



DENVER

HEALTH & FITNESS

DENVER'S LEADING 24/7 HEALTH & FITNESS CLUB

GROUP CLASS SCHEDULE

704.483.3188

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Cycle 5:30 - 6:30 AM		Group Cycle 5:30 - 6:30 AM	Core Circuit 6:00 – 7:00 AM	Group Cycle 5:30 - 6:30 AM	
PILATES 7:00-7:45 AM	Hatha Yoga 6:40 – 7:40 AM	Bring a Friend for FREE*		PILATES 7:00-7:45 AM	
Yoga Blast 8:15 – 9:15 AM	Booty / Body 8:15 – 9:15 AM	Core Yoga 8:15 – 9:15 AM	Kick Boxing 8:15 – 9:15 AM	Yoga 8:15 – 9:15 AM	
Turbo Fusion 9:30 - 10:30 AM	Cardio Dance 9:30– 10:30AM	Turbo Kick 9:30 – 10:30 AM	Cardio Fusion 9:30 – 10:30AM	Step Jam 9:30– 10:30 AM	Yoga 9:15– 10:15 AM
Total Body / Interval Strength 12:00 – 1:00 PM		Total Body / Interval Strength 12:00 – 1:00 PM		Total Body / Interval Strength 12:00 – 1:00 PM	Support your class and bring a Friend!
Pilates / YOGA Combo 6:00 – 7:00 PM	Cardio Jam 5:45 – 6:45 PM	Pilates / YOGA Combo 6:00 – 7:00 PM	Muscle Inferno 5:45 – 6:45 PM		24/7 ACCESS AVAILABLE NOW AVAILABLE FOR ALL MEMBERS. COME GET YOURS NOW!!
Ultimate Boxing 7:00 – 8:00 PM	FLOW Yoga 7:00 – 8:00 PM	Ultimate Boxing 7:00 – 8:00 PM	FLOW Yoga 7:00 – 8:00 PM	Get your Body Ready for the Beach.	

Classes are subjected to change without notice.

DHF Guest Policy

Complimentary workouts are for local residents only, over the age of 18 years, and must provide valid identification. Complimentary workouts include a club tour and membership presentation. All others are subject to a **\$10 Daily guest Fee**

MANNED OPERATIONAL HOURS

Monday – Friday 8:00 am – 8:00 pm
 Saturday 9:00 am – 12:00 pm
 Sunday By Appointment

Kid Zone Hours

Monday – Friday 8:15 am – 10:30 am (morning)
 Monday – Wednesday 5:00 pm – 8:00 pm (evening)
 Hours are subject to change without notice.

MEMBERS WITH 24/7 ACCESS CAN WORKOUT ANYTIME THEY WANT!!

Group X room is kept cool for the health of all participants if you are sensitive to temperatures, please dress accordingly.

WORKOUT WHEN YOU WANT! SIGN UP NOW FOR 24/7 ACCESS!

*Members are able to bring a guest 1 time for free visit during manned hours only. Visitor must be local resident and provide ID.

Class Descriptions

High Energy

Fat Burning

Calorie Burning

Toning

“Group Cycle” Indoor cycling but in a pack (like cyclist on the road). Burn massive calories while riding to the rhythm of music. Beginners to advance – Get ready to sweat and burn to reach your endorphin high. **Arrive early; size up your bike and position pedal straps for safety; bring towel and water.**

“Step Jam” Burn calories and body fat using a height-adjustable step with powerful movements, on, over, around the step. Fun music, fun moves. Followed with upper and lower body strengthening and stretching. Push fat-burning systems into high gear. Anyone can do step, just pace yourself and workout at your level.

“Total Body / Interval Strength” A little of everything rolled into an hour. Core strengthening, muscle building, fat burning. Come get fit and healthy. See Results... all levels.

“Turbo Kick” Set to Music, hottest kickboxing class around! TK combines athletic moves, punching, kicking, & so much more. Ready to take your kickboxing class to the next level?

“Muscle Inferno” This is a body make over class. This muscle strength & conditioning class uses supersets to fire up every muscle group. Get ready to burn that FAT off using various equipment and proven techniques that will increase your body tone, firmness and stamina to give you the contours you want!

“Ultimate Boxing” A Knockout Workout!!! 60 minutes of martial arts and boxing movements. Punching, kicking, jumping rope, boxing drills, speed bags, non-contact mitt boxing. Awesome workout for anyone wanting to lose weight, increase endurance and build confidence and be ready for the ring.

“Cardio Jam” This class combines high energy, motivating music with unique moves and combinations that allow participants to dance the night away. This aerobic class is fun, and will spice up your workout.

“Core Circuit” Abs-Hips Lower back, Your Core, along with the rest of your body (The heart included) Will Feel The Immediate Benefits of this total-core workout.

“Cardio Fusion” Funky fun instructor teaching you to move with attitude using the latest dance cardio workout. Class will also incorporate resistance training for upper and lower body. Great fun, great calorie burner and muscle toning. All levels.

“Kick Boxing” After a lively warm-up, your move into a quick changing kickboxing routine for a total body strength and aerobic workout that will KICK BUTT!

Flexibility

Core Workout

Strength

Stretch

“Hatha Yoga” This is a slow-paced stretching with breathing exercises and is great way to start to learn the yoga basics and relaxation techniques. What a way to start your day.

“Booty / Body Conditioning Class” Full body workout using bosu, weights and more. You will see and feel the difference (all levels).

“Pilates” Total Body Conditioning from the inside out! A mind/body mat exercise created by Joseph Pilates. Focus is on alignment, breathing, core stability, lengthening and fluidity. Great program for everyone.

“Pilates / Yoga Combo ” A combination of Pilates (see description above) and Yoga (see description below). BEST OF BOTH WORLDS!!

“Yoga Blast” High-energy yoga guaranteed to make you work up a sweat. Upbeat music, fun, challenging poses. From beginner to advanced yogi Terri gives modifications that will allow anyone to join in with every pose.

“Yoga or FLOW Yoga” A 45 or 60 minute class created to help you unwind-relax and FLOW with life. Come feel the difference with our yoga and FLOW yoga.