

# Strata Fit GroupEx Schedule

## MAY 2023

HOURS OF OPERATION: 5 AM - 10 PM DAILY

GARDEN OF THE GODS  
RESORT • WELLNESS • CLUB

strata

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	<b>CYCLE &amp; STRENGTH</b> Bev		<b>SPIN</b> Flip		<b>SPIN</b> Celine		
8:00 AM	<b>STRENGTH</b> Ellen	<b>20/20</b> Debra	<b>PILATES</b> Debra	<b>ONE MORE REP</b> Debra	<b>DECADES BOOTCAMP</b> Flip	<b>TRX</b> Shahid/Amy	
9:00 AM	<b>GENTLE STRENGTH &amp; BALANCE</b> Ellen	<b>NIA</b> Jane	<b>BARRE</b> Debra	<b>NIA</b> Jane	<b>NIA</b> Jane	<b>INDOOR CYCLING</b> Rodney	<b>YOGA</b> Ellen
10:00 AM	<b>QIGONG</b> Rodney	<b>YOGA</b> Rodney	<b>TRX ESSENTIALS</b> Carissa	<b>MOVING TO THRIVE</b> Jane	<b>PILATES &amp; MORE</b> Bev	<b>SIDDHA YOGA</b> Rodney	<b>AGING BACKWARDS</b> Karen
11:00 AM	<b>ESSENTRICS</b> Karen <b>SPLASHERCIZE</b> (Starts May 24th) Emily	<b>GOLDEN TENNIS</b> Emily	<b>BALANCE &amp; FLEXIBILITY</b> Carissa <b>SPLASHERCIZE</b> (Starts May 24th) Debra	<b>VINYASA YOGA</b> Rodney	<b>ESSENTRICS</b> Karen <b>SPLASHERCIZE</b> (Starts May 24th) Bev	<b>STRENGTH &amp; CARDIO</b> Bev	
5:00 PM	<b>RAISE THE BAR</b> Celine	<b>INDOOR CYCLING</b> Rodney	<b>TRX</b> Carissa	<b>CORE ON THE FLOOR</b> (30 mins) Celine			

All GroupEx Fitness Classes are 45 minutes unless otherwise noted. Class will be cancelled if there are no participants 10 minutes after the start of the class. To access Strata Fit virtually via Zoom, please [click here](#).

Please contact Strata Fit to schedule Personal Training Sessions, Private Group Classes, or Private Reformer Training.

Strata Fit at Garden of the Gods Resort and Club | Direct: 719.329.4009 | Email: [fitness@gardenofthegodsresort.com](mailto:fitness@gardenofthegodsresort.com)

# Strata Fit Class Descriptions

**20/20:** A 45-minute challenging mix of intense, dynamic core-stabilizing exercises and cardiovascular endurance to get the blood flowing and heart rate elevated.

**Aging Backwards:** These Essentrics-based workouts draw on the flowing movements of tai chi which create health and balance, the strengthening theories of ballet which create long, lean, flexible muscles, and the healing of physiotherapy the create a pain-free body!

**Balance & Flexibility:** We'll focus on stretching, hip stability and range of motion with occasional foam rolling.

**Barre:** This class incorporates moves from ballet, Pilates, dance, yoga, and body weight strength training set to upbeat music.

**Core On the Floor (30 min):** A core workout like never you have never experienced, this class strengthens your core based on lever ratios. All levels welcome.

**Cycle and Strength:** Bring your cycle workout indoors for climbs, sprints, jumps, and much more. This workout is choreographed to fun and energetic music.

**Decades Bootcamp:** The decades bootcamp workout is a high intensity training class that includes functional fitness, such as using whole body, multi-joint exercises that simulate movements we do in life. While jamming out to tunes throughout the decades!

**Essentrics:** Essentrics dynamically combines strengthening and stretching to develop a strong, toned body with the complete ability of moving each joint and muscle freely and with full range of motion. Perfect for injury prevention, pain relief, stress release and promoting healing.

