

# program guide



*fit* LIKE THAT

Colorado**Athletic**Club

winter | spring 2011



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# Welcome

## Dear Members,

Thank you for choosing the Colorado Athletic Clubs as your home for fitness, wellness, sports and fun. We have developed this Program Guide to assist you in easily utilizing the motivating and inspiring programs that you are offered as a Member. Research shows that variety and consistency are key to a successful life of fitness and wellness and we know that you will find this in your Colorado Athletic Club Membership. This guide is ordered alphabetically by program category for youth, adult and family classes, events, leagues, tournaments and more. We look forward to seeing you and your family at our Clubs.

Sincerely,

The Colorado Athletic Clubs

### **Jill Shusterman**

*General Manager, Boulder Location*

### **Kathy Weed**

*General Manager, Downtown Location*

### **Vince Brush**

*General Manager, DTC Location*

### **Julie Leins**

*General Manager, Inverness Location*

### **Jay Nelson**

*General Manager, Monaco Location*

### **Jo Cullen**

*General Manager, Tabor Center Location*

*We have a passion for improving the quality of life through  
Fitness | Wellness | Sports | Fun*

# Club Hours & Contacts

## Boulder

**303.501.1700**

*Monday-Thursday  
5AM-10PM*

*Friday, 5AM-9PM*

*Saturday & Sunday  
6AM-8PM*

**Jill Shusterman**

*General Manager*

**Katie Driver**

*Assistant General Manager*

**Nic Rodriguez**

*Membership Sales Manager*

**Tiernay Tilford**

*Member Service Manager*

## Downtown

**303.623.2100**

*Monday-Thursday  
5AM-9:30PM*

*Friday, 5AM-8PM*

*Saturday & Sunday  
8AM-6PM*

**Kathy Weed**

*General Manager*

**Kendra Burrell**

*Member Services Manager*

## DTC

**303.779.0700**

*Monday-Thursday  
5AM-10PM*

*Friday, 5AM-9PM*

*Saturday & Sunday  
7AM-7PM*

**Vince Brush**

*General Manager*

**Stephanie Barrett**

*Member Services Manager*

## Inverness

**303.790.7777**

*Monday-Thursday  
5AM-10PM*

*Friday, 5AM-9PM*

*Saturday & Sunday  
6AM-8PM*

**Julie Leins**

*General Manager*

**Melaney Kuhl**

*Assistant General Manager*

**Corey Fobes**

*Membership Sales Manager*

**Chelsey Rangel**

*Member Services Manager*

## Monaco

**303.758.7080**

*Monday-Friday  
5AM-10:30PM*

*Saturday & Sunday  
7AM-9PM*

**Jay Nelson**

*General Manager*

**Carie Terry**

*Assistant General Manager*

**Leigh Ann Biggers**

*Membership Sales Manager*

**Katie Costello**

*Member Services Manager*

## Tabor Center

**720.214.2400**

*Monday-Thursday  
5AM-9:30PM*

*Friday, 5AM-8PM*

*Saturday & Sunday  
8AM-6PM*

**Jo Cullen**

*General Manager*

**Amanda Davenport**

*Assistant General Manager*

**Kellie Audley**

*Membership Sales Manager*

**Charise Geist**

*Membership Services Manager*

# Corporate Partnerships

To establish a company-wide health and wellness program, you need a foundation, a central focus, a CORE (Corporate Outlook, Response & Evaluation). Take the important first step with our complimentary CORESurvey and CORESeminars. Researchers have documented as much as a \$13 return for every dollar invested in employee wellness. Programs that typically yield the most success are tailored to the specific needs of a company's workforce and use specific measures to track results. By taking our CORESurvey, we will be able to better understand exactly what your company's associates want and need from a Corporate Fitness Program.



## CORESeminars

As wellness experts, we believe one of the most effective methods to connect with your team is an annual awareness and education seminar. One of our Certified Personal Trainers will spend 30 minutes presenting the latest trends and discoveries in fitness, wellness and nutrition. Don't let your employees miss out on this free opportunity.

### *CORESeminar Topics*

- :: Reducing stress in the workplace.
- :: Eat healthy on a busy schedule.
- :: Effectively take pounds off and keep them off.
- :: Incorporating fitness and proper nutrition into your lifestyle.

## Electives | à la carte

We offer the following complimentary à la carte options to guarantee the partnership is precisely what you envision.

- :: Club Experience
- :: Lunch & Learn Series
- :: Associate Club Tracking (ACT)
- :: Corporate Ambassador

## Essentials | dedicated resources

We will provide the necessary programs to ensure your associates enjoy the benefits of our Corporate Fitness Partnership.

- :: eFitTips
- :: New Hire Packet
- :: Annual Events
- :: Website Cross Promotions
- :: Club Champion Challenge

# Member Advantage

## Membership Privileges

As a Member you enjoy Club privileges that go beyond our walls and add value to your lifestyle. Utilize our resources and ask your Membership Representative to provide more information about the following programs.

## Sponsored Guest Program

Invite local guests that are 18 years of age or older and enjoy the Club with a friend. Contact your Member Representative to pre-register a guest or simply provide your friend, family Member or co-worker's contact information. The Club will offer your sponsored guest 5 days guest access. They will qualify for an exclusive enrollment offer during their initial visit and if your preregistered guest decides to join you will receive a special gift as a thank you.

## Community Partner Discounts

We are proud of our longevity and relationship within the community and the Club has used this connection to give back to its Members. Logon to our website and navigate to "Member Discounts" under the "About Us" section and find out where your Club Membership Card can be shown for discounts on various products and services.

## Social Opportunities

The Club hosts frequent social events to help Members meet other Members and for everyone to stay in touch. Ask a Membership Representative about our next event or register your email with us to receive electronic invitations. We also welcome your RSVP to include a friend, family Member or co-worker to most Club social activities.

## Club Activity Discounts

As a Member you are qualified to receive our best rates on all activities and programs. For those programs that are offered to the general public you will receive an additional 10% off the public's rate.

## Getting the most from Your Membership

Welcome to the Club. We are fortunate that we have the opportunity to help you further your fitness, wellness or lifestyle aspirations. The first month of your membership is essential in determining your future success in meeting those goals. We have provided the following tips to make your introduction easy and efficient.

# Member Advantage Continued

## GPS Program

Allow us to schedule your appointment with a certified Personal Trainer through our Goals Produce Success program. The Trainer can answer any of your questions, establish your baseline fitness or offer instruction on the equipment. Visit the Fitness Desk to get started today.

## Establish a routine

Studies show that people who make fitness a priority are 80% more successful than those who do not. Play it smart and set up your first week of workouts today.

## Try a class

All classes on the Group Fitness schedule are free, unless noted otherwise. Just a beginner? Inform the instructor and they can ensure you have a safe and healthy class.

## Meet your Member Services Manager

The Member Services Manager's job is to make sure you are maximizing your membership. Visit their office today.

Club social events are typically free to Members. Learn about the next activity and get involved.

All Wellbridge Clubs pride themselves in having a management staff that is available and accessible. You're always invited to drop by the General Manager, Membership Sales Manager, Member Services Manager or Personal Training Manager's office or desk.



# Aquatics

Colorado Athletic Club is proud to offer a variety of aquatics options for all ages and skill levels. Each Club offers a unique aquatics experience from waveless pools to swim teams and masters swim training.



The Colorado Athletic Club **Boulder** features an indoor 3 lane 25 meter saline pool and an outdoor, year-round, 6 lane saline pool with seasonal 1,500 sq. feet children's splash pad and pool. Both pools are handicap accessible and provide programming for all ages as well as room for free swim.



**Inverness** features an outdoor family pool with 2 diving boards, deck chairs, a poolside café and locker rooms. Year-round, Members also can enjoy the 5-lane indoor lap pool. The indoor / outdoor family pools are handicap accessible. The Inverness outdoor, adults-only relaxation pool is perfect for Members seeking some peace and quiet in the sun.

**Monaco** supports swimming as a fitness option and important life skill. We feature two pools to fit your needs. A 4 lane, level-depth indoor pool, perfect for swimming laps and a 6 lane, graduated depth outdoor pool with diving board. The outdoor pool is open from May 1 to the end of October. We are proud to be the home of the Monaco Marlins Swim and Dive Team in the summer.

The **DTC** location features an indoor, 25-yard, waveless pool perfect for triathletes, group fitness and lap swimming. The pool is handicap accessible.

The **Downtown** location has partnered with the Grand Hyatt (1750 Welton Street) to provide access to their swimming pool. Simply present you membership card at the front desk for access to the pool.

The **Tabor Center**, Denver's newest athletic club, has a 4 lane, 25 yard saline pool.

# Aquatics

## Boulder Children's Aquatics

### Group Swim Lessons

Lessons run seasonally throughout the year with 4 ability levels to meet your child's needs.

#### **Level 1 - Intro to Swimming & Water Safety**

Students will become comfortable in the water with enjoyment and safety. Basic water skills will be taught and built upon in the various levels.

- :: Fully submerge face/head
- :: Supported front/back float
- :: Breath control (bubble blowing)
- :: Enter & exit water independently
- :: Supported front/back kick
- :: Familiar with safety and how to find help

#### **Level 2 - Beginner**

Students will learn basic skills and float unsupported.

- :: Unsupported front/back float
- :: Turning over in water
- :: Front/back glide with pushoff
- :: Rhythmic breathing (bob 10 times)
- :: Intro to freestyle arms/stroke & backstroke arms
- :: Retrieve objects
- :: Safety & rescue skills (rescue breathing)

#### **Level 3 - Intermediate**

Students will swim approx. 15 yards in freestyle and backstroke, be introduced to bilateral breathing, breast stroke and dolphin kick.

- :: Deep water bobbing
- :: Continued freestyle and backstroke work
- :: Breathing for freestyle
- :: Basics of breaststroke
- :: Intro to dolphin kick
- :: More advanced safety and rescue skills like CPR

#### **Level 4 - Advanced**

Students will swim the pools length in freestyle and backstroke, refine their breaststroke, be introduced to diving, butterfly and flip turns.

- :: Begin diving progression, long shallow dive
- :: Refining Breaststroke
- :: Intro to butterfly arms
- :: Open turn and pull-out for breaststroke
- :: Flip turn for freestyle
- :: Tread water (5 min)



### Summer League Swim Team

Our newest addition to the Aquatics program provides youth swimmers with firsthand experience participating in swim meets held throughout the Boulder Valley from May to August. Swimmers must be evaluated by a CAC-Boulder coach prior to participation for accurate group placement. This program will include swim meets and water workouts. Program cost and minimum required participation will be announced, check our website for more information.

### Youth Development Swimming

This program runs periodically throughout the year in addition to group lessons. Youth development swimming is a non-competitive pre-team for those who have successfully completed swim lessons and are ready to transition to swim team. Swimmers will continue to focus on stroke technique while increasing over endurance. Youth development swimming with is offered on a month-to-month basis. All levels can participate.

## Youth Private Lessons

One-on-one instruction available for all ages, both endurance coaching and learn-to-swim instruction. Instructors are USA Swimming or Red Cross certified and can work around your schedule to help you reach your goals.

## Boulder Adult Aquatics

### Stroke Clinics

Swim smarter and more efficiently while using less effort. These small group clinics use stroke drills to improve techniques important to swimming fitness. Each clinic is taught by a Master Swim Instructor and focuses on a specific stroke and related turn.

*3rd Saturday of every month.*

*January 15, Freestyle*

*February 19, Backstroke*

*March 19, Breaststroke*

*April 16, Butterfly*

*10AM-12PM*

**Member**

**\$30/clinic , \$100/4 clinics**

**Non-Member**

**\$40/clinic, \$125/4 clinics**

*Included in monthly Masters Swim Member fee*

## Masters Swim Team

This coached workout focuses on all aspects of competitive swimming and triathlon training. Classes are also geared towards the beginner level adult swimmer looking to improve technique and endurance.

***Free to Members***

### Adult Private Swim Lessons

Work one-on-one with a Master Swim Coach to help reach your goals. Beginning swimmers will receive personalized stroke evaluations along with pace clock management and swim program development instruction. More experienced swimmers receive critical stroke mechanic evaluations to enhance training potential. Coaches will help pair swimming with dry land training. 30 minutes sessions with flexible days and times.

***\$35/session***

***Package of 6 \$32/session***

***Package of 12 \$29/session***

## Dartfish

This video analysis program is available to our youth and adult swimmers. Dartfish is an online database system that will help you identify ways to increase efficiency and improve your stroke. One of our highly qualified instructors will take you through this technologically advanced program to help find ways to improve your swimming technique. For schedule and pricing contact our Aquatics Manager at 303.501.1700.

## DTC Aquatics

### Swim For Life

Improve endurance and speed while training smarter to meet your goals. Class will incorporate balanced workouts for sprint, middle distance and endurance training with various challenge sets. Sign up at the hospitality desk or contact Coach Moe. Limit is 6.

*Thursdays, 6-7PM*

***\$10 Member***

***\$15 Non-Member***

# Aquatics

*DTC ... continued*

## Private/Semi-Private Instruction

*Offered to all ages & levels*  
Learn to swim more efficiently. As a Master Level Trainer with experience in a wide variety of swimming techniques, coach Moe is excited to assist in your development. Schedule lessons by appointment that will meet your individual needs and to achieve your own specific goals. For appointments call the Aquatics Manager at 303.779.0700.

**\$40/half hour**

**\$80/hour**

*Semi-private rates*

**\$50/half hour**

**\$100/hour**

*Packages are available.*

## Pool Therapy & Rehabilitation

Do you have back, knee or joint injuries, making it difficult for you to comfortably get through your day? Whether you are just out of surgery or trying to avoid it, Coach Moe can help you develop a specific water exercise program. For more information call the Aquatics Manager at 303.779.0700.

*Private / Semi-Private fees are the same as lessons.*

*Packages are also available.*

## Swim Clinics

Learn stroke drills and swim techniques important to your swimming fitness. Swim smarter and more efficiently while with less effort. Clinics work on all 4 strokes. To sign up contact Coach Moe. Class limit is 6. Sign up today.

*Adults*

*Saturdays, 9:30-10:30AM*

*Children*

*Sunday 11-12PM*

**4 classes**

**\$80 Member**

**\$90 Non-Member**

**\$25/session Drop-in**

*\*If the clinic is not full*

## Underwater Video Analysis

Schedule a video analysis for individuals or small groups. Analysis will include classroom discussion, a videotaping of you swimming underwater, in water drill practice drills and provide an understanding of swimming smarter techniques and turns. This clinic will finish with a discussion of stroke balance, posture and length with a plan for improvement. To schedule your analysis call the Aquatics Manager at 303.779.0700.

**\$100 Member**

**\$110 Non-Member**



## Inverness Children's Aquatics

### Stingrays Swim Team

This year-round (September to August) USA Swimming program is for athletes ages 6-18. Swimmers must be evaluated by a Stingray coach prior to participation for accurate group placement. A USA Swimming membership is required to participate (\$150).

Team members can participate in swim meets held around the state and country. In addition to water workouts, swimmers also do dry land workouts which focus on cardio enhancement, core strength and lateral stability necessary for the competitive young swimmer. Swimmers can participate on a month-to-month basis as needed. For more information contact the Head Coach at 720.895.0914. Registration starts August 1 for Members and August 15 for Non-Members. For practice days and times visit [CACStingRays.com](http://CACStingRays.com).

Training groups listed below as general guidelines only. All swimmers are subject to coach evaluation and placement prior to participation.

#### *Mini Rays*

*8 years & under*

Swimmer must be able to swim 50 yards freestyle, have basic knowledge of other strokes and be water safe for 30 minutes. In-water assistance on a daily basis is provided. Meet participation is not required, but is suggested. Two weekly practices are available with attendance at both recommended. Workouts are 45 minutes and are intended to prepare swimmers for the Bronze Group.

#### *Bronze Group*

*7-12 years old*

Swimmer must be able to swim 200 meters freestyle with side breathing and 50 yards of at least 2 other competitive strokes. Meet participation is not required, but is suggested. Five weekly practices are available. Attendance suggestion is 2 days/week. Workouts are 60 minutes and include dry land work.

#### *Silver Group*

*9-13 years old*

Swimmer must have adequate knowledge of all 4 competitive strokes and basic understanding of practice etiquette. Meet participation is not required, but is suggested. Six weekly practices are available. Attendance requirement is 2 days/week. Workouts are 75 minutes and include dry land work.

#### *Gold Group*

*10-14 years old or*

*by coach approval*

Swimmer must have adequate knowledge of all 4 competitive strokes, basic understanding of practice etiquette and a desire to improve and set goals. Meet participation is not required, but is suggested. Six weekly practices are available. Attendance requirement is 3 days/week. Workouts are 90 minutes and include dry land work.

