



# 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	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	Coco
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### Wednesday

9:00 am – 10:00 am	Tai Chi	Min
4:00 pm – 5:00 pm	Sound Bath Meditation (3 <sup>rd</sup> Wednesday of the month)	Brenna
4:30 pm – 5:30 pm	Body Roll Your Tissue Issues (1 <sup>st</sup> Wednesday of the month)	Nancy
6:00 pm – 7:00 pm	Tai Chi	John

### Thursday

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

### 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 with Coco:** Beginning her yoga journey in 2006, Christy O'Connor, better known as Coco, immediately found the practice to provide benefits far beyond the physical. She has been humbled to study under teachers around the world and remains a constant student on this spiritual path. She carries a 500-hour certification in Yoga Instruction (Spiritually Oriented and Trauma Informed) as well as a Reiki Level 1 attunement, all of which help provide supportive classes structured around discovering energetic alignment from within. She follows the cycles of nature, most notably that of the moon, which she brings into her teachings. Her classes often incorporate singing bowls, yoga props, yogic philosophy and community involvement. Coco finds importance in creating safe spaces, with classes providing options to accommodate everyBODY to show up to their mat as they are. If you can breathe, you can do yoga.

**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.

**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.

**Sound Bath Meditation with Brenna:** A truly relaxing meditation infused with beautiful sound frequency from 528 hertz crystal bowls and chimes. \$25 per person (due at time of service)

**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 \$160 / Non-Members \$190

Drop-in \$22 per class