

Class Schedule

Summer 2010



Download a printable copy of this schedule at www.RallySportBoulder.com

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. Body Conditioning Suzanne	6:00 - 7:00 a.m. Step Burst Jillian	6:00 - 6:45 a.m. GROUP POWER		
7:05 - 8:05 a.m. Fusion Lisa	7:30 - 8:30 a.m. Cardio Intervals & Sculpt Sonia	7:05 - 8:05 a.m. Fusion Lisa	7:30 - 8:30 a.m. Muscle Sculpt Sonia	7:50 - 8:50 a.m. Athletes Edge Vicki		
9:00 - 10:15 a.m. Cardio Step Jillian	9:00 - 10:15 a.m. NIA Marcie	9:00 - 10:00 a.m. Cardio Step Jillian	9:00 - 10:15 a.m. NIA Kendra	9:00 - 10:00 a.m. Cardio Fusion Lisa	8:30 - 9:45 a.m. Step Fusion Lisa	8:30 - 10:00 a.m. Cardio Challenge Jillian
10:20 - 11:20 a.m. Soul Sweat Chantal	10:20 - 11:20 a.m. Fitlates Amie	10:15 - 11:15 a.m. NIA Kendra	10:20 - 11:20 a.m. Fitlates Amie	10:15 - 11:15 a.m. NIA Kendra	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	11:30 - 12:30 p.m. GROUP POWER	11:30 - 12:30 p.m. Cardio Sculpt Jillian	11:30 - 12:30 p.m. GROUP POWER	11:30 - 12:30 p.m. Cardio Sculpt Jillian	11:15 - 12:35 p.m. NIA Kendra	11:45 - 12:45 p.m. NIA
12:45 - 1:45 p.m. Kick Box Training Ignacio		12:45 - 1:45 p.m. Kick Box Training Ignacio	12:35 - 1:05 p.m. Awesome Abs Cydny			
4:30 - 5:30 p.m. Strength Rhonda	4:30 - 5:30 p.m. Fit Kids (7-13)	4:30 - 5:30 p.m. Strength Rhonda	4:30 - 5:30 p.m. Fit Kids (7-13)			
5:45 - 6:15 p.m. Awesome Abs Cydny	5:45 - 6:45 p.m. GROUP POWER		5:45 - 6:45 p.m. Zumba Maria (Thru 8/15)			
5:45 - 6:45 p.m. <i>Winter Sport Cond't</i> (October - March)		5:45 - 6:45 p.m. <i>Winter Sport Cond't</i> (October - March)				
6:50 - 8:20 p.m. Taekwon Do (basketball court)		6:50 - 8:20 p.m. Taekwon Do (basketball court)				

GROUP CYCLING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 - 6:45 a.m. Time Trial David	5:45 - 6:45 a.m.* Weekly Progression Mo (October - March)	6:00 - 6:45 a.m. Hill Climb Erin/David			
	7:00 - 8:00 a.m.* LT Intervals Jed		7:00 - 8:00 a.m.* Tempo + Erin	7:00 - 7:50 a.m. LT Intervals Rife	7:15 - 8:30 a.m. Tempo + Nathan	
9:00 - 10:00 a.m. Tempo + Eric	9:00 - 10:00 a.m. Tempo + Nate	9:00 - 10:00 a.m. Tempo + Rife	9:00 - 10:00 a.m. Tempo + Allen	9:00 - 10:00 a.m.* LT Intervals Jeff	8:45 - 9:45 a.m. Tempo + Carol	8:30 - 10:00 a.m. Tempo + Lorna
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. LT Intervals Christiana		10:30 - 12:00 p.m. Weather Workout (October - March)
5:45 - 6:45 p.m. Tempo + Amy	5:45 - 6:45 p.m. LT Intervals Nate (October - March)		5:45 - 6:45 p.m. Tempo + Nathan (Oct - March)			

OUTDOOR LAP POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 - 6:30 a.m. RACE Sr.		5:00 - 6:30 a.m. RACE Sr.	5:00 - 6:30 a.m. RACE Sr.	5:00 - 6:30 a.m. RACE Sr.	5:00 - 8:00 a.m. RACE Sr.	
6:30 - 8:00 a.m. Masters Lance		6:30 - 8:00 a.m. Masters Lance		6:30 - 8:00 a.m. Masters Jonathan	8:00 - 9:30 a.m. Masters	8:30 - 10:00 a.m. Masters Matt
8:00-10:00 a.m. RACE all lanes	8:00-10:00 a.m. RACE all lanes	8:00-10:00 a.m. RACE all lanes	8:00-10:00 a.m. RACE all lanes	8:00-10:00 a.m. RACE all lanes	OUTDOOR CYCLING Grab your bike and join us outdoors for these structured weekly training rides! Wednesday Ride 9:30 a.m.- with Amie & Ingrid, Difficulty B Thursday Lunchtime Ride 12:15 p.m. All levels Friday Hill Climb 12:15 p.m. with Rife, Difficulty B Friday Night Happy Hour Ride 1st Friday of every month All levels - see the web site for details Saturday Morning Ride 3rd Saturday of each month Difficulty B - see the web site for details	
10:00 - 11:00 a.m. Water Running Julia		10:00 - 11:00 a.m. Hydrofit Eney	10:00 - 11:00 a.m. Water Running Vickie	10:00 - 11:00 a.m. Water Running Vickie		
	11:15 - 12:00 a.m. Adult Swimming & Stroke Development Robin		11:15 - 12:00 a.m. Adult Swimming & Stroke Development Robin			
12:00 - 1:15 p.m. Masters Grant	12:00 - 1:00 p.m. Intro to Masters Jonathan/Jorge	12:00 - 1:15 p.m. Masters Lance	12:00 - 1:00 p.m. Intro to Masters Grant	12:00 - 1:15 p.m. Masters / Tri Swim Luis		
	1:00 - 2:00 p.m. Masters for Triathletes Luis					
3:30 - 5:30 p.m. RACE Sr.	3:30 - 5:00 p.m. RACE Sr.	3:30 - 5:30 p.m. RACE Sr.	3:30 - 5:30 p.m. RACE Sr.	3:30 - 5:00 p.m. RACE		
5:30 - 7:00 p.m. RACE Jr.	5:30 - 6:30 p.m. RACE Jr.	5:30 - 7:00 p.m. RACE Jr.	5:30 - 6:30 p.m. RACE Jr.	5:30 - 6:30 p.m. RACE		
	6:30 - 7:30 p.m. Masters		6:30 - 7:30 p.m. Masters	6:30 - 7:30 p.m. Fast Forward Sports		