# Aquatics

*Inverness Children's ...  
continued*

## Senior Level Training Groups

### *Platinum Group*

*Grades 6-9 or coach approval*

Swimmers must meet specific performance, practice and attitude requirements prior to participation. Seven weekly practices are available. Practice requirement is four days/week. Workouts are 2 hours including dry land work and conditioning.

### *Senior 1*

*Grades 8-12 or coach approval*

These swimmers are aspiring to State, Sectional, Zone and National level performances. They must meet specific performance, practice and attitude requirements prior to participation. Special attention will be afforded to those participating with a high school program. 8 weekly practices are available. 6 workouts/week are required. Water workouts are 2 hours and dry land is an additional 30-60 minutes each day.

### *National Group*

*Grades 9 & higher*

*By Coach invitation only*

Swimmers must make specific performance, practice and attitude requirements prior to participation. National swimmers will have weekly Dartfish analysis of starts, turns and strokes. These are elite level swimmers training at Sectional, National and International levels. Ten weekly practices are available. Swimmers are expected to attend all workouts. Water workouts are 2 hours and dry land is an additional 30-60 minutes each day.



### *Senior 2*

*14-19 years old*

Open to high school age swimmers with an adequate knowledge of all four competitive strokes, a basic understanding of practice etiquette and the desire to participate in swimming as a lifelong sport. Training will focus on athletic development for high school team participation. Meets are suggested but not required. Seven weekly practices are available. Practice requirement is 2 days/week, but 4/week is recommended. Workouts are 100 minutes including dry land work and conditioning.

### *Member*

*\$60/month, \$150/3 months*

### *Non-Member*

*\$115/month, \$300/3 months*

## Inverness Group Lessons

Four ability levels are offered year round to encourage progressive development. Lessons are only cancelled due to pool or facility closure. Inclement weather will result in lessons being moved indoors. 4/class maximum. Classes are added as needed. To register contact the Aquatics Manager at 303.790.7777 ext. 224.

### **Level 1 - Goldfish**

Learn basic water safety skills: flotation, blow bubbles, retrieve objects from the bottom of the pool, forward crawl and basic backstroke and breaststroke skills.

### **Level 2 - Angelfish**

Learn freestyle, breaststroke and backstroke basic skills. Jump off diving board, master side breathing, work towards swimming the pool's width with a kickboard.

### **Level 3 - Marlins**

Gain endurance and comfort. Learn to dive and master breaststroke and butterfly.

### **Level 4 - Sharks**

Focus is on conditioning and preparation for swim team or other advanced/competitive levels of swimming.

### **Summer Lessons**

*Monday-Thursday starting  
May 30*

### **Fall/Winter Lessons**

*Monday & Wednesday or  
Tuesday & Thursday  
2 week sessions start  
January 10*

*Friday or Saturday*

*4 week sessions (1/week)  
starting January 22*

*No Lessons March 21-April*

*9-9:30AM, 9:30-10AM &  
10-10:30AM*

***\$30/session Member***

***\$40/session Non-Member***

### **Parent/Tot Lessons**

Play in the water with your little one and learn skills to help your fish find their fins. These 20 minute sessions are for children 6 months-2 years. Pre-registration not required.

*December 16, January 13,  
February 17, March 17,  
April 14 and May 19*

*11-11:20AM*

***Free to Members***

***\$10/Class Non-Member***

### **Private & Semi Private Lessons**

Instructors work one-on-one with beginning swimmers 6 months-18 years to develop basic water safety and move toward learning the four competitive strokes. Male and female instructors are available. Sessions are 30 minutes with flexible days and times. All pricing is per person. For more information call the Aquatics Manager at 720.895.0914.

*Private Lessons*

***\$25/session***

***\$138/6 sessions Member***

***\$252/12 sessions Member***

*Semi Private Lessons*

***\$20/session/swimmer***

# Aquatics continued

## Inverness Adult Aquatics

### Adult Learn to Swim

Work one-on-one with a USA Swimming certified staff coach to refine your strokes and become more efficient. Sessions include stroke drills and suggestions for further training. Great for those with swimming experience. Flexible days and times. For more information call Alexis Keto at 720.895.0914.

*Sessions are 30 minutes.*

**\$30/1 Session**

**\$162/6 Sessions**

### Dartfish

A revolutionary video analysis system that helps swimmers fine tune their strokes and develop efficiency. Meet one-on-one with a technician to take your workouts to the next level. For more information call Alexis Keto at 720.895.0914.

*Individual 30 minute sessions*

*Every 3rd Tuesday, 7AM-Noon  
October 18, November 15,  
December 20 and January 17*

**\$45 Member**

**\$50 Non-Member**

**Drop In**

**\$25/25 minutes**

### Masters Swim Team

A coached interval workout focusing on all aspects of competitive swimming and triathlons. Workouts combine moderate to advanced level stroke technique and drills. Competition in swim meets is encouraged but not required. For more information call the Aquatics Manager at 720.895.0956.

#### **Mid May-Mid September**

*Outdoor pool, weather permitting.*

*Monday, Wednesday & Friday  
12-1PM*

#### **Mid September-December**

*Monday, Wednesday & Friday  
5:50-7AM & 11:50AM-1:10PM  
Tuesday & Thursday, 12-1PM*

**\$10/month**

*Also available to Passport  
Members*

### Private Coaching

Prefer to work out alone, but need the motivation and instruction to make your workout successful? Work with a USA Swim Coach to create the perfect training plan. Sessions are catered to your schedule and performance goals.

### Private Swim Lessons

Improve the swim leg of your triathlon or enhance your training environment with one-on-one Instruction. Coaches will pair swimming with dry land workouts that can act independently or in conjunction with other training programs. Sessions are 30 minutes with flexible days and times. Adults 17 & older. For more information contact Alexis Keto at 720.895.0914.

**\$30/1 Session**

**\$162/6 Sessions Member**

### Pre Masters Swimming

Improve your stroke technique and make swimming a source of fitness. This program focuses on stroke drills and conditioning intervals. Learn pace clock management and the shorthand used in pool board workouts and books.

During triathlon season (May-September), Pre Masters becomes Tri Masters. Workouts will focus on open water drills, interval swimming and technique. If considering the Tri Masters program you should be able to swim 500 meters continuously at a pace slower than a 2:00 per 100 meter send off. Faster

swimmers should consider the Masters Swim Team. For more information call the Aquatics Manager at 720.790.7777.

*Tuesday & Thursday  
11AM-12PM*

**\$10/month**

## Monaco Children's Aquatics

### Group Swim Lessons

Lessons consist of 5 ability levels to fit your child's needs.

#### **Level 1 - Intro to water & safety**

*Ages 2 1/2-3 1/2*

Skills learned: Basic water safety; head submersion; underwater object retrieval in 2 feet; kicking with a noodle; jump in to an instructor.

#### **Level 2 - Intro to Swimming**

*Ages 3 1/2-5*

Skills learned: Back/front float survival swim; underwater swim; unaided kick; freestyle stroke; jump in and swimming back unaided; deep water exploration.

#### **Level 3 - Beginning Swimmer**

*Ages 4-8*

Skills learned: freestyle swim unaided (10 yards); Intro to bilateral breathing; jump off diving board unaided; backstroke swim 10 yards; surface dive to object retrieval at 5 feet; intro to elementary backstroke; intro to water rescue and diving.

#### **Level 4 - Intermediate**

*Ages 5-8*

Skills learned: Swim pool width freestyle/backstroke unaided; refine bilateral breathing and standing dive; jump off diving board and swim to side; retrieve objects in 9 feet of water; intro to breaststroke.

#### **Level 5 - Advanced**

Skills learned: Swim pool length freestyle/backstroke unaided; refine breaststroke; intro to side stroke; butterfly flip turns; refine jump dives and diving off blocks; increase swimming endurance.

#### **Summer Lessons**

*June 6-August 12*

*Monday-Friday*

*Levels 2 & 4: 10:30-11AM*

*Levels 1, 3, 5: 11-11:30AM*

#### **New sessions begin weekly**

*Session 1: June 6-10*

*Session 2: June 13-16*

*Session 3: June 20-24*

*Session 4: June 27- July 1*

*Session 5: July 4-7*

*\*Session 6: July 11-15*

*Session 7: July 18-22*

*Session 8: July 25-29*

*Session 9: August 1-5*

*Session 10: August 8-12*

**\$50/session/Levels 1, 2**

**\$45/session/Levels 3, 4, 5**

*\*Only 4 days due to home meet. Will be pro-rated.*

**\$40/session**

# Aquatics continued

## Parent Tot Lessons

Play in the water with your little one once a month and learn skills to help your fish find their fins. Each session is 20 minutes long. For children 6-24 months and their parents.

*2nd Wednesday of the month  
June-August  
11:30AM-12PM*

**Free**

## Private & Semi Private Lessons

Instructors work one-on-one with beginning swimmers 6 months to 18 years old to develop basic water safety and progress toward learning the four competitive strokes. Male and female instructors are available. Sessions are 30 minutes with flexible days and times. Pricing is per person. Contact the Aquatics Manager 303.758.7080.

*Private Lessons  
\$25/session*

*Semi Private Lessons  
\$34/session*

## Senior Level Training Groups

### Marlins Summer Swim & Dive Team

*Ages 6-18*

Our summer swim & dive team is highly anticipated and runs from May 16 - July 29.

*Monday-Thursday*

*May 16 - June 3*

*Evening Practice, 4-7PM*

*June 6 - July 29*

*Morning Practice, 7-10AM*

*Home Swim Meets*

*June 18, July 16, 6AM-1PM*

*Dive Team Practice*

*Monday-Friday, 10AM-12PM*

*Dive Meets*

*Tuesday or Thursday, 12-2PM*



## Elite Youth Swim Training

For intermediate and advanced swimmers who are proficient in freestyle, backstroke and breaststroke but want to refine their strokes and increase strength and endurance. Butterfly, flip turns and start dives will be taught. Contact the Aquatics Manager 303.758.7080.

*January 3 - April 28*

*Mondays, Tuesdays and  
Thursdays, 4:30-5:30PM*

**\$60/month - Once a week**

**\$100/month - 2-3x a week**

## New! Beginner Youth Group Training

Swimmers must be water safe, able to back float and swim a modified freestyle/backstroke for at least half the pool's length. Class will work on perfecting the freestyle, backstroke and introduce breaststroke. Contact the Aquatics Manager 303.758.7080. Class limit is 7.

*Tuesdays, 5:30-6:15PM*

*January 4 - April 26*

**\$60/person**

## Monaco Adult Aquatics

### Private Swim Lessons

#### *Adults 17 & older*

Improve the swim leg of your triathlon or enhance your training environment with one-on-one instruction. Coaches will pair swimming with dry land workouts that can act independently or in conjunction with other training programs. Sessions are 30 minutes with flexible days and times. Contact the Aquatics Manager at 303.758.7080.

***\$25/session***

### Masters Swim Team

New revamped program! All adults are invited to swim with the Monaco Master Swim Team. Workouts vary between 2000 and 3500 yards for the hour. Come to the indoor pool ready to swim. Contact the Aquatics Manager at 303.758.7080.

## Tabor Center

### Master Swim

This coached interval workout focuses on stroke technique and overall swim endurance. Practices are tailored to meet the needs of the advanced swimmer, triathlete, or beginning adult swimmer who is looking to use swimming as a training tool. Pace clock management and program design is taught. About 30-50% of the time will be spent on stroke improvement and the remaining time spent on conditioning. Program fee includes all practices and one 30-minute private lesson per month. At this lesson, you receive personalized one-on-one stroke evaluation and suggestions. Alternatively, you may use your monthly lesson to attend a 60 minute stroke clinic.

*Mondays, 11:50AM-1PM*

*Tuesdays, 5:50-7AM*

*Wednesdays, 11:50AM-1PM & 5:15-6:30PM*

*Thursdays, 5:50-7AM*

***\$35/month***

### Swim Clinics

Swim smarter and more efficiently in the water while using less effort with each stroke. Learn the stroke drills and swim techniques important to swimming fitness. Clinics will work on all four strokes. Sign up at the hospitality desk or call the Aquatics Manager at 720.214.0085. Class limit is 6.

*3rd Saturday of every month  
Starting in Fall  
10AM-12PM*

***5 classes \$100  
\$25/session Drop-in***

### Dartfish

A revolutionary video analysis system that helps swimmers fine tune their strokes and develop the efficiency needed for a great workout. Meet one-on-one with one of our technicians to take your swimming to the next level. Sign up at the hospitality desk or call the Aquatics Manager at 720.214.0085.

***\$100 Member  
\$120 Non-Member***

# Basketball

## Junior Basketball

### *Inverness*

Don Kreite has many years of experience coaching junior boys and girls. Participants will learn and practice the fundamentals of basketball, through age-appropriate drills and games in a fun atmosphere. For more information call the Youth Coordinator at 720.895.0924.

### *Tuesdays*

*January 4-25 & February 1-22*

*5 years, 5-5:30PM*

*6 & 7 years, 5:30-6:15PM*

*8-11 years, 6:15-7PM*

***\$55/session***

## Private Lessons

Personalized coaching for all levels. Emphasis is on developing skills for shooting, ball handling, court awareness and footwork. By appointment.

### *DTC*

Call 303.779.0700 ext. 544.

***\$40/hour***

***\$152/4 hours***

***\$288/8 hours***

***\$402/12 hours***

### *Inverness*

Contact 303.790.7777 for more information.

### *Individual*

***\$55/hour & \$35/half hour***

### *Duo*

***\$45/hour/participant***

### *Triple*

***\$35/hour/participant***

***Packages Available***

### *Monaco*

Contact the Assistant General Manager to schedule a private basketball lesson for any age, 303.758.7080.

***\$75/session***

## Pick-Up Basketball

Games occur daily and everyone is welcome. Play is friendly, but competitive with a capital C. A great way to get exercise and meet friends.

***Free***

### *Downtown*

Contact the Hospitality Desk at 303.623.2100.

*Monday-Friday, 11:30AM-1PM*

*Saturday, 10AM-12PM*

### *DTC*

*Mondays & Wednesdays*

*Adult Games, 5-7:30PM*

*Younger Players, 4-5PM*

*Fridays, 5-7PM & Lunch Hours*

*Monday, Wednesday & Friday*

*11AM-1PM*

*Saturday, 10AM-12:30PM*

### *Inverness*

Contact the front desk at 303.790.7777 for more information.

*Monday-Friday*

*11:15AM-12:45PM*

*Monday-Thursday, 4:45-6PM*

*Saturday, 9-11AM*

### *Monaco*

Contact the Hospitality Desk at 303.758.7080.

*Mondays & Wednesdays*

*5-8PM*

## Court Rental

### *Downtown*

Call 303.607.3307

### *DTC*

***Full Court, \$75/hour***

***Half Court, \$50/hour***

# Café

## Boulder

The Boulder Energy Bar | Café carries an assortment of items to compliment your day at the Club. Fresh salads, sandwiches, yogurt parfaits and baked goods are received daily. We have made every effort to stress locality by using Breadworks, Evol and Udi's (to name a few). We also carry a full line of sports nutrition products, granola bars, snacks, soups, loose leaf teas, chai, hummus and protein packs. Sit and relax with a drink from our full espresso bar using award winning Boulder based OZO Coffee.

### Café Hours

Monday-Friday, 6AM-6PM  
Saturday/Sunday, 9AM-3PM

### Smoothies

We specialize in made-to-order fruit smoothies. Recover with a protein smoothie or refresh with a plain fruit one. Join us for Happy Hour food specials and 50% off Beer and Wine Tuesday/Thursday, 4-6PM Saturday/Sunday, 1-3PM

## Ladies Day Off

Join us every 4th Friday of the month May through September and enjoy buy one get one free glass of wine or beer.

## Inverness

The Courtside Café at Inverness receives daily catering from Udi's, an allnatural baker. We feature fresh baked goods from Blue Point Bakery, yogurt parfaits, protein shakes, smoothies, soups and other delicious specials.

## Courtside Café Hours

*Summers Hours*  
*Monday-Thursday, 7AM-9:15PM*  
*Friday, 7AM-7PM*  
*Saturday, 8AM-2PM*  
*Sunday, 9AM-1PM*  
*Fall Hours*  
*Weekdays, 7AM-7PM*  
*Saturday, 8AM-2PM*  
*Sunday, 9AM-1PM*

## Outdoor Pool Café Hours

*June 1 through the 3rd week in August*  
*11AM-4PM daily*

## Courtside Café Happy Hours

Join Members and guests in the Courtside Café for happy hour. We will have appetizer specials and half-off beer and wine.

*Monday-Thursday, 5-6:45PM*

## Free Cookie Days

Join us in the Courtside Café all day long for free cookies.

*January 19, February 16*  
*March 16, April 20*  
*May 18, June 15 & July 20*



## Mom's Day At The Pool

Half-off margaritas and daiquiris at the pool every Friday in June and July.

*July 15*

## Smoothies

Enjoy half-off smoothies on Sundays in February, April and June. Call 720.895.0930 for more information.

