



PSD Wellness | Summer 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 Yoga for Stress	North	4:20 - 5:20 pm	Nicole B.
Wednesday			
Class	Club	Time	Instructor
PSD 360	Fort Collins Club	5:15 - 6:05 am	Chelsea
PSD Yoga for Stress	Fort Collins Club	4:20 - 5:20 pm	Kali / Corrina
PSD 360	Fort Collins Club	4:30 - 5:25 pm	Melissa
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 (*Dance Party at South 6/28)	Fort Collins Club	5:30 - 6:30 pm	Miriam
Saturday			
Class	Club	Time	Instructor
SPINNING®	Fort Collins Club	10:25 - 11:25 am	Mark/ Amber

*Final Friday Dance Party on the last Friday of each month at South! Zumba is cancelled at FCC on these specific dates.

Must activate PSD membership at clubs prior to class participation for first time users. Stop by the Fort Collins Club or North Front Desk to set up your account. Please bring proof of employment and district insurance card.

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 class/
open gym.

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.





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 | This non-intimidating yoga class is great for any level. Enjoy comforting yoga movements and relaxation. **ALL levels welcome**

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

Zumba | A class for everyone. Both high intensity and low intensity moves are combined in dance intervals for a fun calorie burn. **ALL levels welcome**

Cooking Class | 5:30-7pm | Available to PSD Employees Only

Hands on cooking instruction at Kendall Regan Nutrition Center

**Cooking classes will resume in the Fall

CSU campus | Directions & parking for Kendall Reagan Nutrition Center



KENDALL REAGAN NUTRITION CENTER

COLORADO STATE UNIVERSITY
Phone: (970) 491-8615

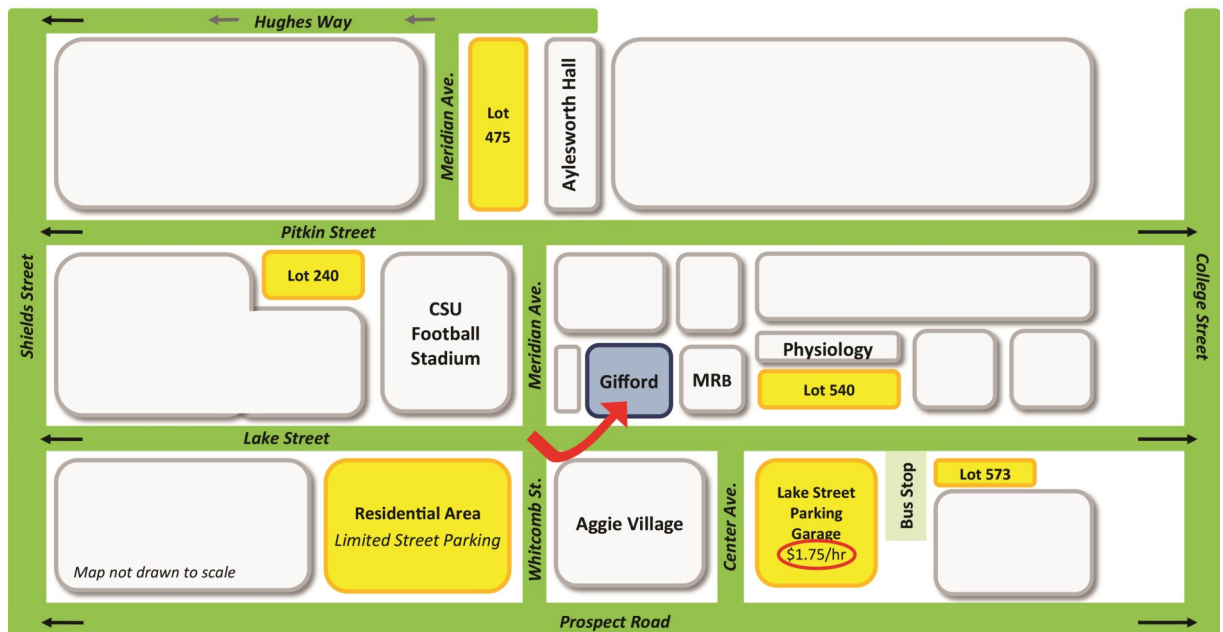
Kitchen Lab for Cooking Classes

- 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



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POUDRE SCHOOL DISTRICT
Wellness