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| Day/Time | Class | Location/Cost\* | Level\* | Instructor |
|  |  |  |  |  |
| MONDAY |  |  |  |  |
| 6:30am-7:30am | STAC Mobility | Centennial | All Levels | Taylor Montgomery |
| 9:15am-10:15am | Life Fitness | MRMC | All Levels | Cardiac Rehab |
| Noon – 12:45pm | Vinyasa Yoga | MRMC | All Levels | Jolie Ensign |
| 4:30pm-5:30pm | Functional Strength | MRMC | All Levels | Carmen Ritz |
| 4pm-5pm | Wellness & Wgt Loss Support Group | Centennial | All Levels | Jolie Ensign |
|  |  |  |  |  |
| TUESDAY |  |  |  |  |
| Noon – 12:30pm | Core | MRMC | 2-3 | Jolie Ensign |
| 12:30-1pm | Super Fit | MRMC | 2-3 | Jolie Ensign |
| 4-5pm | The 21-Day Sugar Detox (dates on back) | Centennial | All Levels | Jolie Ensign |
| 5:15pm – 6:15pm | STAC Mobility | Centennial | 2-3 | Taylor Montgomery |
| 6:15pm-7:15pm | Zumba | Centennial | All Levels | Magaly Torres |
|  |  |  |  |  |
| WEDNESDAY |  |  |  |  |
| 6:30am-7:30am | STAC Mobility | Centennial | All Levels | Taylor Montgomery |
| Noon – 12:30pm | Vinyasa Yoga | MRMC | 2-3 | Jolie Ensign |
| 12:30pm – 1pm | Restorative Yoga | MRMC | All Levels | Jolie Ensign |
| 4:30pm-5:30pm | Functional Strength | MRMC | All Levels | Carmen Ritz |
|  |  |  |  |  |
| THURSDAY |  |  |  |  |
| 9:15am-10:15am | Life Fitness | MRMC | All Levels | Cardiac Rehab |
| Noon – 12:30pm | Core | MRMC | 2-3 | Jolie Ensign |
| 12:30pm-1pm | Super Fit | MRMC | 2-3 | Jolie Ensign |
| 5:15pm-6:15pm | Barre Mobility | Centennial | 2-3 | Taylor Montgomery |
|  |  |  |  |  |
| FRIDAY |  |  |  |  |
| 6:30am-7:30am | STAC Mobility | Centennial | All Levels | Devin Kroeker |
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*\*Level 1 = Beginner, Level 2 = Intermediate, Level 3 = Advanced*

**Free classes for MRMC Employees unless cost noted for special programs.**

**Community Members: $40/mo unlimited classes (add a spouse for $20/mo) unless cost noted for special programs.**

**\*MRMC** classes are held in the Wellness Center, Ste 144 and **\*Centennial** (Mercy Sports Medicine) is located in Centennial Plaza (next to Office Depot and DMV).

Check out our online schedule to book classes, earn points/rewards and get notified of any class changes.

We also have an app! *WellnessLiving Achieve App*

<https://www.wellnessliving.com/schedule/mercywellness>



**Super Fit**: functional exercises based on the core movements of life - maximizing amount of work done in the shortest time. Intensity is essential for results & is measurable as work divided by time—or power. The more work you do in less time, or the higher the power output, the more intense the effort. A constantly varied approach to training, functional movements and intensity leads to dramatic gains in fitness.

**STAC Mobility (Strength Training & Core):** Focused on 1-minute intervals and functional movements in a circuit training format, this class provides an instant workout. It delivers results with a total-body approach and an emphasis on core, cardiovascular/muscular endurance and mobility using RAD Roller tools.

**Functional Strength**: unleash your restrictive movement using dumbbells, kettlebells, barbells, etc. Learn basic strength movements with good form, reducing injury! Put your body through a range of motion that requires an opening and closing of joints into all the planes of motion

**Vinyasa Yoga:** an ideal combination of core work, powerful sequencing and plot twists that will lead you to a blissful savasana. There is an element of flow that isn’t fancy inversions or bendy business – it’s more the endurance aspect that’s tough and oh so worthwhile.

**Restorative Yoga**: offers supported postures that cultivate gentle spaces, release tension, and encourage renewal and relaxation.

**Barre Mobility**: a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of motion movements. RAD Roller tools are used to increase your mobility and range of motion within postures.

**Recovery Series**: Using RAD myofascial release tools, series offers relief in motion to help with tightness, tension, and reduced movement. We are using SMR or Self Myofascial Release techniques to facilitate mobility. All abilities are welcome to learn how to increase mobility and relieve stress, tightness, and tension.

**Life Fitness** is supervised, independent exercise in our Cardiac Rehab gym with Cardiac Rehab staff. Open to all, including clients with CAD, Chronic Lung Disease, Diabetes, Arthritis, Obesity, PAD, etc. Call Cardiopulmonary Rehab 970-764-2700. Physician Referral Necessary.

Wellness & Weight Loss Support Group (ongoing)

Great for those that are low carb, keto, paleo, fat adapted and/or quitting sugar.

The 21-Day Sugar Detox (21DSD) (September 17 – Oct 15) Register at [www.wellnessliving.com/schedule/mercywellness](http://www.wellnessliving.com/schedule/mercywellness)

A real, whole foods reset that is simple, realistic and effective in helping you break bad eating habits. Eliminate foods that cause sugar cravings, balance your blood sugar while choosing healthy, nutrient dense foods. Discover places sugar hides and find great tasting nutritious alternatives. Understand the effect sugar and processed foods have on the body. The 21DSD provides real-life solutions, amazing recipes and easy food swaps to help you make better choices, long after the detox ends.