# Café continued

## Catering

Available for any event, here or outside the Club. We offer everything from Udi's items to other specialty menu items. For gatherings at the Club, preorder wine and beer and receive a 10% discount. Alcohol orders must be placed at least 72 hours in advance to receive a discount. Note: Due to our liquor licensing, no outside alcohol is allowed in the club. For a full catering menu or more information call 720.895.0930.

## Monaco

Stop by the Monaco Courside Café for all your grab and go needs. We also cater all your in-house events, including the USTA tennis season, please visit the café for a complete menu.

## Winter/Spring Hours

*Monday-Thursday, 3-6PM*

*Saturday, 9AM-1PM*

*Closed Sundays*

## Happy Hour in Café

*Thursdays, 4-6PM*

Half-off all drafts and glasses of wine. Buy 1 pitcher, get the 2nd half-off.

## Tabor Center

Our newest ENERGY bar|café boasts an extensive array of breakfast, lunch and dinner selections. Offerings include custom made sandwiches, soups, salads, wraps and grilled paninis to a full service Smoothie and Espresso Bar. Plus, free cookie day on the 15th of every month. Join us in our lounge or on our Terrace for Happy Hour, Monday-Friday, 5-7PM, with discounted prices on appetizers, margaritas, wine and beer.

Remember to plan your next event, meeting or happening on our 3rd story Terrace overlooking the 16th Mall. Catering is available for any event including private service in our Executive Board Room. Please contact Michael Roberts for Catering information and Board Room reservations.



## Café Hours

*Monday-Thursday, 6AM-9PM*

*Friday, 6AM-8PM*

*Saturday & Sunday*

*8AM -6PM*

# Children's Programs

## Kid's Club, Kid's Center & Nursery

At Colorado Athletic Club, kids are Members too.

### Boulder

Our qualified and caring childcare specialists at the BLAST! Center will keep your kids active and engaged while you enjoy your workout. We encourage your child to participate in active play and enjoy child friendly toys and games within Club boundaries. In addition to the daily opportunities, we offer a variety of special programs

#### Blast Center Hours

##### **3 weeks-11 years**

*Monday-Friday 8AM-8PM*

*Saturday & Sunday, 8AM-6PM*

*3 weeks-2 1/2 years, \$4*

*2 1/2 years-11 years, \$3*

## Inverness

Inverness is proud to offer a wide range of children's programming and services. Children's facilities at Inverness include individual rooms dedicated to infants and toddlers, a Kid's Club and the Blast! Center, complete with an activity center and their own private gym.

#### Kids Club Hours

##### **Ages 3 weeks-4 years**

*Monday-Thursday*

*8AM-8PM*

*Friday, 8AM-6PM*

*Saturday, 8AM-2PM*

*Sunday, 9AM-2PM*

*Infant hours begin at 9AM*

#### Blast Center Hours

##### **Ages 5-12**

##### **Fall/Winter/Spring Hours**

*Monday-Thursday*

*9AM-1PM & 4-8PM*

*Friday, 9AM-1PM & 4-6PM*

*Saturday, 8AM-1PM*

*Sunday, 9AM-1PM*

##### **Summer Hours**

*Monday-Thursday*

*8AM-2PM & 4-8PM*

*Friday, 8AM-2PM & 4-6PM*

*Saturday, 8AM-1PM*

*Sunday, 9AM-1PM*

## Monaco

Monaco also offers a wide variety of activities and programs for kids, including a main level child center full of games, toys, crafts, puzzles, art and computer learning programs. For more information on childcare services or activities call 303.758.7080 ext. 1105.

#### Kids Club Hours

##### **Infants 3 weeks-18 months**

*Monday-Friday*

*8AM-1PM & 4-7PM*

*Saturday & Sunday*

*8AM-12PM*

##### **Ages 18 months-8 years**

*Monday-Friday*

*8AM-2PM & 4-8PM*

*Saturday-Sunday*

*8AM-2PM*



# Children's Programs continued

## Prices

### Infant/Toddler

#### *Inverness & Monaco*

*Ages 3 weeks-30 months*

**\$4/Hour**

### Kid's Club & Blast! Center

#### *Inverness & Boulder*

*2 1/2-12 years*

**\$3/Hour**

*Late Pick-up Fees*

**\$5/first 15 minutes**

**\$1/child/additional minute**

#### *Monaco*

**Free with Platinum**

**Membership**

### Platinum Membership

No charge with the exception of bringing in guests and Kid's Club and Blast! Center classes. See a Membership Representative for details to upgrade your Membership.

## Policies & Procedures

### Aggressive Behavior

It is our goal to provide a safe environment for all the children. Behaviors such as hitting, biting, tackling, foul language and continuous disrespect for authority will be dealt with immediately. The child will be put in a time-out while the parent is located. A behavior report will be filled out, then signed by the parent and the child must be removed from our care. A second incident will result in a one-week suspension for the child. Each subsequent incident will result in a one-week suspension.

### Child to Staff Ratios

#### Infant

1 staff/4 infants

#### Toddler

1 staff/6 toddlers

#### Kid's Club

1 staff/12 children

### Diapers & Wipes

We require parents to provide diapers and wipes. If none are provided we will charge \$1/ diaper and .50/wipe usage. For sanitary reasons a child who is in potty training **MUST** wear pull-ups in our care until they are **FULLY** potty trained.

### Drop Off Service

#### *Offered at Inverness*

We will take your child to their activity in the club (such as tennis or swimming lessons). Sign up at the Kid's Club Desk and tell an attendant of the scheduled activity. We are not able to provide pick-up service.

### Emergencies

In case of an emergency involving your child, you will be contacted immediately. Specify where you can be located on the sign-in sheet. Do not take your child from our care until you check with the attendant who has the sign-out sheets.

## Illness Policy

For the safety and well-being of all the children, we strictly enforce the Illness Policy. If your child shows signs of illness during their stay we will ask that you remove him/her from our care immediately. If the illness is due to allergies, a pediatrician's note is required. Children must be fever free and on antibiotics for 24 hours before returning to Kid's Club/Blast! Center.

### **Symptoms**

- :: Fever
- :: Eye or ear discharge, profuse nasal discharge
- :: Stomachache or nausea accompanied by diarrhea, vomiting or the chills
- :: Sore throat or persistent cough
- :: Contagious condition: (i.e.; pink eye, chicken pox, etc.)

## Labeling Items

Please have your name on all items brought into the club. This includes bottles, pacifiers, cups, diaper bags, snacks, backpacks, coats, etc. Please do not bring toys from home.

## Parent Responsibility

We strive to provide a positive, fun experience for each child with constructive interaction and programs. Each of our childcare attendants are CPR certified for your child's safety while in our care. Parent(s) must remain within the club facility at all times while children are in our care, with the exception of parents who run outside. A parent may be asked to remove a child due to illness or excessive crying (15 minutes non-stop) or extremely disruptive behavior.

## Reservations for Kid's Club

All children under the age of 2 1/2 years must have a reservation. Have your Member number available when making a reservation. You may call for a reservation the prior day at 8AM with the exception of the weekends. On Fridays you can make reservations through Monday. Call 2 hours prior to cancel or change your reservation to avoid a no-show fee of \$8.

## Sign In & Out

Parents must sign in & out when entering or leaving the kids areas. If someone different is to pick up your child, you must have this information on the sign-in sheet and notify the staff.

## Shoes

Shoes must be worn at all times. If your child is attending a sports class, we ask that they wear proper athletic shoes.

## Snacks

Children are allowed to have food in our facility, except for nut products, Red Dye Drinks, Lollipops, Popcorn or Gum. During our peak morning hours we limit snacks to the following times at Inverness Kid's Club:

*9:15-9:30AM, 10:15-10:30AM.*

After 11AM, children are able to eat at anytime but must eat at a table. We also ask that children do not share food in order to protect them from food allergies. Attendants should be made aware of a child's special needs.

# Children's Programs continued

## **Blast! Extreme Kids Birthday Parties**

### *Ages 3-12*

Choose from Sports 'n Fun, Extreme Kids or Sport 'n Swim Parties. These high energy parties last 1 1/2 hours. Beginning in the lobby, we greet and escort the kids down to the Blast! Gym for an hour of fun. The last 1/2 hour we have cake and open gifts. Parents can sit back and enjoy as our staff does it all. Parties begin after 1PM on the weekends except Pool Parties which may begin as early as 11AM. To guarantee a spot, book at least 3 weeks in advance. For more information call the Youth Coordinator at 720.895.0924.

*Packages range from  
\$175-\$325*



## **Youth Responsibility Membership (YRM)**

YRM is a certification that must be completed before youth may use our facility in designated areas at designated times without adult supervision. A Personal Trainer will go over the rules of the club, the YRM and all equipment they may use. A swim test and written test is also given. Contact the Personal Training Manager at your club to make an appointment for your child.

## **Kids Camps**

### *Inverness*

#### **Day Camps**

These day camps are formatted just like our Blast! Summer Sports Camp.

*9AM-3PM*

*Extended Hours*

*8-9AM and 3-6PM*

***\$60/day Member***

***\$65/day Non-Member***

*Extended Hours*

***\$3/hour***

#### **Blast! Leadership Camp**

### *Ages 11-14*

Each day kids will receive training in tennis, fitness, yoga, self defense, Zumba®, Pilates, nutrition, stroke development and free time at the pool. During camp they will also have the opportunity to learn CPR and babysitting class.

*June 20-24, 9AM-3PM*

***\$195/week Member***

***\$240/week Non-Member***

*Extended Hours*

*8-9AM & 3-6PM*

*Extended Hours \$3/hour*

## **Blast! Little Tikes Camp**

*Ages 3 & 4*

Designed with the younger kids in mind. Each day they will participate in Story Time, Crafts, Fitness Development, Tennis and Swim Lessons.

*June 13-17, June 27-July 1,  
July 11-15, 25-29  
& August 8-12.*

*Camp Hours*

*9:30AM-12PM*

*No extended hours*

***\$125 Member***

***\$135 Non-Member***

***Daily rate \$30***

## **Blast! Summer Camp**

*Ages 5-12*

This active, safe and healthy environment encourages social interaction, positive self-development and the opportunity to become acquainted with basic sports skills and teamwork. Activities include court sports, tennis, swimming, games at the park and crafts. Sign up on a weekly basis throughout the summer. For more information call the Youth Coordinator at 720.895.0924.

*June 6-August 12*

*9AM-3PM*

## **Mad Science Camps**

*Ages 4-11*

Mad Science camps are guaranteed to entertain, educate and spark learning. Some of the specific camps include CSI (Crime Scene Investigation), Red Hot Robots, Predator and Prey, Fizzical Engineering and In the Garden. Call the Youth Coordinator at 720.895.0924.

## **Monaco**

### **Blast! Summer Camp**

*Ages 5-12*

This safe, active environment encourages social interaction, positive self-development and teamwork through activities such as court sports, tennis, swimming, games at the park and crafts. For more information call the Youth Coordinator at 303.758.7080.

*June 6-August 12, 9AM-3PM*

***Member \$195/week***

***Non-Member \$240/week***

*Sibling Rate*

***Member \$150/week***

***Non-Member \$190/week***

***Member \$60/Daily***

***Non-Member \$65/Daily***

*Extended Hours Available*

*8-9AM & 3-6PM*

***\$3/Hour***

## **2011 Summer Tot Camp**

*Age 4-6*

This camp is designed to introduce your young child to a shortened version of Summer Kids Camp while they enjoy tennis, swimming, crafts and games. Call the Youth Coordinator at 303.758.7080 ext. 1161, for more details or regarding any questions you may have. Children must be potty trained.

*Monday-Friday, 9AM-12PM*

*June 6 - July 29*

***\$150/week***

***\$35/daily rate***



# Children's Programs Continued

## Special Classes

### Boulder

#### Bookworms

Explore new and exciting books with us. Each week we will have new stories to either read out loud or discover on their own. Kids can even bring your favorite books.

*Tuesdays, 10-11AM*

**Free**

#### Chef Kids

A fun-filled time for your child to experience the excitement of creating a delicious masterpiece and then they get to eat it.

*Fridays*

**Fees apply**

#### Fit Kids

*Age 3+*

Children will be involved in a variety of games and activities that help develop coordination and gross motor skills in an environment where active self-expression and positive attitude are encouraged.

**\$5/class**

#### Homework Helpers

Are your kids having trouble with their school work? Have a licensed teacher help with their homework. After school most days. Contact BLAST! for more information

**Fees apply**

#### Lil Yoga

*Ages 7-11*

Focusing on postures and breath work in order to be more present and reduce stress, while increasing strength, confidence, and of course, having fun! Fees apply.

#### Music with Madelyn

*Toddlers*

It's like no other kid's music class in Boulder County. Emphasis on rhythm, singing on pitch and joyful musical expression. Effective use of props to encourage high participation.

#### XRKADE®

*Ages 7-11*

The Ultimate Gaming Xperience  
Dance Dance Revolution  
Cateye Gamebike Racing  
Boarding  
XaviX Fitness Station:  
Baseball  
Bowling  
Boxing  
Fishing  
Golf  
Plus, 3 iMac computers equipped with games.

### Inverness

#### American Red Cross Babysitting Class

*Ages 11+*

This course teaches boys and girls babysitting responsibilities, characteristics of children, appropriate toys and games for different age groups, accident prevention, basic first aid, emergency response, rescue skills for choking and rescue breathing. Call the Youth Coordinator at 720.895.0924 for more information or to sign up.

*May 14, 9 -3PM*

**\$65/child-includes**

**ARC Babysitting Book**

## **Creative Kids**

*Ages 2+*

Class involves gross motor skills, creativity, thinking and listening skills. Children will listen to a story and then do a related activity that goes with the book. What a great way for your child to spend the morning at the gym. Contact the Kid's Club at 303.790.6031 for days and times.

***\$2.50/class***

## **Culinary Kids**

*Ages 2+*

A fun-filled time for your child to experience the excitement of creating a delicious masterpiece then eating it!

***\$2.50/class***

## **Easter Egg Hunt**

Weather permitting, we will have a hopping good time hunting for eggs by the duck pond. (Pond is located behind the outdoor tennis courts. Bring your Easter basket. Call the Youth Coordinator at 720.895.0924.

*Saturday, April 23  
9:30AM*

***Free***

## **Fit Kids**

*Ages 2+*

Children will participate in a variety of games and activities that develop coordination and gross motor skills in a fun environment where active self-expression and positive attitude are encouraged. Contact the Kid's Club at 303.790.6031 for days and times or for more information.

***\$2.50/class***

## **Fitness Development**

*Ages 5 - 12 years*

Your child will be involved in a variety of games and activities developing fitness, coordination and motor skills in an environment where active self-expression and positive attitude are encouraged.

***\$2.50/class***

## **Little Kicks**

*Ages 2+*

Your children will have a great time learning new soccer skills. There will be a lot of running, kicking the ball and making goals. This is a great way to use up some of their energy. Check with the Kid's Club for days and times at 303.790.6031.

*Summer only*

***\$2.50/class***

## **Nature Walk**

*Ages 5 - 12 years*

Your child will enjoy a supervised walk behind the club looking at nature. Weather permitting.

***Free***



# Children's Programs Continued

## Parent's Night Out

*Ages 2 1/2 - 4years*

Need an adults' night out? Drop your kids off at the Kid's Center and our energetic staff will provide activities as well as a movie and pizza to finish off the night. Contact Shelly Mercer at 720.895.0924 for more information or to sign-up.

*Thursdays*

*January 14*

*February 11*

*March 11*

*April 8*

*May 13*

**\$12/child**

## Yoga For Kids

Introduce your child to breathing exercises, games and the relaxation of yoga. Call the Group Fitness Coordinator at 303.790.777 for more information.

*Tuesdays & Thursdays*

*10-10:45AM*

**Free**

## Monaco

### Arts & Crafts

*Age 3+*

For children to creatively express themselves with different crafts and art forms.

*Tuesday-Thursday, 10:15AM*

**Free**

### Book Worms

Explore new and exciting books with us! Every week we will have new stories to read. During Book Worms, stories will be read out loud; discover books on your own, or even bring your favorite books.

*Tuesdays, 10-11AM*

**Free**

## Child Movement Class

*Parent-Tot Class*

For toddlers, preschoolers, kindergartners and their parents to aid in large and small motor skills. Exercises will also help to teach following directions, and socialization. A great time for free play, music and organized activity.

*Fridays, 9:30-10:30AM  
in the gym*

**Free**

## Easter Egg Hunt

*Walking-11 years*

Don't miss the most anticipated spring event. Bring your little ones for a morning of games, face painting, egg hunting, a magic show and a visit from the Easter Bunny.

*April 23, 10-11:30AM*

**Free**

## **Fit Kids**

*Ages 4-12*

This fun, physical class will help spark a healthy lifestyle. From relay races, games and gym activities to good old fashioned exercise, kids will experience something new each week.

