GROUP EXERCISE SCHEDULE

NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Total Strength 5:30 AM - S3 Becky			Slow Flow Yoga 8:30 AM - S2 Trevor	
Cardio Barre (45) 6:00 AM - S3 Trevor				Total Strength (45) 6:00 AM - S3 Emma	H2O Circuit 9:00 AM - Pool Staff	
					BODYCOMBAT™ 9:00 AM - S3 Leanna E.	BODYPUMP™ 9:00 AM - S3 Lisa
					BODYPUMP™ 10:00 AM - S3 Candice	BODYBALANCE™ 10:00 AM - S2 Candice
Kettlebell Strength (45) 11:30 AM - S2 Tim	Strength Lab (45) 12:00 PM - S3 Lauren	RPM™ (60) 11:30 AM - S1 Candice	Mat Pilates (45) 12:00 PM - S2 Karen B.	RPM™ (45) 11:30 AM - S1 Candice		
				HERO Pilates (45) 12:15 PM - S2 Karen B.		
Zumba 4:30 PM - S3 Leanna		Cardio Barre 4:30 PM - S3 Ally		BODYPUMP™ 4:30 PM - S3 Trevor		
Bands, Bells & Boards (45) 4:30 PM - S2 Lauren	Total Strength (45) 4:30 PM - S3 Rachel	Kettlebell Strength (45) 4:30 PM - S2 Tim	Strength Lab (45) 4:30 PM - S3 Tim			
RPM ™ (45) 5:30 PM - S1 Chris	Glute/Core Fusion (30) 5:00 PM - S2 Kat	BODYCOMBAT™ 5:30 PM - S3 Leanna	BODYBALANCE™ 4:30 PM - S2 Candice			
BODYPUMP™ 5:30 PM - S3 Candice	Flow Yoga 5:30 PM - S2 Trevor	Power Yoga 5:30 PM - S2 Emmy	Glute/Core Fusion (45) 5:30 PM - S2 Kat			
Essentrics 5:30 PM - S2 Lisa	Zumba 5:30 PM - S3 Nolana	Aqua Interval 6:00 PM - Pool Christina	RPM™ (45) 5:30 PM - S1 Candice			

TOTAL BODY	CYCLING	MIND/BODY	AQUA	CARDIO

FITNESS CENTER HOURS:
Monday - Thursday 5:00 a.m. - 10:00 p.m.
Friday 5:00 a.m. - 9:00 p.m.
Saturday - Sunday 7:00 a.m. - 5:00 p.m.
Operating hours subject to change.

CLASS LOCATIONS:
S3 - Studio 3 (basement)
S2 - Studio 2 (ground floor)
S1 - Studio 1 (ground floor cycling studio)
Green Roof - Take elevator to 3rd Floor
★ - New Class/ Update

Anschutz | Health and Wellness Center

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CLASS DESCRIPTIONS

AQUA INTERVAL - Interval water aerobics offers the benefits of anaerobic and aerobic intervals for a fat-burning total body workout in a non-impact setting.

BANDS, BELLS & BOARDS - Challenge your strength, stability, and stamina in this dynamic 45-minute full-body workout using resistance bands, kettlebells, and HERO boards. Through functional circuits focused on strength, core stability, and mobility, you'll build coordination, control, and total-body strength.

BODYCOMBAT™ - This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. Your instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

BODYBALANCE™ - Is the yoga-based class that will improve your mind, your body and your life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.

BODYPUMP™ - The original barbell class, will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll gain strength and quickly produce muscular endurance.

CARDIO BARRE - Our high energy, low-impact class combines large range, whole body movements and intense isolation exercises to work the entire body while developing greater physical awareness and posture. This energizing class will strengthen the muscles of your core, arms, thighs, and seat and give your heart a pumping cardio workout. A final stretch at the finish encourages muscle length, balance, and recovery.

CYCLING - Our cycling classes provide a low-impact, customized intensity workout that will help you push your fitness to a new level.

ESSENTRICS - Is a dynamic workout that lengthens and strengthens every muscle in the body, resulting in greater joint mobility and lean, long muscles. This completely original workout draws on tai chi, ballet, and physiotherapy, combined to create health and balance, long and lean muscles, and create a pain free body.

FLOW YOGA - This an intense, detoxifying, empowering and completely engaging practice. It is a challenging strength and stamina focused class that provides a powerful workout. This class will help you attain a stronger, more toned yoga body and a calmer, more focused mind.

GLUTE/CORE FUSION - Join us for a short form strength class designed to sculpt your glutes and core. This class will develop all aspects of your glutes and help you build a stronger more functional core in a 30min express format.

H2O CIRCUIT - Water aerobics offers a total body workout in a non- impact setting. We combine cardiovascular, strength and flexibility exercises to provide you with a complete workout. Whether you are rehabilitating from an injury or simply looking for something new to try, come experience H2O!

HERO PILATES - Experience a dynamic Pilates class using the HEROBOARD™, a versatile sliding platform that enhances strength, stability, and mobility. Engage your core, improve balance, and challenge your body with controlled, low-impact movements for a full-body workout.

HIIT & STRENGTH - This 45-minute class fuses the best of HIIT and strength training for a workout that builds muscle, burns fat, and elevates your fitness. Expect a mix of high-energy cardio bursts to start, followed by focused resistance exercises designed to challenge every major muscle group.

KETTLEBELL STRENGTH - Get strong with this 45-minute workout. You'll have fun learning to use Kettlebells to build functional strength with dynamic movements, then hop on the HEROBOARD™ to sculpt your way to a stronger core.

MAT PILATES - Think "long lean body." This class focuses on strength and flexibility of the entire core. Based on the traditional studies of Joseph Pilates, these exercises combine core activities and breathing/relaxation. All levels welcome.

POWER YOGA - Power Yoga is a dynamic, breath-to-movement practice that builds strength and releases tension through mindful sequencing. Move with intention, connect with your breath, and leave feeling stronger, lighter, and more balanced.

RPM™ - A group indoor cycling workout where you control the intensity. Sprint, climb, and race your way to cardio peak then ease back down, keeping pace with the pack to lift your personal performance.

SLOW FLOW YOGA - For those who are beginners to flow yoga or who wish to practice at a slower pace, this class is a perfect way to end the day - nourishing body and mind.

STRENGTH LAB - Our experienced personal trainers team up to deliver a program based on building strength and muscle. Strength Lab combines diverse equipment and training methods to continually challenge your body and maximize results. All levels welcome!

TOTAL STRENGTH - This total body class focuses on achieving muscular strength through simply choreographed exercises targeting all muscle groups.

ZUMBA™ - Combines high energy, captivating music with Latin inspired moves that will leave you asking for more. Zumba™ is a "feel good" workout geared toward all levels. We bet you'll find the dancer within. All levels welcome.

- **In-person classes require a reservation.**
- **Members may reserve a class up to 24 hours in advance on the member app or online portal.**
- **Please arrive at least 5 minutes early for all in-person classes to allow for setup time; late arrival may result in the loss of your reservation.**
- **Access our virtual classes on the member app or desktop portal at ahwc.clubautomation.com.**
- **Reservations are not required to participate on Zoom.**
- **In-person ONLY classes: all cycling classes and aqua classes.**
- **All classes are 55 minutes unless otherwise indicated.**
- **We reserve the right to modify the group exercise schedule based on participation and staff availability.**