

TYROLBASIN

Tyrol Basin Fitness Club

Summer 2023

Overview

Tyrol Basin is excited to begin offering summer recreation opportunities, including a weekly fitness class! This class will begin June 8th, and be held every Thursday evening at 5:30PM. This workout will incorporate both anaerobic and aerobic exercises for a total fitness experience. Activities can also be easily modified or specified according to the participant's fitness level, abilities, and goals.

Purpose

1. Provide a welcoming, safe, and engaging environment to train in.
2. Provide a fun, challenging, and structured class to enhance lifelong fitness.
3. Assist participants in identifying and accomplishing short-term and long-term fitness goals.

Specifications

TBFC will begin and end all classes at the base of B Lift. Participants should bring anything they need in preparation for workout - including, but not limited to - water, sunscreen, appropriate shoes, earbuds for music, and a light snack. Classes will begin at 5:30PM and end at 6:30PM. Participants may use equipment and fitness area until 7:00PM.

Class Structure

Warmup & Introductions (5-10 Minutes)

Quick stretch and mobility exercises, instructor and participants introductions, workout overview.

The Workout (50-40 Minutes)

Moderate-to-high-intensity exercises and activities will make up the majority of the class time.

Cool Down (5-10 Minutes)

Active recovery and stretching, debrief, participants may use space for additional 30 minutes.

Class Instructor

Eric DeVos Tyrol Basin Inside Operations Manager

My fitness background comes from an early life of wrestling and overall athletic training - nearly twenty-years worth of workouts dedicated to optimizing my body for competition. Through many physical and mental ups-and-downs, my love for general fitness and athletics has remained. Although I have no desire (or physical ability) to compete again, I have had a constant itch to stay active and experience the camaraderie and accomplishment I felt as an athlete. I've stayed active by running and doing other miscellaneous training since graduating from Wartburg College in 2018 - including completing both full and half-marathons. One of the things I've enjoyed most is trying to figure out what it is my body wants and needs for physical activity, energy, and overall well-being. I would love for you to join me on my fitness journey, and to be a small part of yours!