*Saturdays, 10-11AM*

**Free**

## **Just for Fun**

This class is a great movement and fitness class for children 3 years & up. Just schedule your child for childcare during this time and they will have fun in the gym while you workout.

*Monday-Wednesday  
10-11AM*

**Free**

## **Music in Motion**

This dance party will allow children to participate in organized dance activities, dancing games and free dance.

*Wednesday, 9:30-10:30AM*

**Free**

## **Petite Chefs**

Join us in the café for some cooking fun! Each month we will make special treats to decorate and eat.

*2nd Friday each month,  
10-11AM*

**Free**

## **Yoga For Kids**

Introduce your child to breathing exercises, games and the relaxation of yoga. Call the Group Fitness Coordinator at 303.758.7080 ext. 1134.

*Sundays, 10:15-11AM*

**Free**

## **Valentine's Day**

Let your little ones decorate cookies while you work out on Valentine's Day.

*Monday, February 14  
All day*

**Free**



# Group Fitness

Colorado Athletic Club offers a wide variety of Group Fitness, Indoor Cycling and Water Fitness classes - all complimentary for members! With well over 75 classes per week at each of the six CAC's and 30+ unique class formats, we guarantee that our extensive program will exceed your expectations. All of our instructors have been carefully recruited based on their certification and experience and are Denver and Boulders finest.

Visit our Group Fitness schedule online at [ColoradoAthleticClubs.com](http://ColoradoAthleticClubs.com) for class days, times and descriptions. We can't wait to have you in class.

## Featured Classes



Zumba® fuses motivating latin music, easy to follow movements and an international zest to create a dynamic fitness program that will blow you away. Zumba® classes can be found at all six CAC locations at a variety of times. Ditch the workout and join the party!

### Indoor Cycling

A true athletic and cardio adventure! All of our Indoor Cycling classes simulate a variety of terrain that will blast calories while taking it easy on your joints. Don't miss out on riding all winter - you have a perfect opportunity to do it indoors.

### Core Fusion

Work your core in 30 minutes or less. This class fuses the disciplines of core conditioning, balance and functional training to tone your body, strengthen your core and improve your posture.

### Amped

A circuit style, athletic conditioning class that will take you to your limit. Incorporating up to 4 Tabata intervals with TRX, kettlebells and old school body weight exercises, you will see maximum results in half the time. Increase your strength, power and cardio capacity in 45 minutes or less. All ability levels are welcome; the training method is all about finding YOUR edge and taking it to the next level. Are you ready?

### Indoor Cycling

An athletic, cardio adventure. An efficient, calorie-torching workout that is easy on the joints. All levels welcome!

### Cardio Chisel

Keep your heart rate elevated in this interval style class of muscular strength exercises intermixed with cardio segments. This class is great for people looking to get efficient cardio and weights in one hour.

Other classes include but are not limited to:

- Amped*
- Armed & Dangerous*
- Below the Belt*
- Treadmill Training*
- Water Fitness*
- Soul Sweat*
- Core Off the Floor*
- Step*
- Bootcamp*
- BOSU Blast*
- Cardio Chisel*
- Cardio Kickboxing*
- Chisel*
- Fitness Lite*
- Indoor Rowing*
- Neuro-Kinetics*
- Nia*
- Sports Training*
- Tai Chi*
- Total Body Conditioning*
- Walk It Off*
- Yamuna Body Rolling*
- Zumba Gold®*
- Barre Conditioning*
- Balletone®*
- Belly Dance*



# Martial Arts

The Colorado Athletic Clubs are proud to include Martial Arts in their array of programs. In addition to Tai Chi and NIA that are included on the Group Fitness schedules, at specific club, the following programming is offered on a scheduled basis.



## Downtown

### Karate

Join Sensei Gary Tsutsui who has taught at the Downtown location for over 20 years. All experience levels are welcome as well as walk-ins. For more information contact Lindsey Siegel, Group Fitness Coordinator.

*Mondays & Wednesdays  
10:45-11:45AM*

**Free**

### Boxing 101

Each session will combine the art of boxing with traditional exercises and intense cardio intervals to elevate your workouts to a higher level. Please check group fitness schedule for times, this is a complimentary class

## Inverness

### Self Defense

Haganah, the ultimate self defense system, offers the F.I.G.H.T. program, a revolutionary new approach to fitness that combines life-saving self-defense with superior conditioning components to make you look and feel good without the wait ... and without the routines found in other exercise programs. For more information contact Shelly Mercer at 720.895.0924.

*Fridays, 6-7PM*

**\$55/month**

### Kenpo Karate

A system based on logic, as it adopts and applies scientific disciplines to maximize its effectiveness. Through the use of mathematical law, concepts and principles of mass, speed and agility, stability, power and much more. We can make our body function intuitively with economy of motion. For more information contact Shelly Mercer at 720.895.0924.

*Fridays*

*Ages 5-12 years, 4:30-5:15PM*

*Age 13-Adult, 5:15-6PM*

**\$55/month**



## DTC

### Boxing Conditioning

From beginners to advanced boxers, learn proper technique, skills and conditioning at your own pace. The class is offered not only for exercise purposes but to learn how to use your body effectively and correctly in the sport of boxing. This full body workout will not only give you your fitness wants and needs, but will bring you to a higher level of a better you. For more information contact Joe Cousino, Master Personal Trainer, at 303.779.0700 or [jcousino@wellbridge.com](mailto:jcousino@wellbridge.com).

### Kickboxing Conditioning (Muay Thai)

A full body conditioning class involving fists Elbows, knees and kicks. This class will push you To the limits. Sweat, hard work and dedication is what it takes. Completion of this class will help you reach the pinnacle of your fitness. You will learn the correct way to use the most powerful parts of your body, to not only get a great workout, but to use it with great technique. This full body, calorie burning class is what you need to become a better you. For more information contact Joe Cousino, Master Personal Trainer, at 303-779-0700 or [jcousino@wellbridge.com](mailto:jcousino@wellbridge.com).

### Brazilian Jiu-Jitsu

This sport emphasizes leverage and perfect technique over strength and applies those principles to grappling. The focus of this class is to teach students how to apply Brazilian Jiu-Jitsu techniques to selfdefense or competition. For more information or for class dates/times, contact Trainer Jake Beck or Personal Training Manager at 303.779.0700. Try all three disciplines in the Intro to MMA (Mixed Martial Arts) package:

*\$50/3 lessons*

## Tabor Center

### Functional Fighter

"Get Fit not Hit" with this MMA style non-stop conditioning. Boost confidence, speed, power and endurance while having fun. Contact Kim Boere at 720.214.0085 for more information.

*Mondays & Wednesdays  
6-7PM*

*\$25/class*

# Massage

Massage has been used in relaxation, tension reduction and therapy to treat aches, pains and injuries for thousands of years. Psychological studies show that treatments involving touch satisfy our basic human need to be nurtured. Keeping massage as a regular part of your body maintenance routine can optimize the prevention of injuries. Many people receive a weekly massage for general maintenance of mind & body.

The Colorado Athletic Clubs offer classic massage practices as well as the most state-of-the-art techniques. Our staff will fulfill your goals and needs utilizing the massage technique that will provide you with the maximum benefit. Massages include, but are not limited to the following options. Contact the Club of your choice to schedule a massage today.



## Relaxation Massage

*Revitalizer Massage*  
**\$35/25 minutes**

*Full Body Massage*  
**\$65/55 minutes**

*Deluxe Full Body Massage*  
**\$90/85 minutes**

*Massage Packages*  
**Packages of 3**

*\$175/55 minutes*  
**\$245/85 minutes**

*Package of 6*  
**\$345/55 minutes**

*Package of 12*  
**\$665/55 minutes**

## Hot Stone Massage

The rubbing of smooth, heated stones, across tired, tight muscles radiates deep penetrating heat to melt muscular tension and create a feeling of centeredness and well-being.

**\$70/55 minutes**  
**\$100/85 minutes**

## Pre Natal Massage

A light, soothing massage for pregnant women to help relieve the physical and emotional stress of pregnancy. The mother is placed on her side with many pillows for comfort. A Pre Natal cushion with holes cut out for the abdomen and chest may be available at your Club.

**\$65/55 Minutes**

## Lobby Chair Massage

Visit the lobby of Colorado Athletic Club and often you will see one of our many massage therapists offering a small taste of what a relaxing time might feel like. Times and days vary, check with the Massage Department for details.

**Monaco**  
303.758.7080 ext. 1104

**DTC**  
303.779.0700

**Downtown**  
303.623.2100 ext. 104

**Tabor Center**  
720.214.2400



## **Body Work/Sports Massage**

### *DTC/Downtown*

Injuries and repetitive strains can cause cumulative tissue irritation and postural deviations over time. By utilizing acupressure and/or trigger point therapy, Body Work/Sports Massage can release toxins and restrictions from connective tissues to aid healing, reduce pain and increase range of motion.

*\$75/60 minutes*

*\$115/90 minutes*

*\$150/120 minutes*

## **Tension Tamer**

### *Downtown/Inverness*

Revive and relax with a minimassage concentrating on the most common areas of stress: neck, shoulders and back.

*\$40/40 minutes*

## **Boulder**

### **Chair Massage**

A fast, convenient stress reliever. This refreshing upper body massage is received in the seated position, fully clothed. It is a perfect tune up before or after an event, or a necessity on a busy day.

*\$1 per minute*

### **Deep Tissue**

Penetrates to the deeper layers of the muscle and connective tissue to increase flexibility, release tension and stress and to promote healing of chronic pain to injury sites.

*Member*

*55 Minute/\$75*

*85 Minute/\$105*

*Non-Member*

*55 Minute/\$80*

*85 Minute/\$110*

## **Hot Stone**

The rubbing of smooth, heated stones, across tired, tight muscles radiates deep penetrating heat to melt muscular tension and create a feeling of centeredness and well being.

*Member*

*55 Minute/\$75*

*85 Minute/\$105*

*Non-Member*

*55 Minute/\$80*

*85 Minute/\$110*

## **Neck/Shoulder/Back: Tension Tamer**

Revive and relax with a minimassage concentrating on the most common areas of stress: neck, shoulders and back.

*Member*

*25 Minute/\$35*

*Non-Member*

*25 Minute/\$40*

# Massage Continued

## Pre/Post Natal

A light, soothing massage for pregnant women to help relieve the physical and emotional stress of pregnancy. The mother is placed on her side with many pillows for comfort. A Pre-Natal cushion with holes cut out for the abdomen and chest may be available.

**Member**

55 Minute/\$80

85 Minute/\$110

**Non-Member**

55 Minute/\$85

85 Minute/\$115

## Reike

Balance your body, mind and soul for optimal health. This modality uses spiritual energy and light touching to heal a person's aura or situation; can help manage pain and increase quality of life.

**Member**

55 Minute/\$75

85 Minute/\$105

**Non-Member**

55 Minute/\$80

85 Minute/\$110

## Sports

A deep tissue massage, customized to enhance your dexterity, strength and range of motion for a variety of fitness activities. Energizing and invigorating, this massage increases the muscle rate of recovery and encourages greater athletic performance.

**Member**

55 Minute/\$75

85 Minute/\$105

**Non-Member**

55 Minute/\$80

85 Minute/\$105

## Therapeutic Swedish

Integrating relaxation with light to moderate pressure or specific Trigger Point Therapy. Returning the body to a balanced state by improving circulation and enhancing overall well-being.

**Member**

25 Minute/\$35

55 Minute/\$65

85 Minute/\$95

**Non-Member**

25 Minute/\$40

55 Minute/\$70

85 Minute/\$100

## DTC

Enjoy the many healthful benefits of massage therapy here at the DTC.

### Massage

25 minutes

\$35 Member

\$40 Non-Member

55 minutes

\$65 Member

\$70 Non-Member

85minutes

\$90 Member

\$95 Non-Member

Remember you can use the steam room or hot tub before or after your session.

### Integrated Massage Therapy

Our skilled therapists can blend what you need where you need it from therapeutic deep tissue work to rid those knots, sports massage for exercise recovery and Swedish massage for relaxing.

55 minutes

\$65 Member

\$70 Non-Member

85 minutes

\$90 Member

\$95 Non-Member

## Sports Massage

A focused sports massage can add to your exercise goals. This massage will focus on the areas that need it most to meet your needs using the techniques of stretching, range of motion and massage specific to muscle performance. A great massage before or after your work out.

*25 minutes*

*\$35 Member*

*\$40 Non-Member*

*55 minutes*

*\$65 Member*

*\$70 Non-Member*

## Inverness

### On-Site Chair Massage

A fast, convenient stress reliever. This refreshing upper body massage is received in the seated position, fully clothed. It is a perfect tune up before or after an event, or a necessity on a busy day. Contact the front desk to schedule a massage at 303.790.7777.

*\$1/Minute*

## Massage Package Specials

Whether you need to celebrate that the kids are going back to school or you want to feel relaxed during the holiday season we have just what you need, a couple massages. We will be offering you a chance to purchase two, 1 hour massages for \$100. Contact the front desk for more information at 303.790.7777.

**Add-on the following to any massage:**

### *Traumeel*

A Homeopathic ointment with natural anti-inflammatory analgesic for relief of mild to moderate pain associated with overuse injuries.

*\$5/application*

### *Warm Hand & Foot Wrap*

Soothes tired feet and hands using essential oils.

*\$10/treatment*

### *Salt Scrub*

Exfoliates and renews the skin and rejuvenates the lymphatic system.

*\$15/treatment*

## Tabor Center

### Therapeutic Swedish

Integrating relaxation with light to moderate pressure or specific Trigger Point Therapy. Returning the body to a balanced state by improving circulation and enhancing overall well-being.

#### *Member*

*25 Minute/\$35*

*55 Minute/\$65*

*85 Minute/\$95*

#### *Non-Member*

*25 Minute/\$40*

*55 Minute/\$70*

*85 Minute/\$100*

### Deep Tissue

Penetrates to the deeper layers of the muscle and connective tissue to increase flexibility, release tension and stress and to promote healing of chronic pain to injury sites.

#### *Member*

*55 Minute/\$75*

*85 Minute/\$105*

#### *Non-Member*

*55 Minute/\$80*

*85 Minute/\$110*

# Member Events

## All Locations

### New Member Orientation

Maximize your membership. Discover everything we have to offer. Meet our department heads and get a proper introduction to the club.

*Every Monday in January  
6-8PM*

### January Jam

Join the biggest group fitness party of 2011. Keep on jammin', from cardio strength to Zumba® with DJs and congas. Free RSVP at [ColoradoAthleticClubs.com](http://ColoradoAthleticClubs.com)

### Family Fun Day

Workout at the club, play games in the gym, have fun in the pool.

*Saturday, January 8, 11-3PM*

### Group Power®, Kick® & Centergy® Launches

These complimentary classes consistently challenge participants to improve their fitness level through new formats each quarter. Look for new classes in January and April. Contact your club for more information.

### Weightloss & Nutrition Seminars

Balance a healthy diet with exercise. Learn valuable tips to keep you inspired. Healthy eating habits and cooking demonstration.

*January 10-14*

### Happy Hour

Join us for lite fare and drink specials after your workout.

*Thursday, January 13*

### Pilates Social

Sample the Pilates program for free. Enjoy refreshments, drawings and prizes. All guests of the Social will receive 10% off any Pilates package. Call for more information.

*January 25 & 26*

*April, July date/times are TBA.*

### Take it to Heart Week

Featured Group Fitness classes - wear RED, special invitation for Non-Members participating in the week. Call for details.

*February 15-22*

### Healthiest Company Launch

Sponsored by Group fitness to launch Healthiest Co.

*February 16, 5-7PM*

### 2<sup>nd</sup> Annual 'Biggest Mover' Challenge

Participate in as many group fitness classes as you can from March 7-14 and qualify for 3 months free membership.

*March 1-15  
Times vary by club*

### Fat Loss Tuesday

Mardi Gras Zumba® class, just like Bourbon Street!

*March 8, 5:30-7PM*

### Personal Training Health Fair

Get the complete lowdown on body fat, blood pressure and wellness checks. Plus, receive 1-on-1 advice.

*March 10*

### 60 Day Group Fitness Challenge

Join in on the fun this year. Complete as many classes as you can from January 1 - March 1 for your chance to win a variety of prizes. Contact your Group Fitness Coordinator for more information.

## **Boulder**

### **Sunday Funday by the Pool**

Join us every other Sunday for music, drink and food specials and fun by the pool!

*Memorial Day – Labor Day*

### **Yoga Workshops**

*July*

Arm Balancing Workshop

*September*

Yoga For Athletes Workshop

*October*

Yoga Inversions

*November*

Journey Into Power Bootcamp

### **Pilates/Mind & Body**

*Lil Yoga Ages 7-12*

*Mondays, 4PM*

*Yoga Privates*

Now available upon request

*Hot Yoga Workshop  
with Mercury Roberts*

Coming in February

*Fine Tuning Your Mat Skills  
Workshop coming in March.*

For more information on up and coming programs call 303.501.1700.

