa	Vinyasa Yoga ^{ALL} 6:15-7:00am – Sarah	Pilates Barre ^{ALL} 9:15-10:15am – Tracy
Morning Yoga Flow ^{ALL} 8:30-9:25am – Tracy	The Practice ^{INT/ADV} 8:30-9:45am – Suzanne	Guided Meditation ^{ALL} 7:45-8:15am – Jasmine	Swimsuit Strength ^{ALL} 9:00-9:45am – Ryan M	Dance Fit ^{ALL} 7:45-8:30am – Beth	SUNDAY
Spin 45X ♥ ^{ALL} 8:30-9:15am – Nancy	Swimsuit Strength ^{ALL} 9:00-9:45am – Ryan M	Rise & Shine Yoga ^{ALL} 8:30-9:30am – Jasmine	Bounce & Burn ^{ALL} 9:30-10:15am – Barbara	Yoga Sculpt ^{INT/ADV} 8:30-9:30am – Tara	Sunrise Meditation ^{ALL} 8:30-9:00am – Jocelyn
Bounce & Burn ^{ALL} 9:30-10:15am – Nancy	Aqua Fitness ^{ALL} 9:00-10:00am – Emily	Pilates Barre ^{ALL} 9:00-9:50am – Tracy	Are You Balanced? ^{ALL} Begins 6/9 9:45-10:15am – Lisa	Aqua Fitness ^{ALL} 9:00-10:00am – Emily	Daoyin Yoga Flow ^{ALL} 9:15-10:30am – Jocelyn
Pilates Barre ^{ALL} 9:30-10:25am – Tracy	Prenatal Yoga ^{ALL} 10:00-11:00am – Alex	Aqua Fitness ^{ALL} 9:00-10:00am – Emily	Prenatal Yoga ^{ALL} 10:00-11:00am – Alex	Bounce to Balance ^{ALL} 9:30-10:15am – Tracy	Bounce & Burn ^{ALL} 9:30-10:15am – Barbara
Aerial Yoga ^{ALL} 10:30-11:25am – Tracy	Quick Reset ^{ALL} 11:15-11:45am – Alex	Total Body ^{ALL} 10:00-10:50am – Tracy	Summer Bootcamp ^{ALL} Begins 6/9 10:30-11:30am – Lisa	Total Body ^{ALL} 9:45-10:30am – Tara	Power Vinyasa ^{INT/ADV} 4:00-5:00pm – Kate
Pilates Mat ^{ALL} 12:00-12:50pm – Kira	Pilates Mat ^{ALL} 12:00-12:50pm – Kira	Rebounder Barre & Bounce ^{ALL} 11:00-11:45am – Tracy	Quick Reset ^{ALL} 11:15-11:45am – Alex	Pilates Barre ^{ALL} 10:35-11:30am – Tara	
Yoga Sculpt ^{ALL} 12:00-1:00pm – Tracy	Yoga for Stiff People ^{ALL} 12:00-1:00pm – Suzanne	Pilates Mat ^{ALL} 12:00-12:50pm – Kira	Pilates Mat ^{ALL} 12:00-12:50pm – Kira	Yoga Basics ^{ALL} 12:00-1:00pm – Alex	
Yoga Medicine ^{ALL} 5:00-6:00pm – Maura	Vinyasa Yoga ^{ALL} 4:00-5:00pm – Tara	Yoga Basics ^{ALL} 12:00-1:00pm – Alex	Yoga for Stiff People ^{ALL} 12:00-1:00pm – Suzanne		
Bodyweight Strength Training ^{ALL} 5:30-6:15pm – Ryan M	Pilates Barre ^{ALL} 5:15-6:15pm – Richelle	Vinyasa Yoga ^{ALL} 5:00-6:00pm – Gabriele			
		Bodyweight Strength Training ^{ALL} 5:30-6:15pm – Ryan M			

