



GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00 a.m. GROUP POWER	6:00 - 7:00 a.m. Step Burst Jillian	6:00 - 7:00 a.m. GROUP POWER	6:00 - 7:00 a.m. Step Burst Jillian		RALLYSPORT RUNNING CLUB with Melody Fairchild contact mfairchild@rallysportboulder.com Awesome Abs Monday, 5:30 - 6:00 p.m. (class meets in the Power Room - main level)	
7:05 - 8:05 a.m. Fusion Lisa		7:05 - 8:05 a.m. Fusion Lisa		7:10 - 8:10 a.m. Athletes Edge Vicki		
	7:30 - 8:30 a.m. Cardio Intervals & Sculpt Sonia		7:30 - 8:30 a.m. Muscle Sculpt Sonia			
9:00 - 10:15 a.m. Cardio Step Jillian	9:05 - 10:20 a.m. NIA Carolynne	9:00 - 10:00 a.m. Cardio Fusion Lisa	9:05 - 10:20 a.m. NIA Carolynne	9:00 - 10:00 a.m. Cardio Fusion Lisa	8:45 - 9:45 a.m. Fusion Lisa	8:30 - 10:00 a.m. Cardio Challenge Jillian
10:20 - 11:20 a.m. Planet Motion Kendra	10:30 - 11:30 a.m. Fitlates Jordan	10:15 - 11:15 a.m. Planet Motion Kendra	10:30 - 11:30 a.m. Fitlates Jordan	10:15 - 11:15 a.m. Soul Sweat Chantal	10:00 - 11:00 a.m. GROUP POWER	10:30 - 11:30 a.m. GROUP POWER
11:30 - 12:30 p.m. Cardio Sculpt Jillian	12:00 - 1:00 p.m. GROUP POWER	11:30 - 12:30 p.m. Cardio Sculpt Jillian	12:00 - 1:00 p.m. GROUP POWER	11:30 - 12:30 p.m. Cardio Sculpt Jillian	11:15 - 12:35 p.m. Planet Motion Kendra	11:45 - 12:45 p.m. Planet Motion Kendra
	1:05 - 2:05 p.m. Hoop Dance Fitness Kristina		1:05 - 1:35 p.m. Awesome Abs Cydney			
4:30 - 5:30 p.m. Strength Rhonda		4:30 - 5:30 p.m. Strength Rhonda				
5:45 - 6:45 p.m. Ski Conditioning (thru Feb)	5:30 - 6:30 p.m. Planet Motion Sara Jane	5:45 - 6:45 p.m. Winter Sport Cond't (thru March)	5:30 - 6:30 p.m. Planet Motion Kendra	5:30 - 6:30 p.m. Friday Night Dance Party Jillian	Friday Night Dance Party A great way to start your weekend! Nonmembers welcome! Childcare available! Guest Instructors!	
7:00 - 8:00 p.m. GROUP POWER	<i>Notice: Monday Group Power moves to 5:45 in March</i>	7:00 - 8:00 p.m. GROUP POWER	<i>Notice: Wednesday Group Power moves to 5:45 in April</i>			

GROUP CYCLING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 - 6:45 a.m. Tempo+ David	6:00 - 7:00 a.m. Tempo+ Mo	6:00 - 6:45 a.m. Tempo+ Amy			
	7:00 - 8:00 a.m.* LT Intervals Jed		7:00 - 8:00 a.m.* Tempo + Erin		7:15 - 8:15 a.m. Tempo + Erin	
9:30 - 10:30 a.m. Tempo + Eric	9:00 - 10:00 a.m. Tempo + Jeff	9:30 - 10:30 a.m. Tempo + Amy	9:00 - 10:00 a.m. Tempo + Allen	9:00 - 10:00 a.m.* LT Intervals Jeff	9:15 - 10:15 a.m. Tempo + Carol	8:30 - 10:00 a.m. Tempo + Michelle
12:15 - 1:00 p.m. Recovery + Erin	12:15 - 1:00 p.m. LT Intervals Allen	12:15 - 1:00 p.m. Tempo + Alex		12:15 - 1:00 p.m. Recovery+ Christiana		10:30 - 12:00 p.m. <i>Weather Workout</i> see dates below
5:45 - 6:45 p.m. Tempo David	5:45 - 6:45 p.m. LT Intervals Michelle		5:45 - 6:45 p.m. Tempo + Eric	*Weather Workout: When it's too cold to ride outside - workout will be announced the day before. Check the web site for updates.		