## **January**

### **New Year, New You Challenge**

Step outside of your comfort zone and try a new workout. Improve your fitness levels and meet new friends and fitness pros to keep you on track.

## **February**

### **1 Year Anniversary Party**

Join us in January to celebrate bring open for one year.

### **Valentine's Couple Challenge**

Come sample some of our most popular formats with the one you love (or at least like) and compete in partner challenges for fun prizes.

### **Sweetheart Cooking Class**

We will have a chef from one of our local partners in to do a cooking class.

## **March**

Spring schedule will be available March 7.

### **St. Patrick's Day Celebration**

Join us in March to celebrate St. Patrick's Day with Green Beer and Irish Dancers!

## **April**

Special Schedule for Easter Day will include the kiddos and Easter Egg Hunting.

### **Spring's Around the Corner**

Join us and our local retail partners for a viewing of the new up-and-coming Spring/Summer lines. Learn how to prepare for summer.

## **May**

### **Urban Adventures**

When the weather permits, join us for outside workouts. Stay tuned for more details.

### **Memorial Day Party**

Celebrate the pool opening for the summer with a BBQ on Memorial Day.

### **Viva La Diva Happy Mother's Day**

Celebrate Mother's Day with massage specials and Mother's Day Group Fitness classes.

## **June**

### **Father's Day Celebration**

Treat dad to a massage, special classes and programs in the month of June.

# Member Events

## July

### 4th of July BBQ

Join us Poolside for BBQ and fun on the 4th of July.

### Island Retreat

Join us for a tropical escape at the club. Wear your Hawaiian Luau clothing and enter free.

*July 22, 4-7PM*

## DTC

### Breakfast On The Go

Join us for a complimentary breakfast. Ask the General Manager for the next date at 303.779.0700.

## January

### Intro to Cycling

*January 8, 10:30-11AM*

### 2011 Fitness Fair & Group Exercise Fest

Discover what we have to offer. Fitness demonstrations, a sampling of our most popular classes plus, set goals for the new year with the help of health & wellness industry vendors. Complimentary food and beverages provided.

*January 9, 9AM-12PM*

**Free**

### Yoga For Weight Loss Speciality Class

Shed those holiday pounds in a relaxed setting.

*January 22, 12PM*

## February

### Champagne & Chocolates

We love our Members. Join us for a Valentine's Day celebration.

*February 10*

### Sweet Heart Yoga

Bring a partner to yoga for a Valentines' Day workout.

*February 14, 6PM*

## March

### Anniversary Celebration

Enjoy daily member raffles all month long.

### Fat Loss Tuesday

Special classes focused on burning calories.

*All Day March 8*

### Go Green Cycling Challenge

Guests who wears green to any of the classes is free.

*March 9, 5:45AM, 12PM & 5:45PM*

## May

### Cinco de Mayo Celebration

Bring a friend to enjoy special Zumba® classes then Margaritas on the Patio.

*May 5, 11:15AM*

**Free**

### Mother Daughter Yoga

*May 8, 2-3PM*

### Viva La Diva- Happy Mother's Day

Be pampered with massages and spa treatments for moms.

*May 9, 9AM-1PM*

**Free**

### Race Back to CAC

Run around Greenwood Village then enjoy an after party.

*Select Thursdays starting in May*

## June

### Margaritas on the Patio

Enjoy summer on the patio with margaritas.

*June Date TBD*

**Free**

## Bring a Buddy BBQ

Workout with a buddy and enjoy lunch on us. RSVP for guests at the Hospitality Desk.

*June Date TBD*

*Free*

## CAC 14er Challenge

Work your way to the top of a 14er with other Members. Optimizing your fitness level this summer through various exercises CAC has to offer.

*June 1–July 31*

## Downtown

### New Year's Day Breakfast

Join us for a complimentary pancake breakfast served by our General Manager. Contact a Hospitality Desk for details.

*11AM–until we run out!*

*Free*

### Monthly Member Parties

Join fellow members for free drinks and appetizers in the 6th floor lobby. Bring your family, friends and coworkers. For more information call 303.623.2100.

*January 26, March 23  
& June 23*

*5–7PM*

## Inverness

### Happy Hours

Join us for adult-only Happy Hours throughout the year. Visit our website for details.

*Free*

### Join Us For Breakfast

Enjoy a complimentary breakfast one Saturday per month. Contact a Membership Representative for details.

*Free*

### Massage Therapist of the Month

Each month we highlight one of our Massage Therapists and offer 10% off of their services. Check the Massage board in the downstairs lobby for our monthly pick or call the Front Desk at 303.790.7777.

### Parent/Child Mixer

This social, competitive tennis mixer is fun for parent and child. Intended for players purple level or better who can play for the 2 hour time period. Opponent teams rotate frequently. Refreshments are provided. For details call the Tennis Desk at 303.790.6026.

*\$20/Team*

## Yoga For Competitive Athletes

Strengthen and stretch the key muscles used in your sport. Increase concentration, endurance and balance, reduce injuries and speed up recovery. Workshop meets three Sundays a month with Joan Kinney, RYT. For days and times contact the Group Fitness Coordinator.

*\$45/workshop*

## January

### Racquetball 'N Beers

Join us for an evening of racquetball and then join everyone afterwards for beer and snacks in the café.

*Thursdays, 5:30–7:30PM  
January 20 & February 17*

*\$5/player*

## April

### Egg Hunt

Kids will have a hopping good time hunting for eggs and goodies. Meet in the lobby with a basket. Children under 3 must be with an adult.

*April 22, 9:30AM*

*Free*

# Member Events

## May

### Mother's Day Mother/Child Tennis Mixer

Celebrate Mom at this social, competitive tennis mixer for mother and children 8 & older. Age exceptions are considered. Opponent teams rotate frequently. Refreshments are provided. For more information call the Tennis Desk at 303.790.6026.

*May 7, 6–8PM*

**\$15/Team**

## June

### Annual Summer Pool Party

Kick off Summer with a 1-mile Kid's Fun Run and 5K/10K race. Afterwards, cool off at the outdoor pool and enjoy fun, food and games at the Summer Fest Pool Party. For more information call the Front Desk at 303.790.7777.

*June 4*

### Race Information

*1-Mile Fun Run, starts 8:30AM*

*5K/10K, starts 9AM*

**Free**

### Pool Party Information

*11AM–2PM*

**\$10/Member & Guests 12+**

**\$5/Member & Guests 5-11**

*Children under 5 are free*

*with purchase of adult ticket.*

*Pricing includes food, beverage*

*and beer for adults.*

### Father's Day Father/Child Tennis Mixer

Celebrate Dad at this social, competitive tennis mixer for father and children age 8 & older. Age exceptions can be considered. Opponent teams rotate frequently. Refreshments are provided. For more information call the Tennis Desk at 303.790.6026.

*Saturday, June 18*

*5–7PM*

**\$15/Team**

### Group X Fest

Event consists of six, 30 minute segments highlighting different formats; Bootcamp, Power Ball, Kickboxing, Step, Group Power and Power Yoga. Participate in all 6 or just a few. For more information call the Group Fitness Coordinator at 303.790.7777.

*June, Date TBA*

**Free**

## Monaco

### Member Appreciation Day

The first Friday of every month in the front lobby we celebrate our wonderful members with fresh bagels.

*Before 9AM*

**Free**

### Outdoor Bike Rides

Join us each month for a great bike ride. Ages 12 & up are welcome with any type of bike. Sign up at the front desk and meet in the Yale parking lot. Don't forget your helmet and sunscreen.

*May–September*

*Specific dates, TBA*

**Free**

## February

### Valentine's Day Couples Massage

Do something different for your sweetie. Try this couple's massage and learn techniques for relaxation. Plus, enjoy chocolate strawberries in a romantic atmosphere. Call Mary Kapaun at 303.758.7080 ext. 1104 to sign up.

*February 12, 2-4PM*

**\$40/couple**

## Annual Anniversary

Join us in celebrating 36 years with a fun evening of food, music and prizes. Plus, take advantage of specials offered all month.

*March 14, 5-8PM*

*Free*

## April

### Annual Easter Egg Hunt

Don't miss the most anticipated event of spring. Bring your little ones for a morning of games, face painting, egg hunt, magic show and a visit from the Easter Bunny.

*Ages walking - 11 year*

*April 23, 10-11:30AM*

*Free*

## May

### Memorial Day Pool Party

Help us kick off summer at this fun in the sun event. Enjoy plenty of water, friends, good food, fun music, great prizes, the exciting coin toss and big splash contest.

*May 30, 11AM-3PM*

**BBQ: \$7/kids & \$10/adults**

## July

### Tri-Mini-Athlons

A perfect chance to try your skills and endurance with the 2nd annual Monaco Tri-Mini-Athlon. There will only be one this year, but with 2 great distance options. More information and registration forms will be available in May. Contact the Group Fitness Coordinator at 303.758.7080.

*Saturday, July 9*

*Check in at 8AM*

*2 mile run, 5 mile bike ride,*

*250 meter swim*

*4 mile run, 10 mile bike,*

*500 meter swim*

**\$35/Member**

## Tabor Center

### ENERGY bar | café Happy Hour

Discounted prices on appetizers, margaritas, wine and beer.

*Monday-Friday 5-7PM*

### Member Appreciation Party

Last Friday of every month with complimentary breakfast.

*6:30-8:30AM*

## Monthly Member Parties

Join fellow Members for drinks and appetizers in our beautiful café or outside on the terrace. Weather permitting. Bring family, friends and coworkers. Call 720.214.2400 more information.

*Free*

### Eat Fit Cooking Demo

*January 6*

### Chili Cook Off

*January 20*

### Women's Week

*February 7-11*

### Dessert & Champagne Happy Hour

*February 10*

### Anniversary Party

*March 17*

### Wine Pairing & Tasting

*April 21*

### Margaritas on the Patio

*May 19*

### Yoga with Drum

Celebrate Tabor Anniversary with Yoga Drum.

*March 16, 6:45PM*

# Mind/Body

Colorado Athletic Club offers an eclectic Mind/Body schedule that includes a variety of classes - all complimentary for members. Our Mind Body program will improve your strength and flexibility, relieve stress, create balance in your body and energize your spirit. All of our instructors are Registered Yoga Teachers with at least 200 hours of education and training- making them Denver and Boulder's finest.

Visit our Mind/Body schedule online at [ColoradoAthleticClubs.com](http://ColoradoAthleticClubs.com) for class days, times and descriptions. Center yourself with a Mind Body class at CAC.

## Featured Class



Redefine your self with Group Centergy®. Grow longer and stronger as you explore this 60 minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy.

### Power Vinyasa

Heals, detoxifies and exhilarates the body and mind with emphasis on movement.

### Restorative Yoga

A gentle, relaxing class that focuses on the renewing nature of yoga. Experience a variety of poses that will restore the vitality of your body and relax your mind. Restorative Yoga is a great compliment to Power Vinyasa or any other vigorous workout that leaves you feeling better than when you walked in.

## Yoga Sculpt

Free weights and Yoga? This amazing combo class fuses Yoga with free weight training to tone and sculpt every muscle group in your body. Free weights provide additional challenge while enabling extra length and depth in each pose. Get the benefits of Yoga and weight training in one.

***Other classes include, but are not limited to:***

*Hatha Yoga  
Iyengar Yoga  
Yogalates  
Anusara Yoga  
Vital Roots Yoga  
Pre-Natal Yoga  
Vinyasa Yoga  
Lil Yoga (Kids)  
Alignment Yoga  
Advanced Alignment  
Yin Yoga*

## Boulder & Tabor

Our Boulder and Tabor Center locations feature state-of-the-art heated Yoga studios. Heated 85-105 degrees, the warmth allows you to further your Yoga practice by getting into postures more deeply and effectively.

### Hot Yoga

A series of poses done in a heated room, maintained at a temperature of 95-105 degrees, which detoxifies the body and builds strength, stamina, flexibility, balance and coordination.

### Warm Vinyasa Yoga

A dynamic flow yoga class set to music with the focus on breathing, alignment, balance and core strengthening. The class detoxifies and exhilarates the body, calms the mind and enlivens the spirit. The studio is approximately 85-95 degrees to enable the body to warm up more quickly and therefore stretch a bit further.



## Tabor, Downtown & Inverness

### Barre Conditioning

Develops strength, flexibility and endurance while blasting calories. This workout will shape and elongate your muscles through Pilates and dance style movements.

# Nutrition

Private Nutrition Counseling is an individualized service that allows you to select the topics you wish to work on and select times that are most convenient for your schedule. You will receive expert guidance from our Registered Dietitians. You may purchase a single session or for a more complete nutrition program, you can purchase multiple sessions. For more information contact:

## ***Boulder***

303.501.1700

## ***Downtown***

303.623.2100 ext. 222

## ***DTC***

303.779.0700

## ***Inverness***

303.790.7777

## ***Monaco***

303.758.7080

## ***Taber Center***

720.214.2400

## **Drop 10**

Can't shed that last 10 pounds? Looking for an intense program that allows for accountability, education and lifestyle changes? This program will help get you to your goal.

- :: Lose 10 lbs in 5 weeks
- :: 2 hours of nutrition plus weekly email/phone check-in
- :: Week 1-Initial 60 minute consultation
- :: Weeks 3 & 5-Two, 30 minute follow-ups

***\$170/Member***

## **Exercise Metabolic Rate (EMR) Test**

Your Exercise Metabolic Rate is the amount of calories (energy) your body expends during exercise, which is determined by your heart rate.

- :: Under aerobic conditions our body metabolizes sugar for energy.
- :: After doing the test, we will know at which heart rates you metabolize fat for energy and which you metabolize sugar, then we will create your cardio program to optimize your fat burning potential.

## **Jump Start**

Are you looking to "Jump Start" your metabolism? This 4-week program will provide the initial education and accountability that's needed to start changing your current eating habits. In addition, the exercise metabolic test will provide you with the most efficient way of utilizing fat as a fuel source.

- :: 3 hours of nutrition guidance
- :: Two, 60 minute sessions followed by Two, 30 minute follow-ups, over 4 weeks
- :: Exercise Metabolic Rate testing (EMR) plus 12 week individualized cardio program

***\$340/Member***

## **Lifestyle Program**

This program focuses on living a life of health and wellness. You will be able to choose healthy options for the rest of your life, in addition to losing weight, lowering cholesterol or whatever your goal may be.

- :: 3 month program = 12 weeks
- :: Meeting with coach 2x/week, 1 for nutrition & 1 for training
- :: 24 total sessions
- :: EMR plus 12 week individualized cardio program

***\$2000/Member***

***3 Installment Plan Available***

## OPTIFAST Program

Combines comprehensive lifestyle education with great tasting meal replacement to enhance your health, vitality and enjoyment of life.

:: Weight loss, improved health, renewed energy and self esteem

Contact a Registered Dietitian at your club to find out if the Program is right for you.

## Boulder

Treats the whole you-not just your weight-by combining comprehensive lifestyle education and medical monitoring with a great tasting meal replacement. The OPTIFAST program can enhance your health, vitality and enjoyment of your life.

### Starting Smart

:: Four, 60 minute sessions designed to fit your schedule

**\$320/Member**

## Rapid Results

Meet every other week with your coach and receive a program to do on your own over the following week and a half. EMR plus 12 week individualized cardio program.

:: 8 week program

:: Two, 60 minute nutrition sessions; four, 30 minute follow-ups

:: 4 work-out sessions

**\$720/Member**

## Downtown Only

### L.E.A.P. (Lifestyle Eating and Performance)

#### *MRT Testing for Food Sensitivities*

Did you know that what you eat might be causing adverse reactions within your body? MRT (Mediator Release Test) is a patented blood test that reveals what foods and/or additives you are reactive to. Once your results are in, we create a 5 phase diet that works to eliminate the foods that may be reactive in your body. Contact Laura Starkey at 303.623.2100 ext. 222 for more information on this life changing program.

## Inverness

### Biggest Winners

:: 8-week weight loss/fitness team challenge

:: 2 group sessions/week

:: Weekly weigh-ins and food journal reviews

:: Individual meal plans, recipes & diet information provided  
Call 303.790.7777 ext. 164 or for more information.

**\$300/Member**

**\$350/Non-Member**

### Healthy Lifestyles Seminars

This 5-week series of nutrition and exercise seminars will discuss new topics including heart healthy eating, weight management, diet tips to fight disease, injury prevention and stress management. Classes meet once a week and seminars will be presented by our Registered Dietitian and Certified Personal Trainer. For more information call 303.790.7777 ext. 164.