**Gentle Stretch and Balance:** The class focuses on enhancing joint mobility, stretching, strengthening, and balance.

**Golden Tennies:** A twist on 'Silver Sneakers', this class is geared towards people 65 & over; and will include movements and exercises that will help you improve your balance, gain strength by increasing lean body tissue (muscle), and remind you that "motion is lotion." The goal? To help you stay strong in body, mind, and spirit. Regular physical activity keeps your heart, brain, bones, muscles and joints healthy. If you have chronic conditions such as arthritis, diabetes, or osteoporosis, safe exercise can help you feel better. Plus, staying social is vital to good health.

**Moving to Thrive:** Inspired by dance, martial and healing arts, energized by the healing power of music, this class is for anyone seeking ways to feel better while living with long or short-term illness, injury, stress, or conditions that present movement challenges.

**NIA:** Nia Technique: A Movement Art. Mindful movement to a variety of soul-stirring music that delivers full body conditioning leaving you physically energized, mentally clear, emotionally balanced and joyful in spirit. A powerful fusion of dance, martial arts and mindful practices, Nia inspires and guides participants to honor the body's wisdom and adapt to personal needs for sustainable, effective, functional movement. Some Benefits: increased strength, flexibility, agility, mobility and balance, better sleep, transferable skills to many activities, lower stress and anxiety, deeper mind/body/well-being connection for healthy, mindful, meaningful living. It's FUN! Nia Technique is taught in 46 countries - in wellness centers, hospitals, trauma recovery, sport and arts programs, and universities.

**One More Rep:** This fast-paced total body circuit class is a blend of HIIT training in a bootcamp style. It will build cardiovascular fitness while improving muscular strength and endurance. Participants are challenged to push to their limits and walk out feeling strong.

**Push, Pull & Pedal:** This cycling class focuses on strengthening your body through isometrics.

**Pilates:** Improve your posture and develop core control, which is the ability to move effectively and efficiently by using the body's core. Pilates-evolved exercises coordinate breathing with co-contractions of the deep abdominal, pelvic floor, and spinal muscles.

**Pilates & Core:** This class will include traditional Pilates exercises while adding functional training core work and total body combination exercises. We'll mix it up each week!

**Qi Gong:** "Chi Kung is also known as "Energy Exercise" The practice of Chi Kung is done in place and relates more toward internal energy and health. All movements are preformed slowly with an emphasis on deep breathing techniques. The history of this art goes back almost 3,000 years.

**Raise the Bar:** Utilizing multi-joint movement patterns and a body bar, this high intensity workout will be sure to have you sweating.

**Siddha Yoga:** These postures train your body in such a way that you will feel calm and relaxed. It will help free you from tensions and release negative energies if they exist.

**Spin:** Bring your cycle workout indoors for climbs, sprints, jumps, and much more. This workout is choreographed to fun and energetic music.

**Splashercise:** This low/moderate impact class is performed in the shallow or deep end. Your choice. It is designed to improve joint stability, coordination, heart health, and strength, using water dumbbells.

**Strength/Cardio:** Different each week but always demanding and energizing, this multi-station class focuses on cardio, strength and agility in a fast-paced, fun setting.

**Strength:** A fast moving class, that starts with an aerobic warm up and keeps your heart rate up throughout class. Various props are used as well as body weight exercises to strengthen upper and lower body and core.

**TRX:** Using the TRX Suspension Trainer, this energetic class leverages gravity and your body weight to complete a wide array of exercises for core upper body and lower body.

**TRX Essentials:** This is a great place to get started on the TRX, or further refine your technique. We'll focus on perfecting form and developing slow, controlled movements. Expect a great full body workout where you'll build a solid foundation of good movement and form for other TRX classes.

**Vinyasa Yoga:** A vigorous practice that includes fluid transitions from pose to pose, linking body, breath, and movement. Expect to explore forward folds, gentle backbends, spinal twists, and low impact strengthening in this class.

**Yoga:** This class emphasizes the basics of body alignment for any level of yoga practice. An excellent class for beginners through mid-level who are active and without major physical limitations. Develop stamina, strength, and flexibility, safely and effectively, in this