

Village Lake Fitness Center Class Schedule

See Reverse for Class Descriptions & Fees

MONDAY	9:00 am—10:00 am 11:00 am—12:00 pm	Fit Camp (Michelle) Liquid Gym (Judy)
TUESDAY	8:30 am—10:00 am 10:00 am—11:30 am	Hatha Yoga (Denice) Therapeutic Yoga (Denice)
WEDNESDAY	9:15 am—10:30 am 11:00 am—12:00 pm 11:15 am—12:15 pm	Body Sculpt (Cindi) Liquid Gym (Judy) Fit Camp (Michelle)
THURSDAY	8:00 am—9:15 am 9:30—10:30 am	Hatha Yoga (Elena or Biz) Fit Camp (Michelle)
FRIDAY	9:15 am—10:30 am 11:00 am—12:00 pm	Body Sculpt (Cindi) Liquid Gym (Judy)
SATURDAY		
SUNDAY		

First Class is Free

Registration and Payment for classes is done directly through the Instructor

	<p>Body Sculpt Instructor Cindi welcomes <u>all fitness levels</u> for this core conditioning, muscle-toning class. Get personalized instruction in a group setting using weights, bands, and balls to perform traditional weight training moves that will sculpt, define and develop your muscles, with plenty of ab work too for core development. \$8/Class, Drop-In. Contact Cindi Puncerelli at cton5@aol.com for questions/class registration</p>
	<p>Instructor Denice provides personalized Therapeutic Yoga instruction to help you increase your range of motion and maintain an active lifestyle throughout your life. This is the perfect class for Seniors and those looking to balance and flow through life without pain. Guidance for movement and breath work will be the focus to move past pain and injury and find your path to recovery through this ancient healing technique. \$10/class for Drop-In; \$9/class for a 10 class punch card. Contact Denice Block at yoginidenice@hotmail.com or 303-956-7431 for questions/registration.</p>
	<p>Fit Camp is a group exercise class that builds endurance and strength through functional exercises, using your own body weight or resistance bands. The Fit Camp will start with stretching for flexibility, add in some cardio to get the heart rate up, then a full body workout to include squats, lunges, planks, upper body, and core exercises. Does not matter what level your are at - all exercises will be modified for your level! Michelle's goal is to make exercise fun and enjoyable for everyone. Contact Michelle directly for payment and to sign up for the class. Michelle@castlefit.biz or 720-446-9510. \$10 per class. Buy a 10 class punch card get a class free.</p>
	<p>Yogini Elena is committed to the deep purpose behind the practice, with a focus on alignment, flexibility, strength and breath work while moving smoothly through poses. This class is geared towards experienced beginners through long time practitioners. \$10/class for Drop-In; \$9/class for a 10 class punch card. Contact Elena at haykinyoga@gmail.com or 303-810-2204 for questions/registration.</p>
	<p>Judy offers this special class at 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! Classes start June 1st Instructor: Judy, 303-741-4172 or jklamess@comcast.net (\$12/class; pre-pay punch cards available at \$8/class)</p>