**\$15/Class, \$50/Series**

# Outdoor Programs

## Boulder

### Cycling Club

All Members are invited to participate in the Summer 2011 CAC-Boulder Cycling Club. The club will host monthly seminars and workshops to expand your success and enjoyment as a cyclist. The CAC-Boulder Cycling Club includes both outdoor group rides as well as indoor CompuTrainer Performance Studio Training Programs. The Outdoor Cycling Program begins May 1. Group Cycling Program times and dates are as follows. Visit [ColoradoAthleticClubs.com/Boulder](http://ColoradoAthleticClubs.com/Boulder) for additions and updates.

#### Outdoor Group Cycling Program

**Monday** – departs club at 5:45PM and returns 7PM

**Wednesday** – departs club at 12:15PM and returns 1:30PM

**Saturday** – departs club at 9AM (ride length varies)



#### CompuTrainer Performance Studio Indoor Cycling

Class times and formats change seasonally. Visit [ColoradoAthleticClubs.com/Boulder](http://ColoradoAthleticClubs.com/Boulder) for additions and updates.

### Running Club

All Members are invited to participate in the Summer 2011 CAC-Boulder Running Club. The club will host monthly seminars and workshops to expand your success and enjoyment as a runner. As a Member of the CAC-Boulder Running Club, you are also invited to participate in our outdoor running group as well as participate in our indoor treadmill training program.

The Outdoor Running Program begins May 1. Group Run Program times and dates are as follows. Visit [ColoradoAthleticClubs.com/Boulder](http://ColoradoAthleticClubs.com/Boulder) for updates.

## **Outdoor Group Running Program**

**Tuesday**  
*departs club at 5:45PM*

**Thursday**  
*departs club at 12:15PM*

**Saturday**  
*departs club at 9AM*

## **Treadmill Indoor Running Program**

*Monday, Wednesday, Friday  
11:30AM*

**Free**

## **Outdoor Summer Bootcamp**

Take your training program outdoors with Master Personal Trainer, Lynne Zieske. Designed for all ability levels, this fun group training program will keep you motivated while it boosts your cardio endurance and strength and it tones your body. More than just a walk in the park, this bootcamp will push you to the limits and transform your body.

*Sessions are 6 weeks and  
begin June 7 & July 19  
Monday & Wednesday, 6AM  
Tuesday & Thursday, 11:45AM*

**\$20/class**

## **DTC**

Colorado Athletic Club-DTC offers a variety of activities that enable you to enjoy the beautiful Colorado Outdoors with Member groups. These classes are free and do not require registration. Pick up a schedule and join in on our Red Rocks Workouts, Mountain Bike and Trail Running Training, Park Workouts and Winter Sports Conditioning, just to name a few. These activities benefit all ages and abilities so get involved with Club Outdoors and experience Colorado.

See the Club Outdoors Schedule at DTC or visit [ColoradoAthleticClubs.com](http://ColoradoAthleticClubs.com) for online schedules and more detailed information.

## **Red Rocks Amphitheater Workout**

This is a hard core workout for those interested in getting outside the Club with a group to motivate you to the top. Meet at Red Rocks Amphitheater.

## **Mountain Bike & Trail Running Training**

At a location appropriate for this activity, depending on the weather and trail conditions. Check the website or ask the Hospitality Desk for specific location a week before this activity.

## **50 Plus Park Workout**

Join us for this fun weekday workout. Check Club brochures for more details. Century Club for Cyclists Training for 100 mile bike ride.

# Outdoor Programs ... continued

## Inverness

### 2011 Triathlon Training Team

A group training environment for athletes of all levels. Each workout consists of two of the three sports; swimming, biking and running. In addition to the coached workouts, you will also receive a weekly schedule of what you should accomplish on your own or with some of your training friends. Coached workouts include pool and open water swimming, indoor and outdoor cycling, running, strength training tips, transition training, race nutrition, course strategy and technique analysis in all three sports. Each team prepares you for one or more

races for the 2011 season. We begin with our private Mini Tri in mid May. The rest of the 2011 race schedule includes, but is not limited to, the 5430 Sprint, Loveland Lake to Lake, Danskin, Tri the Creek, The Boulder Peak, Tri for the Cure, Rattlesnake and Steamboat races. Choose from that list or create your own schedule. We'll get you ready for it.

#### *DTC*

*Tuesdays & Thursdays*  
5:30-7AM

#### *Inverness*

*Monday & Wednesdays*  
9:30-11AM

*Tuesdays & Thursdays*  
5:45-7:15PM  
*Saturdays, 7-9AM*

## Training Teams

### *Sprint 1*

For the novice triathlete looking to compete in their first triathlon.

### *Sprint 2*

For the triathlete who would like to compete in several different sprint distance races throughout the season.

### *Olympic Blue*

For the triathlete who would like to make the jump from sprint distance races to competing in his or her first Olympic distance race.

### *Olympic Gold*

For the experienced triathlete who has completed a few Olympic distance races in the past. Each workout session will focus on one of the three sports; swimming, biking or running. This group meets four times per week. The Olympic Gold team includes a weekly running focus workshop with one of our running specialist coaches. Participants in this group are encouraged to additionally participate in the Masters Swim program.

### *Team 70.3*

For experienced triathletes who wish to train for the half ironman distance triathlon



## Tri Masters

Beginning in May, Pre Masters becomes Tri Masters - a 60 minute workout stressing stroke improvement through drills and conditioning. During the triathlon season, May-Sept, we focus workouts on open water. Combining drills and interval swimming, you'll get a great workout while perfecting technique. Swimmers in this program should be able to swim 500 meters continuously but be slower than 2:00 per 100 meter send off. Swimmers who are faster should consider the Masters Swim Team. For more information call the Group Fitness Coordinator at 303.790.7777.

*Tuesdays & Thursdays*

*Indoor Pool  
11AM-12:15PM*

***\$10/month***

## Tri Pilates

The ColoradoTriathlonClub offers an 8-week STOTT PILATES® Reformer Clinic. Strength, core stability and posture are all key to producing power in all three sports. With the STOTT PILATES® reformer you'll build strength without bulking up, increase flexibility and body awareness and develop optimal core stability. You'll learn to maintain proper posture and balance to maximize your efficiency and power while swimming, cycling and running. Athletes of all levels are invited to participate. No previous experience required. A complimentary orientation session may be arranged prior to starting each session. For more information call the Pilates Coordinator at 720.895.0959.

*Tuesday 10-11AM*

*Session 1:*

*December 7 - January 25*

*Session 2:*

*February 7 - March 22*

*Session 3:*

*March 29 - May 17*

***\$96/Session***

*STOTT PILATES® reformer  
class rates apply.*

## Serious Cycling

Join the ColoradoTriathlonClub head coach, Ellen Campbell and take your cycling to a new level. Serious Cycling is a periodized approach to making you more efficient, stronger and more powerful on your bike. In Phase 2, beginning January 5, we'll spend 11 weeks focusing on strength, power and bike/run transitions. We also incorporate lower body strength training and core conditioning specific to cycling.. Choose from the recommended twice per week or a prorated once per week. For more information call the Group Fitness Coordinator at 720.895.0914.

***\$175/Member***

# Outdoor Programs ... continued

## **Weekly Running Focus Workshop**

Join Running Specialist Coach Maureen Roben to focus specifically on your 5K, 10K, or 1/2 marathon. Workouts are designed to improve strength, flexibility, conditioning and form, ultimately leading to greater speed. Workouts include various types of speed work, including track workouts, as well as exercises and drills to improve muscles specific to running. Workouts take place in various locations in the southeast area, including George Wallace Park, Westlands Park, the Bluffs Regional Park and West Middle School track. For more information call the Group Fitness Coordinator at 303.790.7777.

***\$140/Triathlon Team***

***Members***

***\$170/CAC Members***

## **Tabor Center**

### **Tabor Running Team**

Whether you're focused on finishing your first 5K or targeting a personal best for a marathon, Tabor Running Team will get you there. Under the guidance of a running coach, we will meet twice a week for a group run as well as strength and flexibility workouts.

***\$25/month***

## **Triathlon Training at the Tabor Center**

Are you interested in completing your first triathlon? Or are you an experienced triathlete looking to improve your performance? CAC Tabor Center is offering a group training program to help you achieve all your goals. Each workout will combine 2 of the 3 disciplines, swimming, biking or running. You will receive a weekly training calendar on top of the coached workout sessions. You will learn everything from transitions, to race nutrition and strategy, as well as all the techniques and skills necessary to swim, bike and run your way successfully through a triathlon. Contact the Group Fitness Coordinator for more information at 720.214.2400.

***Times and dates TBA***

## **Outdoor Bootcamps**

Take it outside this summer with our Nationally Certified Trainers! We utilize multiple nearby parks to keep your workouts efficient using TRX, Body Weight and Cardio conditioning for a total body workout. Contact the Group Fitness Coordinator at 720.214.2400 for more information.

Monday-Friday

***\$100/month unlimited classes***



# Personal Training



## The Reality

70% of all Americans will begin at least 1 exercise program in their adulthood. In less than 3 months, 80% will quit. 50% of dieters weighed more than 11 pounds over their starting weight 5 years after the diet.

## The Solution

Personal Training-85% of all individuals who have a Personal Trainer maintain their exercise schedule.

By following a fitness program created by your Personal Trainer, you can reasonably expect to lose 1-2 pounds of fat per week. Personal training programs also promote healthy weight loss that can be maintained by increasing metabolism and decreasing body fat.

*"It's my first experience working with a personal trainer; I never felt I needed one or would enjoy it. Instead, I have continued to work with my trainer twice a week. Nothing routine about it because I never know what to expect-except that I will work hard. I haven't been this physically fit for 15 years."  
~ Dr. Heidi Brinkman*

With the knowledge and experience that comes from being nationally certified and/or a graduate in Exercise Science or another health related field, our Personal Trainers are proven experts. Take advantage of their expertise and get started today.

## Consistency & Motivation

Two of the biggest reasons an individual finds success with a Personal Trainer are consistency and motivation. Our trainers focus on you and your goals in order to create a comprehensive program that incorporates structure and accountability. That consistency brings results and those results produce self motivation. All of these components will help you develop a lifestyle that encourages health.

## Weight Loss

The majority of people hire a Personal Trainer to lose weight and get into shape. Your Personal Trainer can provide all of the tools necessary including nutrition support, goal specific fitness programming and lifestyle integration coaching. Working with our trainers will make you feel like The Biggest Winner!

## Stress Relief

Research has shown that regular cardiovascular and resistance training will lower the heart's response to psychological stress and also offers long-term protection against the risk of heart disease. Combine those benefits with a Personal Trainer who is focused on your success through effective training strategies in a safe environment and your stress will decrease as your health and confidence skyrocket.

*It all comes down to one word: desire. You desire a change and our desire is to help you get there. Lose weight, gain muscle, get faster, run farther, live longer, be happier. It's what you desire. It's what we do.*

## Sports Performance

Whether you aspire to cross the finish line of a 5K, improve your golf swing, maintain power throughout your tennis match, or catch the eye of a college recruiter, our trainers can maximize your potential. Many of our trainers have advanced specialization in sports performance and will apply those skills to your exact goals.

## Injury Rehab & Prevention

Low back pain affects nearly 80% of adults and musculoskeletal symptoms of the knee, shoulder, foot and ankle pain are the No. 2 reason people contact a physician. Many of our trainers specialize in the advanced knowledge, skills and abilities to successfully work with clients suffering from musculoskeletal impairments, imbalances and post-rehab concerns. Our team can also help you prevent injuries through stabilization and balance training specifically designed for your body.

Look and feel the way you've always wanted. Contact the Personal Training desk and get started today.

## Ask the Trainer

Ever wonder how much cardio to do or why you are doing the workout you are doing? You cannot miss the Personal Training Department near the front desk with a table to answer any questions that you might have that pertain to fitness, nutrition and health. The Trainer Table is free to Members.

*Times vary by club*

# Personal Training ... continued

Working with a Personal Trainer, anyone can achieve fitness goals as modest as touching your toes again or as ambitious as preparing to run a marathon. Whether you want to lose weight, regain flexibility, develop speed or simply feel good again, Personal Training is an activity with benefits you will reap in years to come. Our Personal Trainers are nationally certified professionals whose main interest is to assist, guide and educate those who wish to experience a greater ease and physical ability in their lives. Contact the Personal Training Manager at the club of your choice to schedule an appointment. Individual sessions or packages in sets of 8, 12 and 24 are available.

**\$50 to \$105/session**



The success of your weight loss and wellness goals depends on healthy eating and regular exercise, but it's not as easy as it sounds, right? Become a part of a 4-8 person group that inspires and energizes each other during fitness and nutrition sessions led by Fit Express Personal Trainers. The Fit Express format will help you accomplish your goals in a motivating and fun environment. For more information or to sign up, contact a Personal Trainer.

For more information call the Personal Training Manager at the club of your choice.

**Boulder**

303.501.1700

**Downtown**

303.607.3307

**DTC**

303.779.0700

**Inverness**

303.790.7777

**Monaco**

303.758.7080

**Tabor Center**

720.214.2400

**Fit Express at a Glance**

- :: 12-week accelerated results program conducted in a small-group setting
- :: 2 individual sessions with your Fit Express Personal Trainer to establish your goals and ultimately measure your success
- :: 3 cardio and resistance training group workouts/ week
- :: Led by a certified Personal Trainer specially trained in exercise and nutrition principles required to quickly optimize and retain weight loss throughout your life
- :: Consistent support and nutrition education; including a 3-month Fit Express Nutrition & Exercise Journal to help you track your progress

Classes start every month

**\$499/12 Week Program**

*This 12-week program costs less than \$14/session including the Nutrition & Exercise Journal.*

**Boulder**

*Monday, Wednesday, Friday at 9:30AM*

# ***FIT*** ***Express***



**Professional Instruction, Group Motivation, Individual Results**

:: Nutrition Coaching :: 3 Group Training Sessions A Week

:: Nutrition & Exercise Journal

**LESS THAN \$14 A SESSION**

Visit the Reception Desk for more details.

# Personal Training ... continued

## New Leaf Testing

It's a fact, to lose weight you need to burn more calories than you consume. The problem has been knowing exactly how many calories your body needs each day and how many you burn during daily activities and exercise. With the New Leaf Weight Loss Training Program you will learn your body's precise metabolic profile which is the correct balance between calories consumed and calories burned.

### *What is a New Leaf Test?*

- :: A 10 minute assessment that provides your RMR, (Resting Metabolic Rate), a measurement of your caloric burn rate at rest.
- :: An assessment, performed on cardio equipment to measure your body's unique response to exercise. This analysis will then be used to develop an optimal calorie burning workout program.
- :: Manage the calories you consume. Our nutritionist will teach you proper nutrition, portions and meal planning. You will also receive a dietary plan that can be followed for the rest of your life.

*DTC*  
303.779.0700.

*Downtown*  
303.607.3307

*Monaco*  
303.782.4504

## TRX® Suspension Training®

*Boulder, DTC, Inverness & Tabor Center*

Harnesses your bodyweight to create resistance as you train. Suspension training builds superior muscular balance, joint stability, mobility and core strength helping you perform better. For more information call 303.779.0700.

Individual Sessions Available.  
Inquire at Club for schedule and pricing.

## 30 Minute Personal Training Sessions

You'll receive a phenomenal workout that fits any schedule. One-on-one and group sessions are available. Your time is valuable and so is your fitness. "I'm too busy" is no longer an excuse.

*Monaco*  
303.782.4504

*Tabor Center*  
303.607.3307

## Boulder

### Challenge

Join Crossfit certified Master personal trainer, Dan Finck in the "Challenge". This small group training program will teach you new skills based on functional movements. Challenge yourself with this high intensity workout series. You will never experience the same workout twice. Daily programs will be posted as the "Challenge of Day" on our Facebook page. Contact Dan Finck to get started today. 303.501.1700.

### Conjunction with Function

Begin your training now. Improve your stability, strength, endurance and power. This 4-week personal trainer led progression will ensure a safe, fun and effective experience. Contact 303.501.1700 to get started.

### Functional Fighter

Get fit, not hit. MMA based hardcore functional conditioning class utilizing the secrets of the greatest fighters. Contact Personal Training Manager, Greg Plavidal for additional information.

## **Moms Just Wanna Have Fun**

CAC Boulder is proud to announce our Moms only programming. Check out our information board, website and Facebook page for the latest and greatest activities both in the club, on the trails and out on the town!

## **Titleist Performance Institute Golf Fitness**

Drive the ball straighter and further with this cutting edge Golf Fitness training system. Titleist Performance Institute Certified Golf Fitness Expert, Patrick O'Toole will identify your swing faults and he will prescribe a program strategy to correct them. Call to schedule your screening today. Patrick O'Toole 303.501.1700.

## **TRX® Elite**

Small group intermediate to advanced training sessions utilizing the TRX suspension trainer. Classes are rolling out at the beginning of each month. Please contact Personal Training Manager, Greg Plavidal for additional information.

