

# Strata Fit GroupEx Schedule

## MAY 2025

HOURS OF  
OPERATION: 5 AM - 10 PM  
DAILY

GARDEN OF THE GODS  
RESORT • WELLNESS • CLUB

strata

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>YOGA</b> 9:00 AM Ellen Bev 5/4	<b>CYCLE &amp; STRENGTH</b> 6:00 AM Bev  <b>PILATES &amp; MORE</b> 7:00 AM Bev  <b>MUSCLE MADNESS</b> 8:00 AM Ellen   Bev 5/5  <b>GENTLE STRETCH &amp; BALANCE</b> 9:00 AM Ellen   Bev 5/5  <b>TRX*</b> 10:00 AM Shahid  <b>AGILITY, BALANCE &amp; COORDINATION</b> 11:00 AM Jen  <b>CYCLING</b> 12:00 PM Joe  <b>BUTI MVMNT*</b> 2:00 PM Rachael  <b>RAISE THE BAR</b> 5:00 PM Bev  <b>PILATES &amp; MORE</b> 6:00 PM Fernanda   Bev 5/26	<b>YOGA</b> 6:00 AM Flip  <b>AGILITY, BALANCE &amp; COORDINATION</b> 7:00 AM Jen  <b>ONE MORE REP</b> 8:00 AM Bev  <b>NIA</b> 9:00 AM Jane  <b>FIT FOR LIFE</b> 10:00 AM Bev  <b>MOBILITY</b> 11:00 AM Jen  <b>YIN</b> 12:00 PM (60 mins) Rachael *NO CLASS 5/6  <b>LINE DANCING*</b> 5:00 PM Amy *NO CLASS 5/13 & 5/20	<b>VINYASA FLOW*</b> 6:00 AM (60 mins) Rachael *NO CLASS 5/7  <b>DECADES BOOTCAMP</b> 8:00 AM Flip  <b>CYCLING*</b> 9:00 AM Davin   Jen 5/28  <b>TRX</b> 10:00 AM Jen  <b>YIN</b> 11:00 AM (60 mins) Rachael *NO CLASS 5/7  <b>YOGA NIDRA</b> 12:00 PM Rachael *NO CLASS 5/7  <b>TRX</b> 5:00 PM Jen  <b>CYCLING</b> 6:00 PM Jen	<b>YOGA SCULPT</b> 8:00 AM Bev  <b>NIA</b> 9:00 AM Jane  <b>MOVING TO THRIVE</b> 10:00 AM Jane  <b>DANCE FIT</b> 11:00 AM Fernanda *NO CLASS 5/22 & 5/29  <b>MYOYIN</b> 12:00 PM (60 mins) Rachael *NO CLASS 5/8  <b>STRENGTH &amp; CARDIO BOOTCAMP</b> 5:00 PM Jen  <b>MOBILITY</b> 6:00 PM Jen	<b>CYCLING</b> 6:00 AM Flip  <b>YIN</b> 7:00 AM Flip *NO CLASS 5/2 & 5/23  <b>MUSCLE MADNESS</b> 8:00 AM Bev  <b>NIA</b> 9:00 AM Jane  <b>PILATES &amp; MORE</b> 10:00 AM Bev  <b>BUTI MVMNT</b> 11:00 AM Rachael *NO CLASS 5/9  <b>DANCE FIT</b> 12:00 PM Fernanda *NO CLASS 5/2, 5/23 & 5/30	<b>TRX</b> 8:00 AM Amy 5/10, 5/17, 5/31 Bev 5/3, 5/24  <b>CYCLING</b> 9:00 AM Davin *Davin-Guided Road Bike Tour 5/17 Amy 5/17 Shahid 5/24, 5/31  <b>YOGA</b> 10:00 AM Erika  <b>STRENGTH &amp; CARDIO CIRCUIT</b> 11:00 AM (60 mins) Jen

All GroupEx Fitness Classes are 45 minutes unless otherwise noted. Class will be canceled 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

**Agility, Balance and Coordination:** Featuring agility ladders, 1-leg balance exercises, Bosu equipment, eye-hand-foot coordination movements, this class will keep your brain/body connection active.

**BUTI MVMNT:** A combination of dynamic movement, HIIT, primal flow, with a skeleton of yoga. This practice involves high energy, constant movement, somatic shaking/movement as well. This is a music-based practice with very rhythmic and loud beats etc. great for throat chakra activation and healing trauma. This is a fun high paced loud class. Come with water and an open mind to move the body in new ways!

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

**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!

**Dance Fit:** This class combines fun, upbeat music with dynamic, easy-to-follow choreography to help you build strength, improve endurance, and boost your cardiovascular health. The positive, supportive atmosphere will keep you coming back for more. No dance experience is required, just bring your energy and a big smile! Whether you're looking to get fit, have fun, or simply unwind after a long day, this class is perfect for you!"

**Fit for Life:** This class is designed to improve strength, aerobic capacity, coordination, and balance! It's structures for adults who wish to improve their quality of life for the long-haul. The goal is to help you stay strong in mind, body, and spirit. Chronic conditions such as arthritis, osteoporosis and hypertension can all improve with these activities.

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

**Mobility:** This class focuses on pain-free range of motion, stretching, lengthening and strengthening

**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.

**Muscle Madness:** This fast-paced, no-rest strength class uses various props and body weight exercises to strengthen upper body, lower body, and core.

**MYOYIN:** A practice that joins Myofascial Release & Yin Yoga with the utilization of tennis balls to open the deep tissue in the fascia. It's a great class for people who need a release!

**Line Dancing:** Come join us for our weekly Line Dancing Fitness class, designed for all fitness levels! This fun and engaging workout combines lively dance routines with great music. No dance experience is required, just embrace the rhythm and have a great time! Enjoy a supportive atmosphere as you improve your coordination and get a fantastic cardiovascular workout.

**NIA:** Nia Technique: 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. Benefits include increased strength, flexibility, and agility, just to name a few.

**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.

**Pilates and More:** 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!

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

**Strength and Cardio Bootcamp:** Weights, bands and non-stop exercises, combined with muscle-burning movements and a proper warm up and cool down.

**Strength and Cardio Circuit:** This multi-station circuit class focuses on total body movements in a fun environment. Expect balance, light cardio and resistance training all-in-one!

**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 Cardio:** Bodyweight resistance training blends with high intensity intervals for a full-body, fat-burning, choreographed workout.

**Yin:** This is a gentle and relaxing all-level yoga class that works deeply into the connective tissues and joints of the hips, pelvis, and lower spine and is suitable to all levels of students through extended holds of postures.

**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 full-spectrum class.

**Yoga Nidra:** Guided meditation using the 5 senses and visualization techniques. Originally designed for war veterans to treat PTSD, now used for sleep apnea, anxiety, depression, grief support/therapy, as well as addiction recovery. A great way to reboot your nervous system and reset the body.

**Yoga Sculpt:** This intense class combines hand weights with traditional asanas for a challenging workout. It is an excellent blend of balance, resistance and endurance that teaches constant body and breath awareness.