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MIND/BODY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00 a.m. Vinyasa Flow 1-3 Derise	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 - 8:15 a.m. Vinyasa Flow 1-3 Deborah	7:15 - 8:45 a.m. Kundalini Yoga 1-3 Caroline Ashley	7:00 - 8:25 a.m. Vinyasa Flow 1-3 Deborah			7:30 - 8:30 a.m. Vinyasa Flow 1-3 Sandi	
9:00 - 10:30 a.m. Kundalini Yoga 1-3 Caroline Ashley	9:00 - 10:25 a.m. Anusara 1-2 Cindy	9:00 - 10:15 a.m. Flow Yoga 1-3 Martha	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 1-2 Sue / Cindy	9:00 - 10:00 a.m. Yoga Basics 1-2 Deborah
10:45 - 11:15 a.m. Kids Yoga Sandi		10:30 - 11:30 a.m. Yin Yoga 1-3 Trista	10:35 - 11:00 a.m. Kids Yoga Sandi	10:30 - 11:00 a.m. Kids Dance!		10:00 - 10:30 a.m. Kids Yoga Darcy (preschool room)
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	11:30 - 1:00 p.m. Restorative Yoga 1-2 Pamela	11:00 - 12:00 p.m. One Hour Yoga 1-3 Diane	10:05 - 11:30 a.m. Vinyasa Flow Deborah
						12:30 - 1:45 p.m. Flow Yoga 2-3 Melissa
					YOGA 101 3:00 - 4:30 p.m. First Sat of ea. month	
4:30 - 5:30 p.m. One Hour Yoga 1-3 Diane	4:45 - 6:00 p.m. Anusara 2 Sue	4:15 - 5:15 p.m. Vinyasa Flow 1-3 Valerie	4:30 - 5:30 p.m. One Hour Yoga (October - March)	4:00 - 5:00 p.m. Vinyasa Flow 1-3 Karen (warm room)		4:30 - 6:00 p.m. Gentle Yoga 1-3 Pamela
		5:30 - 7:00 p.m. Kundalini Yoga 1-3 Caroline Ashley		5:15 - 6:45 p.m. Kundalini Yoga 1-3 Caroline A.		
6:00 - 7:15 p.m. 26 Poses 1-3 Mercury	6:15 - 7:45 p.m. Flow Yoga 1-3 Lynne		6:15 - 7:45 p.m. Flow Yoga 1-3 Sue	MONTHLY YOGA WORKSHOPS: Check the web site for schedule.		
		7:10 - 8:10 p.m. Yoga Basics 1-2 Sandi		CLASS LEVELS: 1 = Beginner, 2 = Intermediate, 3 = Advanced, 1-3 = all levels welcome		

PILATES PLACE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8:00 - 9:00 a.m. Semi Private \$ Rachel				
	9:00 - 10:00 a.m. Mat + Jane	9:00 - 10:00 a.m. Mat Jon	9:00 - 9:45 a.m. Mat Jenny	9:00 - 10:00 a.m. Mat + Jon	10:15 - 11:15 a.m. Mat	10:15 - 11:15 a.m. Reformer \$
11:00 - 12:00 p.m. Reformer \$ Amie				11:00 - 12:00 p.m. Reformer \$ Jane		
12:00 - 1:00 p.m. Mat + Amie	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		
1:00 - 2:00 p.m. Semi Private \$ Jordan						
5:15 - 6:00 p.m. Power Mat Rachel		5:15 - 6:15 p.m. Mat w/Props Jordan				
6:00 - 7:00 p.m. Semi Private \$ Jordan	6:00 - 7:00 p.m. Mat Rachel		6:00 - 7:00 p.m. Reformer \$ Rachel			

INDOOR LAP POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			6:30 - 7:30 a.m. Women's Tri Eney		9:30 - 10:30 a.m. Swim Lessons & Stroke School (2 lanes available)	8:00 - 10:00 a.m. Adult Swim
	9:00 - 10:30 a.m. Swim Lessons all lanes		9:00 - 10:30 a.m. Swim Lessons all lanes			
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	
4:00 - 5:25 p.m. Swim Lessons (2 lanes available)		4:00 - 5:25 p.m. Swim Lessons (2 lanes available)		4:00 - 5:30 p.m. Clinics & Make-ups (2 lanes available)	Lap Swimmers: please note that 4:30 - 6:30 p.m. is peak usage time. All lanes may be full.	
5:30 - 7:00 p.m. RACE	5:30 - 7:00 p.m. RACE	5:30 - 7:00 p.m. RACE	5:30 - 7:00 p.m. RACE	5:30 - 7:00 p.m. RACE	6:00 - 8:00 p.m. Adult Swim	6:00 - 8:00 p.m. Adult Swim