## **Winter Conditioning**

Ski and Snowboard specific winter conditioning programming. We meet up twice a week to prepare for the best season ever! Contact the Personal Training Manager for more info and to get started. 303.501.1700.

## **Downtown**

### **New Year! New You! Weight Loss Challenge**

Start the new year off right and shed the unwanted holiday pounds. Our trainers will help you get the results that you want!

### **TRX® Suspension Training®**

Harnesses your bodyweight to create resistance as you train. Suspension training builds superior muscular balance, joint stability, mobility and core strength helping you perform better. Individual sessions available. Inquire at Club for schedule and pricing.

## **DTC**

### **TRX® Suspension Training®**

Harnesses your bodyweight to create resistance as you train. Suspension training builds superior muscular balance, joint stability, mobility and core strength helping you perform better. For more information call 303.779.0700. Individual Sessions Available. Inquire at Club for schedule and pricing.

### **Women on Weights**

Learn the basics of resistance training using machines and free weights. Class is geared to beginners but the experienced weight user may also benefit.

*6 week sessions.*

*Times and dates vary by club, Inquire at club for pricing.*

# Personal Training ... continued

## Inverness

### CrossFit® Inverness

Workouts are functional, intense and constantly varied. Our goal is to guide participants of any ability level toward improved health and athletic ability. Our members range from elite athletes to grandmothers, so whatever shape you're starting from, you'll be able to jump right in! All workouts are designed and coached by a certified CrossFit® trainer who leads clients through progressively skilled movements and varied classes. For more information call 720.895.0926.

*Monday-Thursday, 9:30AM*

*Monday, Wednesday & Friday  
12PM*

*Tuesdays & Thursdays, 5:30PM*

*Saturday, 8:15AM*

**First class is free**

**Drop in rate \$20**

**Package of 12 classes/\$120**

**Package of 24 classes/\$220**

### Healthy Lifestyles Seminars

This 5 week series of nutrition and exercise seminars will discuss a new topic each week. The topics will include heart healthy eating, weight management, diet tips that can help fight disease, injury prevention and stress management. Classes meet once a week with seminars presented by our on-staff registered Dietitian and certified Personal Trainer. For more information call 720.895.0926.

**\$15/Class**

**\$50/Series**

### Kids on the Move

*Ages 8-14*

This program will get kids moving and engaged in a fun and safe exercise program. A certified Personal Trainer will take the kids through resistance, cardiovascular and flexibility training. Kids will learn the importance of a healthy lifestyle. For more information call 720.895.0926.

*Sessions start January 19*

*Tuesdays & Thursdays*

*4:30-5:30PM*

**\$15/Class or \$25/Week**

*Rates are per child*

### Moms In Motion

This new program is designed specially for moms and moms-to-be. Meet with a certified prenatal specialist twice a week to strengthen, condition and prepare your body for your new arrival or get you back in shape. For more information call the Group Fitness Coordinator at 720.895.0926. This ongoing program starts January 18. See the Group Exercise schedule for days and times of classes.

**\$25/class, \$40/Week or**

**\$135/Month**

*(4 weeks of classes)*

### Ski Conditioning

Remain strong and injury free this ski season. This program will include a variety of ski specific exercises focusing on functional lower body and core strength as well as flexibility and balance. Improve your strength and endurance and decrease your risk of injury. For more information call 720.895.0926.

*Wednesdays & Fridays, 12PM*

**Free**

*Saturdays, 8AM*

*Advanced Training*

**\$10/Class**

## Women on Weights

Learn the basics of resistance training using machines and free weights. Class is geared to beginners but the experienced weight user may also benefit. 6 week sessions. For more information call 720.895.0926. Times and dates vary by club, Inquire at club for pricing.

## Monaco

### 7 Core

Does your core need some serious attention? Join us two evenings a week and get a workout for your midsection 7 core exercises repeated for 30 minutes, bring a friend and don't miss it!

*Mondays, Tuesdays,  
Wednesdays and Thursdays  
5:30PM In the Gym*  
**Free**

## Fun with Kettlebells

Join Kettlebell coaches in the art of using these fun and dynamic tools to completely turn your workouts upside down. Are you bored with your workouts? Are you looking for that next step to break out of your plateau and help you achieve the next level of obtaining your goals? This class is for you. A fun circuit class utilizing Kettlebells, compound movements and a serving of cardio will definitely be what the doctor ordered. Call for more information, 303.758.7080. Meet by island in workout area.

*Tuesdays & Thursdays  
12:15-1PM*

*Mondays & Thursdays  
6-6:45PM*

**\$15/class**  
**Package of 12 for \$132**

## Tabor Center

### Booty Boot Camp

*Tuesday & Thursday 6-7AM*  
**\$115/month**

### Winter Warrior

Call 720.214.2400 for more information.

*Monday & Wednesday  
6AM & 4PM*  
*Tuesday & Thursday, 12:30PM*

### H.I.I.T. Fit

*Tuesday & Thursday, 6PM*  
*Monday & Wednesday,  
11:45AM*  
**5 sessions, \$60**



# Pilates

## Mission

Guided by the classical teachings of Joseph Pilates, our mission it to enrich the lives and overall wellness of our communities. While incorporating a contemporary approach, our talented Instructors will lead you through dynamic classes that reward your mind and your body.

## Vision

By incorporating the Internationally Recognized STOTT PILATES® trainings, Colorado Athletic Clubs are a nationwide leader in Pilates education. Our vision is to become the premier Pilates program in the country and inspire our Members to a life of health and happiness.

## Who We Are

Located in Denver, CO, Wellbridge is proud to be one of the STOTT PILATES® Corporate Training Center worldwide. Our Instructors continue their education in both classical and contemporary Pilates methods in order to ensure the quality, the commitment and the professionalism that is required by the Wellbridge family of clubs.

### *The Benefits of Pilates*

- :: Increases strength with flexibility
- :: Develops balance and coordination
- :: Improves posture and alignment
- :: Boosts core strength and stability
- :: Increases muscular tone and endurance
- :: Enhances weight management
- :: Relieves stress & back pain
- :: Improves athletic performance
- :: Heightens body awareness
- :: Eliminates joint impact
- :: Prevents injury

## Instructor Definitions

Our highly qualified and knowledgeable instructors will bring his or her own rich and diverse experience to each session and lead you through the Pilates Method.

### *Student Apprentice Instructor (SAI)*

Has completed one or more Pilates training courses and is working towards their full certification.

### *Nationally Recognized Instructor (NRI)*

This instructor has received their nationally recognized certification in the Pilates Reformer.

### *Nationally Recognized Instructor Trainer (NRIT)*

This instructor has received their nationally recognized certification in additional apparatus- Cadillac, Chair and Barrel.

### *Nationally Recognized Instructor Plus (NRI+)*

Has received their nationally recognized certification in the Pilates Method, as well as two additional apparatus certifications, such as Cadillac, Chair or Barrel.



## Policies

### Studio Policy

Before joining a Pilates Group Equipment class a member must complete either the 3-private or the 5-group INTRO Pilates Package, where the instructor conducts a postural analysis, assess your movement and begin teaching you the philosophy and method of Pilates.

### Sign Up

Contact the hospitality desk or Pilates Coordinator.

### Cancellation Policy

To avoid being charged for any training session, cancellations must be made 24 hours in advance.

### Safety Policy

Due to the highly specialized instruction required, Pilates equipment may not be utilized by the member on their own.

## Class Definitions

### Pre-Natal Pilates

An equipment class tailored to meet the needs of your changing body. The focus is on keeping your body's alignment in check, thereby strengthening your core muscles which will help promote a healthy delivery. Modifications help keep the intention of the original work yet your instructor will adjust the form to work for you. Fees apply. Sign up required.

### Pilates Mat

The essence of all Pilates work, Mat classes are a series of floor exercises designed to create uniform development, long muscles, core strength and breath control.

### Pilates Reformer

The Reformer is the workhorse of Pilates equipment and allows you to personalize your work with varying degrees of assistance and resistance. This class is an invigorating workout that builds strength, flexibility and ultimate core control.

# Pilates

## Intro to Pilates Packages

We offer an Intro Private Package (3 Private Lessons) for \$149 and an Intro Group Package (5 Group Classes up to 6 participants) for \$99. Before joining a Pilates Group Class, a student must complete either the 3-Privates or the 5- Group INTRO Pilates Package, in which the instructor will conduct a postural analysis, assess movement and begin teaching the philosophy and method of Pilates.

## Chair Classes

### *Downtown, Inverness, Boulder and Tabor Center*

This class incorporates the STOTT PILATES® Stability Chair and is designed to get you amazing results through primarily strength and balance exercises. This class will facilitate high performance exercises for athletes and fitness enthusiasts alike.

## Jumpboard Reformer

### *Inverness, Monaco & Tabor Center*

Jumpboard Pilates Reformer combines Reformer exercises with plyometric/cardio intervals on the Reformer Jumpboard to get the heart rate pumping for a great fat-burning, muscle-toning combo. Fees apply. Sign up required.

## Tri Pilates

### *Inverness*

The ColoradoTriathlonClub offers an 8-week STOTT PILATES® Reformer Clinic. Strength, core stability and posture are all key to producing power in all three sports. With the STOTT PILATES® reformer you'll build strength without bulking up, increase flexibility and body awareness and develop optimal core stability. You'll learn to maintain proper posture and balance to maximize your efficiency and power while swimming cycling and running. Take your swimming, cycling and running to the next level. Athletes of all levels are invited to participate. No previous Pilates experience required. Contact the Pilates Coordinator for more information.

*Tuesdays, 10-11AM*

*June 22-August 10*

*August 17-October 5*

*October 12-November 30*

***\$96/Session***

## **V2Max Reformer Pole Class**

### *Inverness, Boulder & Tabor Center*

This class incorporates the STOTT PILATES® V2Max Reformer and Tower System which is the premier tool for Pilates based sport-specific, rehab and cross-training movement. This class will take you through a wide range of multi-dimensional movements to help you develop core strength and resilient, powerful muscles.

## **Privates, Duets, Trios and Group**

A customized session is ideal for people who desire more focused attention on specific personal goals, those who wish to expand their Pilates practice, or for people with special physical concerns. Private sessions, Duets and Trios offer different types of Pilates apparatus work. Group classes consist of 4 or more participants and are extremely motivational by offering the dynamics of a group setting and a variety of exercises.

## **Aqua Pilates**

### *Tabor Center*

Pilates principals and exercises are adapted for the water. "Peyow" is the Chinese mandarin word for "float", or "floating Pilates". Challenge stability, develop breathing and increase core strength.

PeyowR Aqua Pilates is designed to use water's natural resistance to increase the body's full range of motion while stabilizing the core muscles. The mind-body workout incorporates movements based on the Pilates method. Set in the healing environment of water, the workout facilitates increased flexibility while challenging individuals to maintain core stabilization, postural alignment and balance. With the use of noodles and water dumbbells, PeyowR Aqua Pilates exercises are suitable for all levels of conditioning.



# Racquetball

## Inverness

### Racquetball Challenge Court

Join other racquetball players for a weekday racquetball challenge. This program is played with rally scoring rules and is open to all Members. Contact the Hospitality Desk at 303.790.7777.

*Saturdays, 8:30-10:30AM*

**Free**

### Racquetball Leagues

These 8 week shuttles are open to Members of all levels of play. Each participant plays one match a week and matches are 3 games to 15 points. Best 2 out of 3 wins. Contact the Hospitality Desk at 303.790.7777 for dates and times of upcoming leagues.

**Free**

## Racquetball Workshops

Whether you are interested in learning the game of racquetball or just need a little instruction to help improve your game, these workshops will provide you with the skills you need. These events are open to all Members at all levels of play. Look for dates and times to be announced or contact the Hospitality Desk at 303.790.7777 for more information.

**Free**



## Downtown

### Racquetball

Schedule the racquetball court anytime by calling the front desk at 303.623.2100

**Free**

### Racquetball Doubles Shuttle

Reserve your court up to one week in advance at the Hospitality Desk.

**Free**

## Monaco

### Racquetball Doubles Shuttle

**Monaco**

Join other racquetball enthusiasts for a weekly shuttle. Meet up and play with your friends or come and meet new teammates.

*Tuesdays, 6-7PM*

*January 4-June 28*

**Free**

## Sports Shop

### High Country Racquet & Sports

High Country Racquet & Sports is proud to make the latest in fitness fashion, competitive sports gear and everyday items a convenience for Inverness and Monaco Members. High Country Sport Shops are conveniently located at the entrance of the Inverness and Monaco locations and Members can Club charge for all of their needs. Stop by either of the locations for fashion or gear advice to enhance your club and sporting experiences.

#### **We offer:**

- :: Designer Fitness and Tennis Apparel
- :: Swimsuits and accessories
- :: Convenience items such as socks, earphones, sunscreen, sunglasses and more
- :: Racquetball, squash and handball equipment
- :: Everything you need for tennis
- :: Racquet stringing and expert advice

## Squash

### Squash Challenge Court

#### **Inverness**

Join other squash players for this fun Saturday morning challenge. It is a great way to meet squash players and to improve your game. Call 303.662.0125 for more information.

*Saturdays, 8:30-10:30AM  
October 3-December 19*

#### **Monaco**

Monaco features a very active handball and racquetball program. Traveling teams for both handball and racquetball complement the intra-club shuttle and league play. No matter what your level of play there is something to get you involved. For information concerning any of the handball or racquetball programs or for a detailed weekly schedule call at 303.758.7080.

## Handball Doubles

#### **Monaco**

Looking for some good handball play? Come and join this group for a great workout and improve your skills.

*Sundays, 8-11AM  
January 2 - June 26*

**Free**

# Tennis

Colorado Athletic Clubs offer the area's finest Indoor and Outdoor Tennis program including Permanent Court Time (PCT), lessons, drills, tournaments and leagues. We are able to service every age and ability and are proud that our professionals and facilities are the best in the area. We were awarded the Colorado Tennis Association's 2007 Co-Facilities of the Year Award.

The **Downtown** location has partnered with the Grand Hyatt (1750 Welton Street) to provide access to their outdoor tennis court and track. Simply present you membership card at the front desk for access to the pool.



## Tennis Court Rental Information

- :: Court reservations can be made one week in advance for up to 2 hours at a time per Member
- :: Outdoor courts are free year-round
- :: Same Day Indoor Court Reservations are \$15/Court/Hour during PCT season-Inverness only
- :: Ball Machine Rentals are \$5/Reservation (in addition to court fees)

## Early Bird Hours

*Inverness Only*  
*Monday-Friday, 5-8AM*

**\$12/Court/Hour**

## Prime Time Hours

*Inverness*  
*Monday-Friday, 8AM-Close*  
*Saturday & Sunday, All Day*

**\$26/Court/Hour**

*Monaco*  
*Monday-Sunday, All Day*

**\$26/Court/Hour**

Indoor/outdoor courts are free at both Inverness and Monaco during the summer months.

## Permanent Court Time (PCT)

Guarantee yourself indoor court time during our busiest season, September-May. Reservations can only be made by Members. New contracts for the 2011/2012 have been available since May.

### *Inverness*

Contact our PCT Coordinator at 303.790.6026.

### *Monaco*

Contact our PCT Coordinator at 303.758.7080 ext. 1139.

## Tennis Desk

### *Inverness*

We are happy to offer our Tennis Members a full service Tennis Desk, stop by or call us at 303.790.6026.

*Monday-Thursday, 4-7PM*

## Inverness

### Junior/High School Tennis Programming

#### Junior Development

For ages 6 years+ with a Pro to player ratio of 8-1. Grouped by ability level, noted by color. Colors consist of the following:

**Yellow** - First timers ages 6+  
Goal of this level is correct stroke production.

**Blue** - Beginner level  
Goal of this level is directional control.

**Green** - Advanced beginner  
Goal of level is to rally.

**Purple** - Intermediate  
Goal of this level is to prepare to play.

**Red** - Advanced intermediate  
Goal of level is novice tournament play.

**Black** - Tournament Level  
Goal is success at satellite level and above. Any level with a "2" indicates a step up in the current level as a transition to the next level.

Contact the Tennis Desk at 303.790.6026 for more information.

