

Winter Schedule

thru April 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. GROUP POWER	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	8:00 - 9:25 a.m. Step Fusion Lisa	8:30 - 10:00 a.m. Cardio Challenge Jillian
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	9:30 - 10:30 a.m. GROUP POWER	
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		
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	10:30 - 11:30 a.m. GROUP POWER
		12:45 - 1:45 p.m. Kick Box Training Ignacio	12:35 - 1:05 p.m. Everything Core Cydney			11:45 - 12:45 p.m. NIA
4:30 - 5:30 p.m. Strength Rhonda	4:30 - 5:30 p.m. SPARQ (7-13)	4:30 - 5:30 p.m. Strength Rhonda	4:30 - 5:30 p.m. SPARQ (7-13)	4:30 - 5:30 p.m. Kick Box Training		
5:45 - 6:45 p.m. CORE Plus Cydney	5:45 - 6:45 p.m. GROUP POWER	5:45 - 6:45 p.m. Winter Sport Cond't (thru March)	5:45 - 6:45 p.m. Soul Sweat Maria			
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 Moreno	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 + Jeff	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 Wesley		10:30 - 12:00 p.m. Weather Workout Instructor Varies
5:45 - 6:45 p.m. Tempo + Nathan	5:45 - 6:45 p.m. LT Intervals Nate		5:45 - 6:45 p.m. Tempo + Nathan		Weather workout will be announced on Friday's by 5:00 p.m. Check the web site to sign up	

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
9:30 - 10:30 a.m. Water Running Julia		9:30 - 10:30 a.m. Hydrofit Eney	10:00 - 11:00 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		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 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 <i>Derise</i>	6:00 - 7:00 a.m. Yoga 4 Athletes <i>1-2 Jordan</i>			6:00 - 7:00 a.m. Yoga 4 Athletes <i>1-2 Jordan</i>		
7:15 - 8:15 a.m. Vinyasa Flow <i>Deborah</i>		7:00 - 8:25 a.m. Vinyasa Flow <i>Deborah</i>			7:30 - 8:30 a.m. Yoga for Athletes <i>1-3 Sandi</i>	
9:00 - 10:30 a.m. Kundalini Yoga <i>Caroline Ashley</i>	9:00 - 10:25 a.m. Anusara <i>1-2 Cindy</i>	9:00 - 10:15 a.m. Flow Yoga <i>Martha</i>	9:00 - 10:25 a.m. Anusara <i>2-3 Cindy</i>	9:00 - 10:15 a.m. Anusara Basics <i>1-2 Cindy</i>	9:00 - 10:30 a.m. Anusara <i>2 Sue / Cindy</i>	9:00 - 10:00 a.m. Yoga Basics <i>1-2 Deborah</i>
10:40 - 11:10 a.m. Kids Yoga <i>Sandi</i>		10:30 - 11:30 a.m. Yin Yoga <i>1-3 Trista</i>	10:35 - 11:15 a.m. Kids Dance!	10:30 - 11:00 a.m. Kids Dance!		10:00 - 10:30 a.m. Kids Yoga <i>Darcy</i> <i>(preschool room)</i>
12:00 - 1:00 p.m. Hatha Yoga <i>1-2 Jon</i>	12:00 - 1:00 p.m. One Hour Yoga <i>1-3 Martha</i>	12:00 - 1:00 p.m. Hatha Yoga <i>1-2 Jon</i>	12:00 - 1:00 p.m. One Hour Yoga <i>1-2 Martha</i>	11:15 - 12:45 p.m. Restorative Yoga <i>1-2 Pamela</i>	11:00 - 12:00 p.m. One Hour Yoga <i>1-3 Diane</i>	10:05 - 11:30 a.m. Vinyasa Flow <i>Deborah</i>
						12:30 - 1:45 p.m. Flow Yoga <i>1-3 Julie</i>
					YOGA 101 3:00 - 4:30 p.m. <i>First Sat of ea. month</i>	
4:30 - 5:30 p.m. One Hour Yoga <i>1-3 Diane</i>	4:45 - 6:00 p.m. Anusara <i>2 Sue</i>	4:15 - 5:15 p.m. Vinyasa Flow <i>Kit</i>	4:30 - 5:30 p.m. One Hour Yoga <i>1-2 Ashley</i>	4:00 - 5:00 p.m. Vinyasa Flow <i>1-3 Karen (warm room)</i>		4:30 - 6:00 p.m. Gentle Yoga
		5:30 - 7:00 p.m. Kundalini Yoga <i>Caroline Ashley</i>		5:15 - 6:45 p.m. Kundalini Yoga <i>Caroline A.</i>		
6:00 - 7:15 p.m. 26 Poses <i>Mercury</i>	6:15 - 7:45 p.m. Flow Yoga <i>Lynne</i>		6:15 - 7:45 p.m. Flow Yoga <i>Sue</i>	SUNRISE YOGA: Take 3 "Sunrise Yoga" (in blue) classes and earn 1 Free Pilates Reformer coupon, plus get entered in a drawing to win other great stuff! Get your punch card at the front desk to participate.		
		7:10 - 8:10 p.m. Yoga Basics <i>1-2 Sandi</i>		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 \$ <i>Rachel</i>				
	9:00 - 10:00 a.m. Mat + <i>Jane</i>	9:00 - 10:00 a.m. Mat <i>Jon</i>	9:00 - 9:45 a.m. Mat <i>Jenny</i>	9:00 - 10:00 a.m. Mat + <i>Jon</i>	9:00 - 10:00 a.m. Mat	
11:00 - 12:00 p.m. Reformer \$ <i>Amie</i>				11:00 - 12:00 p.m. Reformer \$ <i>Jane</i>	10:00 - 11:00 a.m. Reformer \$	
12:00 - 1:00 p.m. Mat + <i>Amie</i>	12:00 - 1:00 p.m. Semi Private \$ <i>Jordan</i>	12:00 - 1:00 p.m. Semi Private \$ <i>Jordan</i>		12:00 - 1:00 p.m. Mat w/Props <i>Jordan</i>		
5:15 - 6:00 p.m. Power Mat <i>Rachel</i>		5:15 - 6:15 p.m. Mat w/Props <i>Jordan</i>				
6:00 - 7:00 p.m. Semi Private \$ <i>Jordan</i>	6:00 - 7:00 p.m. Mat <i>Rachel</i>		6:00 - 7:00 p.m. Reformer \$ <i>Rachel</i>			

INDOOR LAP POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			6:30 - 7:30 a.m. Women's Tri <i>Eney</i>		9:30 - 10:30 a.m. Swim Lessons & Stroke School <i>(no lanes available)</i>	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: please note that 4:30 - 6:30 p.m. is peak usage time. All lanes may be full.	
4:00 - 5:00 p.m. Swim Lessons & Stroke School	4:00 - 5:00 p.m. Swim Lessons & Stroke School	4:00 - 5:00 p.m. Swim Lessons & Stroke School	4:00 - 5:00 p.m. Swim Lessons & Stroke School			
5:00 - 5:30 p.m. Stroke School	5:00 - 5:30 p.m. Stroke School	5:00 - 5:30 p.m. Stroke School	5:00 - 5:30 p.m. Stroke School			
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