

CASTLE PINES VILLAGE™

Village Lake Fitness Center
303-663-5990

Class Schedule

Monday	9:15 a.m. – 10:30 a.m.	Body Sculpt (Cindy)
Tuesday	8:30 a.m. – 10:00 a.m.	Flow Yoga (Denice)
	10:00 a.m. – 11:30 a.m.	Yoga for over 60
Wednesday	9:15 a.m. – 10:30 a.m.	Body Sculpt (Cindy)
Thursday	8:30 a.m. – 9:45 a.m.	Power Yoga (Linda)
Friday	9:15 a.m. – 10:45 a.m.	Body Sculpt (Cindy)
Saturday	9:15 a.m. – 10:45 a.m.	Flow Yoga (Denice)
Sunday	No Scheduled Class	

Class Fee: \$10 per Yoga; \$8 per class Body Sculpt

*Fees are payable to the Instructor. Please contact the instructors directly for payment information.

Body Sculpt: Total body training and conditioning utilizing light hand weights, bands and fit ball. Emphasis on muscle conditioning and core strength. Instructor: Cindy

Hatha Yoga: The balancing of oppositions if the focus of this form of yoga. This slower-paced class focuses on flexibility and strength while moving smoothly through poses. Instructor: Denice Block.

Power Yoga: Power yoga is a form of Ashtanga (or flowing) Yoga that emphasizes strength and cardiovascular fitness. It is favored by athletes who want to bring their fitness to a whole new level. Power yoga is taught with modifications such that both beginning and advanced students can see overall health and body sculpting benefits. Instructor: Linda Lehrer

Yoga for Over 60 and Senior/Beginning Yoga: Gentle yoga designed to strengthen hips, increase balance and open chest. Standing poses use a chair to assist in balance and floor poses use gravity to help open the chest and stretch the back and shoulders. Instructors: Denice Block and Linda Lehrer.

To speak with or meet the instructor, visit the VLFC 15 minutes before scheduled class time.