SPECIAL PROGRAMMING

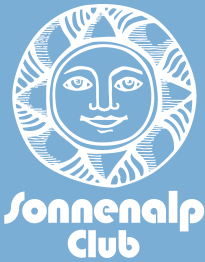
3 WEEKS OF KIDS BOUNCE: Mondays, June 6, 13 & 27, 10:30-11:15am, Ages 8-12

BLOCK MAGIC with Tracy: Saturday, June 11, 10:30-11:30am

MYOFASCIAL RELEASE TECHNIQUES CLASS with Maura: Saturday, July 9, 9:30-10:30am

KIDS ACRO WEEK: July 11-14, 10:15-11:45am, Ages 9-14 (incoming 3rd graders)

POP UP PILATES BARRE with Tara: Thursday, June 23 & July 21, 5:30-6:30pm



GROUP FITNESS CLASS DESCRIPTIONS

Summer 2022 – June thru August

Group Fitness Class Descriptions

Aqua Fitness This low-impact class is FUN and performed in deep & shallow water and is designed to improve joint stability, coordination, heart health, and strength. Incorporates cardio and strength, using water dumbbells and flotation noodles.

Are You Balanced? This 30 min class offers functional exercises that will help you maintain mobility & healthy movement patterns. Improve your balance & proprioception. Great for athletes of all ages that want to improve body awareness & reduce the risk of injury.

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 & 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 "balancing 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.

Dance Fit A cardio blasting dance party which also incorporates light weight resistance, core work & stretching. Moves are easy to follow & the music is an inspiring high energy combination of Latin rhythms & top 40 classics. A fun total body workout, perfect for all ages & abilities!

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!

Summer Bootcamp This class will be held both indoors & out... A variety of exercises & equipment will be used and is meant to be fun, build team work & community! Can be adapted for all fitness levels! Come prepared to sweat and leave feeling encouraged!

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.

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 A gentle system using the silk prop to aid balance & spotting which safely guides postures & shapes reserved for gymnasts or circus artists. 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.*

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 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.

Power Vinyasa A powerful, energetic class that cultivates heat in the body from the inside out as we flow breath to movement. Creative sequences will elevate the heart rate & focus on the power of breath to improve strength, flexibility, balance, cardio and physical and mental stamina. A juicy, soulful flow embracing the body. Modifications are welcomed & offered throughout class. Tap into the power of YOU.

The Practice 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.

Prenatal Improve circulation & postural alignment. Create balance between stability & mobility for greater ease throughout your pregnancy. Take time to connect to yourself, your baby, as well as other pregnant people. For all stages of pregnancy, addressing discomforts specific to pregnancy. No yoga experience necessary.

Quick Reset A blend of movement, breathwork, kriyas, and meditation to clear, cleanse, and attune for your day.

Rise & Shine Start your day with a vinyasa/hatha style class combining postures & movement with conscious breath. Strengthen, relax, gain flexibility & above all connect your body & mind as one. Gently warm your body up to greet the day with confidence. All levels welcome.

Slow Flow In this practice, you will be encouraged to follow your natural current; the innate rhythm that resides in you. This meditative flow gives priority to the breath while encompassing strength, power and grace. All levels of students will feel right at home as this class will leave your body relaxed, mind clear & spirit elevated.

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 synchronizes movement with breath which helps you develop a greater sense of self-awareness, balance & harmony within yourself & your environment. Typically include smoothly flowing movements between poses guided by the force of inhales & exhales. Each class is unique however, sequencing is often built around sun salutations.

Yoga Basics Curious about yoga? Interested in bringing a regular practice into your life? This foundational class will guide you through basic asana (yoga postures) with a focus on physical alignment with an introduction to subtle-body anatomy, breath practices & meditation. Explore personalized modifications to prepare you to feel confident/comfortable in a mixed-level yoga class while being led in a slow and refined way.

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! Learn safe ways to strengthen & gain more flexibility through a wide range of posture with gentle & modified approaches. Ideal for those with joint replacements, injuries AND strong athletes that have BIG bulky & short muscles OR for folks that appreciate a slower and more detailed space.

Yoga Medicine A class to increase strength, stability, flexibility, & mobility as a way to relieve stress & create balance in the whole body system.

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.