



PSD Wellness | Fall 2019

PSD Wellness Schedule

Monday			
Class	Club	Time	Instructor
PSD 360	Fort Collins Club	5:15 - 6:05 am	Chelsea
PSD 360	Fort Collins Club	4:30 - 5:25 pm	Rich
PSD TRX	North	5:00 - 5:45 pm	Cathy
Tuesday			
Class	Club	Time	Instructor
PSD Core	Fort Collins Club	4:00 - 4:25 pm	Rich
PSD 360	Fort Collins Club	4:30 - 5:25 pm	Rich
PSD Optimal Alignment 1 Yoga	North	5:30 - 6:30 pm	Nicole B.
Wednesday			
Class	Club	Time	Instructor
PSD 360	Fort Collins Club	5:15 - 6:05 am	Chelsea
PSD Power Flow 2 Yoga	Fort Collins Club	5:30 - 6:30 pm	Corrina
PSD TRX	North	5:00 - 5:45 pm	Ali
Thursday			
Class	Club	Time	Instructor
PSD 360	Fort Collins Club	4:30 - 5:25 pm	Ali
Friday			
Class	Club	Time	Instructor
PSD 360	Fort Collins Club	5:15 - 6:05 am	Chelsea
RPM (Spinning)	Fort Collins Club	7:15 - 8:00 am	Chelsea
Zumba	Fort Collins Club	5:30 - 6:30 pm	Miriam
Saturday			
Class	Club	Time	Instructor
SPINNING®	Fort Collins Club	10:25 - 11:25 am	Mark

OPEN GYM HOURS: Fort Collins Club & North Club

Monday - Friday | 11:00 am - 2:00 pm | Saturday & Sunday | 12:00 - 5:00 pm

Classes are subject to change monthly

*Please remember to check-in at the Front Desk before attending a class/open gym.
Check with the Genesis Front Desk for club closures and special holiday hours.*

Fort Collins Club | 1307 E. Prospect Rd | 970.225.2233

Miramont NORTH | 1800 Health Parkway | 970.221.5000

Attendees must be at least 12 years of age to participate.
Participants 12-13 years old must be accompanied by an adult.





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Class Descriptions

PSD 360 | Full body circuit training to improve cardiovascular health and muscular strength. Sessions include use of cables, free weights, body weight, and more!. Suitable for intermediate to advanced fitness levels. **ALL levels welcome**

Core Class | This 25 minute class helps round out your fitness routine. The focus of the exercises is around the trunk and pelvis using both movements and stabilization. **ALL levels welcome**

PSD TRX | Participants utilize the TRX Suspension Training System to work on core stability and muscle integration to provide an overall body workout. Experience improvements for cardio, strength and flexibility. **ALL levels welcome**

Yoga | OptiAlign1 Yoga - Explore the postures of yoga by taking time to breathe within each. Class will be focused on proper form and alignment in each posture. Postures will be held between 5-20 breaths. This class is geared toward participants who are brand new to, newer to or getting back into yoga.

Powerflow2Yoga - Move through intermediate and intermediate-advanced PowerFlow Yoga transitions and postures. Class will link breath to movement providing a rhythmic, upbeat, and athletic pace; and is geared toward participants familiar with yoga and/or wishing to have an intermediate or advanced experience.

SPINNING | Engaging cycling class great for both beginners and experts. Enjoy fun music and a motivating ride with a group. **ALL levels welcome**

Zumba | This class features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. **ALL levels welcome**

CSU campus | Directions & parking for Kendall Reagan Nutrition Center



KENDALL REAGAN NUTRITION CENTER

COLORADO STATE UNIVERSITY
Phone: (970) 491-8615

Kitchen Lab for Cooking Classes

- Room 239, north entrance, second floor

Parking around Gifford

- After 4pm, the following Permit A parking lots are free:
 - Lot 240, Lot 475, Lot 540 and Lot 573
- Lake Street Parking Garage is 24-hour metered parking
 - \$1.75 per hour
- Residential Parking off of Whitcomb St.
 - Limited street parking availability, from 8-5: limit 2 hours per day

North

