



The Other Club Fitness Center

1227 Riverside Ave. Fort Collins, Co 80524
3rd building behind the Vineyard Church at the flagpole
theotherclubfitness.com 970-221-4348

Group Class Schedule

Monday

11:00 am – 12:15 pm	Yoga	Ken
4:30 pm – 5:30 pm	Pilates Plus	Nancy
5:45 pm – 6:45 pm	Your Health Matters Fitness	Nancy

Tuesday

7:00 am – 8:15 am	Yoga	Dana
-------------------	------	------

Wednesday

9:00 am – 10:00 am	Tai Chi	Min
4:30 pm – 5:30 pm	Body Roll Your Tissue Issues (1 st Wednesday of the month)	Nancy
6:00 pm – 7:30 pm	Tai Chi	John

Thursday

7:00 am – 8:15 am	Yoga	Dana
2:15 pm – 3:15 pm	Adult Off-Ice Conditioning	Nancy

Friday

9:00 am – 10:00 am	Tai Chi	Min
--------------------	---------	-----

Saturday

8:45 am – 9:45 am	Pilates Plus	Nancy
-------------------	--------------	-------

Pilates Plus: Experience Pilates based mat exercises, while you develop core, body and postural muscle strength and endurance using free weights, resistance bands, Bender Core Ball methods, and other apparatus. Increase muscle and joint mobility; improve blood flow, coordination, and balance. Learn and experience effective muscle activation and release techniques using a variety of myofascial balls and the foam roller. Learn how to posture correctly using The Redesign Your Spine Posturing Methods™ created by Nancy and unwind and strengthen the fascial lines that will provide better posture and make for a strong body.

Your Health Matters Fitness Class: A fun motivational exercise class for people of all fitness levels. START WHERE YOU ARE and PROGRESS! Exercise sessions include Cardio training using a variety of machines: treadmills, bikes, elliptical trainers and more. Strength training using hammer strength equipment, free weights, resistance bands, Power Ropes, TRX Suspension Training, Fitballs and more. Classes include Core strengthening, balance, and a variety of stretching methods. Workouts adapted to individual needs or limitations.

Yoga with Dana: Dana works creatively and intuitively to help bring forth the body's innate wisdom and healing potential. Dana has been teaching groups and individuals since 2015 and most enjoys leading slow, mindful vinyasa flows to build heat in the body, while creating ample time to pause, breathe, and transform the body's alignment with restorative postures throughout. Her classes are gentle and community oriented, so that every practice will be shaped and guided by the seasons as well as the present moment needs of everyone in the group. With Yoga Nidra, Yogic Sleep, being one of Dana's favorite practices to lead, you can expect a deeply relaxing shavasana with mini massages and sound healing to close out the class.

Yoga with Ken: With over 10 years of yoga experience he will introduce an effective mobility program that will enhance joint health and longevity. His yoga practice puts a focus on foundational movement concepts to develop improved flexibility, strength and resilience right where it counts most. Prepare to unlock your full movement potential with training emphasis on muscular control, joint range of motion, central nervous system connectivity, blood flow and other key aspects of your health. Zoom class option available.

Tai Chi: The traditional Chinese system of mind and body training. It is widely practiced around the world by people of all ages for the betterment of health and well-being. Come discover the art and healing power of Tai Chi with Min Fan.

The evening class will focus on the classic Yang style of Tai Chi taught by John. 10 visit punch pass Members \$150 / Non-Member \$180 / Drop-in \$23 per class.

Body Roll Your Tissue Issues: The first Wednesday of each month Nancy teaches a body rolling class that will target your tissue issues from head to toe using foam rollers and myofascia release balls.

Adult Off-Ice Conditioning for Ice Sports: This Off-Ice class incorporates a variety of activities and exercises to help build strength, stamina, core, balance skills, coordination and flexibility specifically tailored to figure skaters and hockey. Adult skaters of all abilities are welcome to participate. This is an excellent supplement to on-ice training and will improve on-ice skill development and decrease the risk of injuries. Class taught by Nancy Stilson-Herzog contact at 970-231-7201 for questions. This is a shared cost class.

Class Fees

10 visit punch pass Members \$120 / Non-Members \$150

Drop-in \$18 per class