PILATES PLACE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8:00 - 9:00 a.m. Semi Private \$ Rachel		7:00 - 8:00 a.m. Semi Private \$ Rachel		
9:30 - 10:30 a.m. Advanced Mat Jane	9:00 - 10:00 a.m. Mat + Jane	9:00 - 10:00 a.m. Yogalates Jon	9:00 - 10:00 a.m. Mat Jane	9:00 - 10:00 a.m. Yogalates Jon	9:00 - 10:00 a.m. Mat Nikki	
10:45 - 12:00 a.m. Beg. Reformer \$ Jane				10:45 - 12:00 a.m. Int. Reformer \$ Jane	10:00 - 11:00 a.m. Reformer \$ Nikki	
12:00 - 1:00 p.m. Mat + Jordan	12:00 - 1:00 p.m. Semi Private \$ Jordan	12:00 - 1:00 p.m. Semi Private \$ Jordan		12:00 - 1:00 p.m. Mat w/Props Jordan	WINTER INTO SPRING	
1:00 - 2:00 p.m. Semi Private \$ Jordan						
5:15 - 6:00 p.m. Power Mat Rachel	6:00 - 7:00 p.m. Mat Rachel	5:15 - 6:15 p.m. Mat w/Props Jordan				



YOGA						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 - 7:00 a.m. Yoga 4 Athletes 1-2 Jordan			6:00 - 7:00 a.m. Yoga 4 Athletes 1-2 Jordan		
	7:15 - 8:45 a.m. Kundalini Yoga 1-3 Karuna		7:15 - 8:45 a.m. Kundalini Yoga 1-3 Karuna			
9:00 - 10:30 a.m. Kundalini Yoga 1-3 Karuna	9:00 - 10:25 a.m. Anusara 1-2 Cindy	9:00 - 10:25 a.m. Flow Yoga 1-3 Bill	9:00 - 10:25 a.m. Anusara 2-3 Cindy	9:00 - 10:15 a.m. Anusara Basics 1-2 Cindy	9:00 - 10:30 a.m. Anusara Inspired 1-2 Kirsten	9:00 - 10:30 a.m. Vinyasa Flow 1-3 Deborah
10:45 - 11:15 a.m. Kids Yoga Gina (preschool room)			10:35 - 11:00 a.m. Kids Yoga Karen	10:30 - 11:00 a.m. Kids Dance!		10:00 - 10:30 a.m. Kids Yoga Melissa (preschool room)
10:40 - 11:40 a.m. Yin Yoga 1-3 Karen	10:45 - 11:45 a.m. Yoga Sculpt 1-3 Derise	10:35 - 11:35 a.m. Yin Yoga 1-3 Trista			11:00 - 12:00 p.m. One Hour Yoga 1-3 Diane	10:45 - 11:45 a.m. Yoga Basics 1-2 Deborah
12:00 - 1:00 p.m. Hatha Yoga 1-2 Jon	12:00 - 1:00 p.m. One Hour Yoga 1-3 Martha	12:00 - 1:00 p.m. Hatha Yoga 1-2 Jon	12:00 - 1:00 p.m. One Hour Yoga 1-2 Martha	12:00 - 1:00 p.m. Yin Yoga 1-3 Karen		12:30 - 1:45 p.m. Flow Yoga 2-3 Julie
4:00 - 5:00 p.m. One Hour Yoga 1-3 Martha	4:00 - 5:25 p.m. Flow Yoga 1-3 Bill		4:00 - 5:00 p.m. One Hour Yoga 1-3 Sheila	4:00 - 5:00 p.m. Vinyasa Flow 1-3 Karen (warm room)	Saturday YOGA Workshops See the 'Yoga' section of our web site for info!	4:00 - 5:30 p.m. Restorative Yoga 1-3 Pamela
5:30 - 6:45 p.m. 26 Poses 1-3 Mercury	5:30 - 6:45 p.m. Vinyasa Flow 1-3 Julie	5:30 - 7:00 p.m. Kundalini Yoga 1-3 Karuna	5:30 - 7:00 p.m. Flow Yoga 1-3 Deborah	5:30 - 7:00 p.m. Kundalini Yoga 1-3 Karuna		
		7:15 - 8:15 p.m. Yoga Basics 1-2 Jaimie		MONTHLY YOGA WORKSHOPS: Check the web site for schedule. CLASS LEVELS: 1 = Beginner, 2 = Intermediate, 3 = Advanced, 1-3 = all levels welcome		

