

# ASPEN WELCOME TO BODYPUMP!

ATHLETIC CLUBS

BodyPump is the original Barbell class that strengthens the entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

Like all the LES MILLS™ programs, a new BODYPUMP™ class is released every three months with new music and choreography.

## **WHAT DO I NEED TO BRING?**

Comfortable workout clothes, training shoes, water bottle and towel and attitude! We supply everything else.

## **HOW OFTEN SHOULD I DO BODYPUMP™?**

We recommend two to three classes a week. Your body needs recovery time between workouts so rest at least one day between classes.

## **WHEN WILL I NOTICE RESULTS?**

Once you've started BODYPUMP™, your muscles will quickly adapt to this type of workout and you'll notice strength gains as your body gets used to lifting weight. As your strength improves, you'll start to see fat loss and improved muscle tone. Don't overdo it – if you start to increase the weights too quickly, you could suffer injury. Physical activity isn't a quick fix – it should become a part of your lifestyle.

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