



PSD Wellness | February 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	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

**All classes require online registration**

\*Classes are available for registration 1 week prior to the scheduled class.

Must activate PSD membership at clubs prior to class participation for first time users. Stop by the

## 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 | February 21st | 5:30-7pm | Available to PSD Employees Only**  
Hands on cooking instruction at Kendall Regan Nutrition Center

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## 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