#### *Winter Session*

*January 3- March 27*

*\$200/Session 60 Minute*

*\$300/Session 90 Minute*

#### *Spring Session*

*March 28-May 22*

*Registration, March 17*

*\$135/Session 60 Minute*

*\$200/Session 90 Minute*

#### *Yellow Group*

*Sundays, 12-1PM*

*Mondays, 5-6PM*

*Tuesdays, 4:30-5:30PM*

*Wednesdays, 4:30-5:30PM*

#### *Blue Group*

*Sundays, 1-2PM*

*Mondays, 4:30-5:30PM*

*Wednesdays, 4:30-5:30PM*

*Fridays, 4-5PM*

#### *Green Group*

*Sundays, 2-3PM*

*Mondays, 4-5PM*

*Wednesdays, 4:30-5:30PM*

*Thursdays, 4:30-5:30PM*

#### *Purple Group*

*Sundays, 3-4PM*

*Mondays, 4-5PM*

*Thursdays, 4:30-5:30PM*

#### *Purple 2 Group*

*Tuesdays, 4:30-5:30PM*

*Thursdays, 4:30-5:30PM*

*Fridays, 5-6PM*

#### *Red Group*

*Mondays, 4-5:30PM*

*Tuesdays, 3:30-4:30PM*

#### *Red 2 Group*

*Fridays, 4:30-6PM*

#### *Black Group*

*Fridays, 4:30-6PM*

#### Junior Matchplay Program

Designed so junior players with competitive experience can take the next step to tournament play. Players are pro supervised and coached in correct tournament play procedures, strategy, shot selection and rules. Appropriate for level purple or higher. For more information Contact the Tennis Desk at 303.790.6026. Weekly sign-up.

*Sundays, 4-6PM*

**\$24/week**

*maximum 16 players/week*

#### Junior Mixers

A fun noncompetitive tennis play experience where kids of all ages play tennis with others, changing partners and opponents frequently. This mixer is created for Purple level players and above. Refreshments are provided. Contact the Inverness Tennis Desk at 303.790.6026 for more information.

*6-8PM*

**\$15/Person**

# Tennis

## Beginner Teen Tennis

Program is designed to teach teens, 13 & older, the fundamentals of tennis. Sessions run 6 weeks. 8 players maximum. Contact the Inverness Tennis Desk at 303.790.6026 for more information.

### *Session 1*

*January 4-February 8*

### *Session 2*

*February 15-March 22*

***\$100/person***

## Summer Junior Tennis Academies

For dedicated junior players who wish to train with the best professional staff in the area. Limited to 16 players selected from application or invitation. For more information contact the Tennis Desk at 303.790.6026.

### *Players Academy*

*June 21-August 18*

*Tuesday, Wednesday, Thursday  
1:30-4:30PM*

***\$864/Player***

## Junior Team Tennis

Players are put onto teams based upon age, gender and ability level that compete against other clubs in the Denver area. Matches are held on Mondays starting in June and go into July including state-wide playoffs. A 90 minute coached team practice per week is included in program. Call 303.790.7777 ext. 248 for more information. Visit [ColoradoAthleticClubs.com/Inverness](http://ColoradoAthleticClubs.com/Inverness) junior tennis programs, for updated dates, days and times.

***\$220/Player***

## High School Boys Training Program

For boys preparing for next year's high school tennis season in August 2011. Participants can begin at anytime within the program dates with a prorated fee. For more information contact the Tennis Desk at 303.790.6026.

*Saturdays, 3-5PM*

*October 30, 2010-*

*April 30, 2011*

*No classes Thanksgiving,  
Christmas, New Years and  
Easter weekends*

***\$725/22 week session***

## High School Girls Training Program

For girls preparing for the next year's high school tennis season in February 2011. The Program Director is Randy Ross. Participants may begin at anytime within the program dates with a prorated fee, however, the program maximum is 24 players/ group. For more information contact the Tennis Desk at 303.790.6026.

### *Varsity Level*

*Tuesdays, 4-5:30PM*

*October 12, 2010 -*

*February 8, 2011*

***\$400/16 Week Session***

### *All Levels*

*Saturdays, 1:30-9PM*

*October 16, 2010 -*

*February 12, 2011*

***\$370/15 Week Session***

## High School Girls Regionals

The team tournament is run by CHSAA to qualify girls for the State tournament held one week later. Inverness is one of 16 host sites. For more information contact the Tennis Desk at 303.790.6026.

## Inverness

### Adult Tennis Programming

#### Tennis Drills

Drills offered at NTRP levels. Sign up on a weekly basis at the Tennis Desk. 6-1 ratio. For more information contact the Tennis Desk at 303.790.6026.

#### 2.5/3.0

*Monday, 10–11AM  
Simona Bruetting*

#### 3.0

*Monday 10:30–11:30AM  
Peter Richman  
Monday, 12:30–2PM  
Ben Smith  
Monday 7–8:30PM  
Ben Smith  
Saturday 9–10:30AM  
Gay West*

#### 3.0/3.5

*Tuesday, 1:30–3PM  
Simona Bruetting*

#### 3.5

*Tuesday, 12:30–2PM  
Gay West  
Wednesday, 7–8:30PM  
Ben Smith  
Friday, 10–11:30AM  
Peter Richman*

#### 3.5/4.0

*Wednesday, 12–1:30PM  
Ben Smith  
Saturday, 12–1:30PM  
Ben Smith  
4.0*

*Friday, 9:30–11AM  
Gay West  
Tuesday, 11:30–12:30PM  
Simona Bruetting*

#### 4.0/4.5

*Monday 12:30–2PM  
Ben Smith  
Weekly Sign-Up Required*

### USA/ITA/CTA Spring/Summer/Fall Leagues

These are competitive team leagues where teams compete against other clubs from the Denver Metro area. All leagues are for Members age 19 years and older. Informational meeting for players and team captains will be in late February. Fees will be determined during each team's meeting as they are based on practice, level of play, etc.

### USTA Spring Mixed 6.0, 7.0, 8.0, 9.0

Combined Rating Double League with play on Sundays. Played in a match format with 3 mixed doubles matches of combined NTRP level.

*April–June*

### USTA Men's & Women's League

2.5, 3.0, 3.5, 4.0, 4.5, 5.0  
This is a match format with 2 singles and 3 doubles matches.

*May–July*

### USTA Men's & Women's Super Senior League Combined NTRP

This league is for players 60 and over in a match format for 3 doubles matches.

*May–July*

### CTA Women's Daytime Doubles League

2.5, 3.0, 3.5, 4.0  
This is match format with 3 doubles matches.

*May–July*

# Tennis

## *Inverness ... continued*

### **Adult Beginner Instructional League**

This class is designed to get beginning adults playing in as short a length of time as possible. The class is a combination of instruction in correct stroke production followed by coached play. Rules of the game and correct court positioning are taught. Instruction taught by Simona Bruetting. For more information contact the Tennis Desk at 303.790.6026.

*January 7 - February 11  
Fridays, 12:30–2PM*

**\$162/person**

### **Intraclub League**

Indoor leagues for all ability levels. Doubles, Mixed Doubles and Singles. For more information contact the Tennis Desk at 303.790.6026 for more information.

Session 3

*March 1–May 9*

*Men's 3.0 Doubles  
Saturday, 7–9AM*

**\$142.50/person**

*Men's 3.5 Doubles  
Saturday, 7–9AM*

**\$142.50/person**

*Men's 4.0 Doubles  
Wednesday, 8:30–10PM  
\$120/person*

*Men's 4.5 Doubles  
Sunday, 9–10:30AM  
\$120/person*

*Women's 2.5 Doubles  
Tuesday, 12:30–2PM  
\$120/person*

*Women's 3.0 Doubles  
Tuesday, 1:30–3PM  
\$120/person*

*Women's 3.0 Doubles  
Wednesday, 10:30AM–12PM  
\$120/person*

*Women's 3.0 Doubles  
Sunday, 12–1:30PM  
\$120/person*

*Women's 3.0 Doubles  
Sunday, 4:30–6PM  
\$120/person*

*Women's 3.5 Doubles  
Thursday, 1:30–3PM  
\$120/person*

*Women's 3.5 Doubles  
Monday, 11AM–12:30PM  
\$120/person*

*Women's 3.5 Doubles  
Tuesday, 10:30AM–12PM  
\$120/person*

*Women's 3.5 Doubles  
Tuesday, 7–8:30PM  
\$120/person*

*Women's 3.5 Doubles  
Wednesday, 1:30–3PM  
\$120/person*

*Women's 4.0 Doubles  
Tuesday, 12–1:30PM  
\$120/person*

### **Women's & Men's Singles Flex Leagues**

For adult players 19 & over. Players receive an assigned schedule of matches and contact their opponent of the week to arrange a time to play. 8 week sessions. Program Director is Gay West. For more information contact the Tennis Desk at 303.790.6026.

**\$15/person**

### **Adult Mixers**

A fun social-competitive event where players change partners and opponents frequently. 3 hours of social tennis, fun, food and drink. For more information contact the Tennis Desk at 303.790.6026.

*Saturdays, 6–9PM*

**\$15/person**

### 4.5/5.0 Mixer

Tennis competitive play for women and men who play at a 4.5 level or higher twice a month. Refreshments will follow play. For more information contact the Tennis Desk at 303.790.6026.

*Saturdays, 5-7PM*  
**\$15/person**

### Parent/Child Mixer

A fun social-competitive tennis experience for parents to play with their child against other parent/child teams. Teams rotate opponents frequently. Refreshments are provided. Designed for children 8 & older, special circumstances will be considered on an individual basis. For more information contact the Tennis Desk at 303.790.6026.

*6-8PM*  
**\$15/Team**



### Mother/Child Mother's Day Tennis Mixer

A fun, social-competitive tennis experience for parents to play with their child against other parent/child teams. Teams rotate opponents frequently. Refreshments are provided. Designed for children 8 and older, special circumstances will be considered on an individual basis. For more information contact the Tennis Desk.

*Saturday, May 7*  
*6-8PM*  
**\$15/Team**

## Monaco

### Junior Tennis Programming

#### Quick Start

This class is designed specifically to help your 3-6 year old child develop fundamentals for tennis. Handeye coordination, footwork and fun are all part of this class. For more information contact Kuba Ilowski at 303.758.7080.

*Saturdays, 12-1PM*  
*January 8- February 26*  
*March 5 - April 30*

**\$200/8 week session**

### Junior Tennis

Monaco has many Junior Tennis programs to choose from that will meet your child's development skill level and your busy schedule. For more information on all Junior Programming contact Wendy Donovan, 303.758.7080 ext. 1139.

*Session 2*  
**\$365/13 weeks**

*Session 3*  
**\$340/12 weeks**

### Monday Open Tournament Training

These classes are for open level players 12-18 years old.

High School level  
Invitational Elite 2

*Mondays*  
*3:30-5PM High School*  
*4-5:30PM Elite 2*

*Session 3*  
*February 21 - May 16*  
*(no class March 28)*  
**\$365/13 weeks**

# Tennis

*Monaco ... continued*

## **Wednesday Junior Development Team**

Class is designed for open/satellite level players age 10-14.

*Wednesdays, 4-5:30PM  
Session 3*

*February 23-May 18  
(no class March 30)*

**\$340/12 weeks**

## **Wednesday High School Boys & Girls**

*Ages 14-18*

Class is designed for Varsity and Junior Varsity level high school players. Drills are specifically designed to escalate each player to the next level.

*Wednesdays, 3:30-5PM  
Junior Varsity, Satellite  
and Novice*

**\$365/13 weeks**

## **Thursday High School Boys and Girls**

*Thursdays, 3:30-5PM  
Session 3*

*Varsity/Jr. Varsity Players  
February 24 - May 19  
No class March 31*

**\$365/13 weeks**

## **Friday Grand Prix**

*Ages 5-12*

For beginning tennis players looking to improve all parts of their game, proper mechanics for the forehand, backhand, serve, volley and overhead will be covered. Scoring and court strategies will be taught.

*Fridays, 3:30-5PM  
Session 3*

*February 25 - May 20  
No class April 1*

**\$365/13 weeks**

## **Sunday Junior Excellence Drill**

This is a group lesson on each court. Levels range from beginners to satellite level players. Ages 5-18. Each court is a different level and age.

This is a great drill for those players who are unable to attend during the week or who are looking for an additional day to practice.

*Sundays, 12-1:30PM*

*Session 3*

*February 20 - May 22  
No classes March 27 &  
April 24*

**\$340/12 weeks**

## Junior Team Tennis

This summer Junior program is a part of the competitive USTA Team Tennis. As a team the goal is to learn the game of tennis, play matches and advance to the State Championship, if possible. Practices and matches begin in June and continue through July. More details and registration information will be available in March. For more information call the Tennis Director at 303.758.7080 ext. 1139.

*June 14-July 29*

*No practices June 30, July 5*

*Tuesdays & Thursdays  
(practices), 12-1:30PM*

*Mondays (matches)  
8:30AM, 10 & under and  
12 & under*

*10:30AM, 18 & under  
12:30PM, 14 & under*

***\$255/Summer Program***

## Summer Junior Grand Prix

This Junior program is a fun program for 5-18 year olds with lessons and matches. Practices begin in June and run through July. The purpose of this program is to teach good techniques to all players in order to advance their tennis abilities and skills while having fun during practices and match play. Look for more details coming in March. For more information call the Tennis Director at 303.758.7080 ext. 1139.

*June 15-July 29*

*No classes June 29 & July 1*

*Wednesdays, 12:30-2PM  
Fridays, 12:30-2PM*

***\$255/Summer Program***

## Junior Tennis Camps

Pre-Sectional Camp is for participants of the June Sectional Tournament only. It is a wonderful preparation for the tournament in singles and doubles. The Junior weekly camps are for the more serious Juniors who want to put in the extra hours with world class instruction. For more information contact the Tennis Director at 303.758.7080 ext. 1139.

*Pre Sectional Camp  
June 3-7*

***\$350***

*Camp 1, June 20-24*

*Camp 2, July 11-15*

*Camp 3, July 18-22*

*Camp 4, August 1-5*

*2-5PM*

***\$190/5-day camp***

# Tennis

## Monaco

### Adult Tennis Programming

#### Winter-Spring Drills

Tennis drills are available for all levels of adult players on a weekly basis. These drills will improve your singles and doubles performance. These drills include stroke production, strategy, mental toughness and match play. Registration is done at the front desk 303.758.7080.

#### Monday

12-1PM, all levels coed, Kuba

5:30-6:30PM

coed 3.5 Kuba & Tomi

#### Tuesday

6:30-7:30AM

all levels coed, Alex (by apt)

8-9AM

Super Seniors (65+), Alex

8:30-10AM

Coed 3.5, Laura

10-11:30AM

Coed 3.0/3.5 Laura

#### Wednesday

9-10:30AM

Coed 3.0 Laura

5-6PM

Coed 3.5/4.0 Aerobic Larry

#### Thursday

12-1:30PM

4.0/4.5 Men's, Steve

12-1PM

Stroke of the week, Larry

#### Friday

9-10:30AM

Coed 3.0, Alex

10:30AM-12PM

Coed 3.5/4.0, Steve

12-1:30PM

Coed 4.0/4.5, Steve

#### Saturday

8-9:30AM

Coed 4.0/4.5, Pros

9:30-11AM

Coed 3.0/3.5, Pros

#### Ladies Day with Trent

Meet other ladies for a tennis game and light lunch afterwards. Bring a friend for a fun afternoon. Call 303.758.7080.

January-June

3rd Friday of the month

11AM-1:30PM

**\$20/session**

#### Men's Lunch Time Doubles 4.0 & up

Join Tennis Pro Larry Kirkman to get out and play doubles during lunch. No partner needed, we'll match you up. Sign up at the Front Desk.

Thursdays, 12-1:30PM

#### Winter-Spring Leagues 2011

##### Top Gun Intraclub Doubles

Leagues are a great way to play fun, competitive tennis while meeting other players.

3 sessions of leagues

January 2; 7 weeks

February; 7 weeks

April 17; 5 weeks

Men's 4/4.5 with Steve

Sundays, 6-8 PM

Men's 3/3.5 with Steve

Mondays, 8-10PM

Men's Top Gun with Kuba

Wednesdays, 8-10PM

Women's 3.0-3.5 Top Gun

with Tomi

Sundays, 4-6PM

Women's Top Gun with Dom

Thursdays, 8-10PM

*Ladies Tennis Doubles  
League 3.0 with Laura  
Tuesdays, 11:30AM-1PM*

*Ladies Tennis Doubles  
League 4.0 with Laura  
Wednesdays, 11:30AM-1PM*

**\$100/7 week Session**

### **USTA Summer Leagues**

Sign up early for the summer leagues. Registration for Mixed Doubles teams ends March 20 with the season starting April 24. Team registration for the USTA Adult season ends March 27. Our first practice for the USTA Adult season begins April 25. Super Senior, CTA Women's Daytime, USTA Seniors, Twilight, CTA Women's Summer Daytime and Fall Mixed follow.

### **Adult Tennis Mixers**

Singles and couples are welcome for a great night of tennis, food and camaraderie. Mixers are held once a month and scheduled near the holidays. For more information, register at the Front Desk.

*February-June*

**\$20/Mixer**

### **Friday Night Mixed Doubles**

Try something different. Come play open tennis. Register at the front desk.

*Fridays*

*January 9-May 1  
3.0-3.5, 6:30-8PM  
4.0-4.5, 8-9:30PM*

**\$10/Session**

# Colorado**Athletic**Club

Visit us online at [ColoradoAthleticClubs.com](https://ColoradoAthleticClubs.com)

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