



# The Other Club Fitness Center

1227 Riverside Ave. Fort Collins, Co 80524  
3<sup>rd</sup> building behind the Vineyard Church at the flagpole  
[theotherclubfitness.com](http://theotherclubfitness.com) 970-221-4348



## Group Class Schedule

### Monday

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

### Tuesday

7:00 am – 8:00 am	Yoga	Cathy
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### Wednesday

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

### Thursday

7:00 am – 8:00 am	Yoga	Cathy
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### Friday

9:00 am – 10:00 am	Tai Chi	Min
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### Saturday

8:45 am – 9:45 am	Pilates Plus	Nancy
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**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\*\*\*:** The Yoga classes are therapeutic in the Viniyoga tradition. Modified postures, slow intentional movement breath work and internal focus combined to help you find the perfect balance of gentle stretching and strengthening. Stabilize your musculoskeletal system and relive tight areas that may be causing pain and discomfort. Refer below for more information on Viniyoga.

**Tai Chi:** The traditional Chinese system of mind and body training. It is widely practiced around the world by people of all ages for 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.

\*\*\* The Viniyoga tradition strives to serve the needs, interests and capacity of each student. Movements are coordinated with the breath to enhance their effectiveness and postures are sequenced to maximize a particular effect such as back strengthening and shoulder mobility. Viniyoga moves in and out of postures repeatedly before holding to ensure your body is prepared thereby reducing risk of injury or strain. The emphasis on each posture is on its intent and benefit for your body, not on a predetermined form. Viniyoga is user-friendly and customizes to your personal needs.

## **Class Fees**

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

Drop-in \$18 per class