

**FITNESS CORNER**  
**Latest and greatest update.....**

**De-Stress after the Holidays....or just**  
**practice your calm**

Yoga Nidra (or yogic sleep) is a state of consciousness in between sleep and awakesness. It is state of complete relaxation of the body, while the mind stays awake and is attained through the guidance of a yoga nidra facilitator. Nikki Aiello will guide the group through a one-hour experience with the beautiful sounds of Tibetan singing bowls in the background.

Myrna Castaline brings 40 years' experience in the healing arts to her sound healing sessions. The rich vibrations of Tibetan Singing Bowls can stimulate healing, release blockages and pain, balance and harmonize energy for stress release, bringing you into a state of deep relaxation and peace.

Thursday, February 8 at 7: 15pm in Studio 5  
Cost: \$25.00 Members and \$30 for non-members  
Register by emailing: [pstorm@denverathleticclub.org](mailto:pstorm@denverathleticclub.org).

Minimum of 5 participants needed

**\*New\* Cycle with Soul X Class with Lizzy!**

Tuesday 5: 30pm in Cycling Studio  
Work smart, at your max and get in and out quickly... this class taught by a former Orange Theory head trainer will challenge you, leave you inspired, and motivated for the next class.

**Don't miss!!!! \*New\* Cardio & MVe Class with Lizzy**

Wednesdays 9: 35-10: 35am in Studio 4  
Super FUN and great all over body work! MVe chair experience not needed!

\*NEW\* Thursday 4:45pm Box X Class with Lizzy in Boxing Studio

Get your hook on! 45 minutes of high intensity cardio and boxing combinations, ending with core work!

How to swing a Kettlebell the RIGHT way..... curious?  
Next Kettlebell Intro Class

Wednesday, January 17 at 1pm in the gym  
Email: [pstorm@denverathleticclub.org](mailto:pstorm@denverathleticclub.org) to register

\*Coming February 6\* Cycle with Soul X Class with Lizzy!

Tuesday 5:30pm in Cycling Studio  
Work smart, at your max and get in and out quickly... this class taught by a former Orange Theory head trainer will challenge you, leave you inspired, and motivated for the next class.

Class Cancellations due to low attendance

Tuesday 6pm Yoga STRETCH  
Friday 4pm T.G.I.F Yoga Sculpt

Thank you for taking the time to open and read  
this update!

Please feel free to email me with questions,  
suggestions and any feedback you might have!