




M	T	W	T	F	S	S
<p>4:30-6:00am OPEN GYM</p> <p>6:10-7:00am STRENGTH + CONDITIONING Carrie</p> <p>7:15-8:45am OPEN GYM</p> <p>9:00-10:00am CLIMB30 + STRENGTH Julie</p> <p>11:15am-12:00pm RIDE45 Lauri</p> <p>12:15pm-1:00pm BARRE Lauri (••)</p> <p>4:15-5:15pm RIDE45 + CORE Andrea</p> <p>6:00-7:00pm RIDE30 + STRENGTH Nat</p> <p>9:00-11:00pm OPEN GYM</p>	<p>4:30-6:00am OPEN GYM</p> <p>6:00-7:00am RIDE45 + ROLL Julie (••)</p> <p>7:15-8:15am STRENGTH + CONDITIONING Jenny WH</p> <p>9:00-10:00am TRX total body Chelsea</p> <p>12:15-1:00pm STRENGTH CIRCUIT Kristin</p> <p>4:30-5:15pm SLIDE + STRENGTH Sara</p> <p>5:30-6:30pm STRENGTH + CONDITIONING Taylor</p> <p>6:45-11:00pm OPEN GYM</p>	<p>4:30-6:00am OPEN GYM</p> <p>6:10-7:00am SLIDE + STRENGTH Julie</p> <p>7:15-8:45am OPEN GYM</p> <p>9:00-10:00am SCULPT Niki Sue</p> <p>12:15-1:00pm RIDE45 Carrie</p> <p>4:30-5:15pm STRENGTH CIRCUIT Morri</p> <p>5:30-6:30pm RIDE45 + ROLL Nat/Morri</p> <p>6:45-11:00pm OPEN GYM</p>	<p>4:30-6:00am OPEN GYM</p> <p>6:00-7:00am RIDE45 + CORE Jen Visosky (••)</p> <p>7:15-8:15am STRENGTH + CONDITIONING Jenny W</p> <p>12:15pm-1:00pm CLIMB20 + STRENGTH Holly</p> <p>4:30-5:15pm SLIDE + STRENGTH Carrie</p> <p>5:30-6:30pm STRENGTH + CONDITIONING Taylor</p> <p>9:00-11:00pm OPEN GYM</p>	<p>4:30-6:00am OPEN GYM</p> <p>6:10-7:00am SHOCKWAVE Carrie</p> <p>7:15-8:45am OPEN GYM</p> <p>9:00-10:00am BARRE Marylou (••)</p> <p>11:15am-12:00pm RIDE45 Jenny K.</p> <p>12:15-1:00pm BARRE + SLIDE Anne Mills</p> <p>4:30-11:00pm OPEN GYM</p>	<p>6:00-8:00am OPEN GYM</p> <p>8:00-8:45am BOUNCE + STRENGTH Julie</p> <p>9:00-9:45am RIDE45 Sara (••)</p> <p>10:00-11:00am DURABILITY Sara</p> <p>11:30am-11:00pm OPEN GYM</p>	<p>6:00-8:00am OPEN GYM</p> <p>8:10-8:40am CLIMB30 Julie</p> <p>9:00-10:00am BARRE Marylou (••)</p> <p>10:15am-11:00pm OPEN GYM</p> 
				<p>12th Anniversary Sale \$12 Drop-Ins through 4/7. Price adjusted at checkout.</p>		<ul style="list-style-type: none"> • (••) indicates classes offered livestream • See a class you would like to attend that is not offered via livestream? Contact us! • Visit vimstrong.com to view and purchase all passes and contracts (app does not show complete list of pass options). • Check online for pop-up classes, workshops, special events, cancellations + schedule changes. • Download the "VIM Strong" custom app for specific class description • Additional OPEN GYM times available on request. Text 307-413-0441 to confirm availability before arriving on unscheduled hours Walk-Ins are not allowed for security reasons.

BARRE

See improvement in your posture, flexibility, overall strength, and balance. VIM practices the Barre Above® method, safely in neutral spine, using the latest exercise science blended with classic barre choreography and is designed for wide range of fitness levels. No dance or barre experience necessary. Each Barre instructor serves up a unique class based on their own diverse experience and background - so try them all!

*in person + livestream + on demand

BOUNCE

Join us for this intoxicating, high-intensity, low-impact trampoline workout designed to improve the overall immune system while enhancing stamina, strength, balance and coordination. We add blocks of strength work (on and off the trampoline) using weights and bands and for a one-of-a-kind combo not to be missed!