INDOOR LAP POOL						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			6:30 - 7:30 a.m. Women's Tri Eney 1-3		9:30 - 10:30 a.m. Swim Lessons	8:00 - 10:00 a.m. Adult Swim
1:00 - 2:30 p.m. Adult Swim	1:00 - 2:30 p.m. Adult Swim	1:00 - 2:30 p.m. Adult Swim	1:00 - 2:30 p.m. Adult Swim	1:00 - 2:30 p.m. Adult Swim	Adult Swim: no children allowed in the pool or hot tub	
Lap Swimmers - no lanes are available Mon thru Thu from 4:00 - 5:00 p.m.					Lap Swimmers Mon-Thu 4-5pm - NO LANES Mon-Thu 5-6p.m. - 2 LANES OPEN Friday 4-6p.m. - 2 LANES OPEN	
4:00 - 5:00 p.m. Swim Lessons/RACE no lanes available	4:00 - 5:00 p.m. Swim Lessons no lanes available	4:00 - 5:00 p.m. Swim Lessons no lanes available	4:00 - 5:00 p.m. Swim Lessons no lanes available	4:00 - 6:00 p.m. RACE 2 lanes		
5:00 - 6:00 p.m. RACE 2 lanes	5:00 - 6:00 p.m. RACE 2 lanes	5:00 - 6:00 p.m. RACE 2 lanes	5:00 - 6:00 p.m. RACE 2 lanes		6:00 - 8:00 p.m. Adult Swim	6:00 - 8:00 p.m. Adult Swim

OUTDOOR LAP POOL						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 - 6:30 a.m. RACE		5:00 - 6:30 a.m. RACE	5:00 - 6:30 a.m. RACE		6:00 - 8:00 a.m. RACE	
6:30 - 8:00 a.m. Masters Allen 2-3		6:30 - 8:00 a.m. Masters Rob 2-3		6:30 - 8:00 a.m. Masters Jonathan 2-3	8:00 - 9:30 a.m. Masters Rob 1-3	8:30 - 10:00 a.m. Masters Allen 1-3
		8:00 - 9:00 a.m. Race Tri Grant (2 lanes)		8:00 - 9:00 a.m. Race Tri Grant (2 lanes)		
9:30 - 10:30 a.m. Water Running Julia		9:30 - 10:30 a.m. Hydrofit Eney	9:30 - 10:30 a.m. Water Running Vickie	9:30 - 10:30 a.m. Water Running Vickie		
	11:15 - 12:00 a.m. Adult Swimming & Stroke Development Robin 1-2		11:15 - 12:00 a.m. Adult Swimming & Stroke Development Robin 1-2			
12:00 - 1:15 p.m. Masters Grant 2-3	12:00 - 1:00 p.m. Intro to Masters Jonathan 1-3	12:00 - 1:15 p.m. Masters Rob 2-3	12:00 - 1:00 p.m. Intro to Masters Grant 1-3	12:00 - 1:15 p.m. Masters / Tri Swim Luis 2-3		
4:00 - 6:00 p.m. RACE Sr.	4:00 - 5:30 p.m. RACE Sr.	4:00 - 6:00 p.m. RACE Sr.	4:00 - 5:30 p.m. RACE Sr.	4:00 - 6:00 p.m. RACE Sr.		
6:00 - 7:30 p.m. RACE Jr.	5:30 - 6:30 p.m. RACE Jr.	6:00 - 7:30 p.m. RACE Jr.	5:30 - 6:30 p.m. RACE Jr.	6:00 - 7:30 p.m. RACE Jr.		
	6:30 - 7:30 p.m. Masters Allen 1-3		6:30 - 7:30 p.m. Masters Allen 1-3	6:30 - 7:30 p.m. Fast Forward Sports		



WINTER INTO SPRING

Sign up online for 'Rally Connect' to receive schedule updates & changes