*in person + livestream (on request) + on demand

CLIMB

Experience the most effective full-body, high-intensity, low-impact, cardio interval training on the VersaClimber machine. Climbing engages all major muscle groups simultaneously, keeps the body upright, aligned, and balanced—delivering a heart-pumping, sweat-dripping routine while avoiding strain and injury. Look for 20-minute and 30-minute variations as well as the option to experience in select STRENGTH programming.

*in person

DURABILITY

Utilize articulation, strength, flexibility, and balance to mitigate the risk of injury in this one-of-a-kind mobility class. We take a holistic approach to movement that nourishes the body in various ways alongside injury prevention techniques to make you more durable for life. Students will gain an understanding of how diverse movement patterns can promote optimal health and how to incorporate specific exercises that mitigate injury risk.

*in person + livestream

RIDE

Our efficient RIDEs come in 30, 45 and 60 minute options and have it all with hills, sprints, and endurance followed by cycling specific stretches. Each RIDE is led by a certified, Schwinn® Indoor Cycling coach using authentic cycling principles which are designed to motivate all fitness levels. All RIDE's use measurement as motivation to gain power and see improvement.

*in person + livestream + on demand

ROW

Work nine major muscle groups and 84% of your muscle mass in this one-of-a-kind, indoor rowing workout. We are proud to use the INDO-ROW® program, breaking up your work into endurance waves of effort with regular recovery and core work. Get a power-packed, low impact, total-body challenge in 45-minutes filled with team work to focus the mind and push your fitness level in an exhilarating race that leaves you breathless! Easy to learn and truly perfect for any fitness level.

*in person + livestream + on demand

SCULPT

Build muscle as you stretch and lengthen with this unique blend of yoga and strength training. Boost your metabolism and build lean muscle mass as you move to upbeat tracks with this high-intensity, total-body workout. Leave feeling stronger, more rejuvenated, and more elevated than before.

*in person + livestream (on request)

SHOCKWAVE

Cross-training at its best! This circuit challenge utilizes the WaterRower (Bike + VersaClimber also options) to provide short-burst, high-intensity, calorie-torching intervals along with functional strength stations aimed to target and chisel legs, core and the arms. The camaraderie, friendly team competition, and motivation are designed to push you to your max effort and provide extreme results.

*in person

SLIDE

A joint-friendly workout that embraces low-impact movements, builds strength, and requires constant balance and stabilization, making the Brrrr Slide Board an excellent tool for improving proprioception and enhancing overall core strength.

*in person + livestream (on request)

STRENGTH (+ CONDITIONING)

VIM's STRENGTH classes get you ready for any activity - in the gym, in the mountains and everyday life. Using seasonal programming designed to build functional movement and improve stamina, endurance, power, and balance, these classes and combo options will keep your body and mind challenged, engaged and ready for anything.

*in person + livestream (on request) + on demand

TRX | TOTAL BODY

TRX Suspension Training uses bodyweight to provide resistance for a full-body workout that is challenging and effective. Improve strength, balance, flexibility, and cardiovascular health with exercises performed in unstable conditions, forcing you to engage your core and other muscles to stay balanced. TRX is self-regulating and perfect for all fitness levels.

*in person

*OPEN GYM

Your music, your motivation, your workout. You're on your own! Enjoy complete studio access including all training and cardio equipment.

Text or Email us before your first session to receive access.

You must sign up for a time block to receive access or call/text to reserve off hours.

Please review OPEN GYM rules and etiquette often to ensure its success.

*PRIVATE EVENTS + PARTIES

Let us personalize a rock-your-world class and cross a finish-line with your friends and co-workers by combining exercising, socializing, and working as a team. Pick your class type, playlist, theme, even DJ - LET'S PARTY! Perfect for bachelorette/bachelor parties, team-building, birthdays, charity events, corporate rides and more. Only the bounds of creativity limit the experience! Contact us for rates and availability.

*CHARITY CLASSES

RALLY FOR PHILANTHROPY

RALLY your friends, family, coworkers for a cause. We put our money where our mouth is and will host exciting, private, pop-up fundraising classes catered to your group at no cost to you. Themes, sweet give-a-ways and all to benefit Rock on Society (home to Rock the Ride 3/9/24). Funds raised benefit the future care of stroke and cardiac patients blindsided by the cost of their experience through Rock On Society or earn funds for your registered Rock the Ride Team. Contact us to learn more.

*Learn more about Rock On Society and Rock the Ride 3.9.24 at rockonsociety.org



Learn more at rockonsociety.org on how you can support stroke and cardiac patients blindsided by the cost of their experience and recovery through scheduled events - or how you can host your own!