



Fitness & Aquatics Group Class Schedule

December 2018

FOR QUESTIONS, PLEASE CALL THE FITNESS CENTER DESK AT (719) 538-4085

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am Spin (SR)	5:30am Spin (SR)	5:30am Spin (SR)	5:30am Spin (SR)	6:00am CCX (MG)	8:00am Spin (SR)
6:00am CCX (MG)	8:30am CCX (MG)	6:00am CCX (MG)	8:30am Spin (SR)	8:30am Step Tone (AR)	9:00am Yoga (AR)
6:00am Yoga (AR)	8:30am Spin (SR)	6:00am Yoga (AR)	8:30am Body Blitz (AR)	8:30am Spin (SR)	9:30am CCX (MG)
8:30am Spin (SR)	8:30am BarreSOL \$ (AR)	8:30am CCX (MG)	8:30am CCX (MG)	8:30am CCX (MG)	
8:30am Step (AR)	9:30am CCX (MG)	8:30am Spin (SR)	9:30am CCX (MG)	9:30am CCX (MG)	
8:30am CCX (MG)	9:45am Yoga (AR)	9:00am Cardio Strength (AR)	9:45am Yoga (AR)	10:00am Aqua Cardio Tone	SUNDAY
9:30am CCX (MG)	10:00am Aqua Bootcamp	9:30am CCX (MG)	10:00am Aqua Bootcamp	2:00pm Ease Into Fitness (AR)	
9:45am Barre/Pilates Fusion \$ (AR)	10:30am Powerlifting (MG)	10:00am PilatesMAT \$ (AR)	10:30am Powerlifting (MG)	4:00pm CCX (MG)	
10:00am Aqua Cardio Tone	4:00pm CCX (MG)	10:00am Aqua Cardio Tone	11:30am PilatesMAT \$ (AR)		
2:00pm Ease Into Fitness (AR)		2:00pm Ease Into Fitness (AR)	4:00pm CCX (MG)		
4:00pm CCX (MG)		4:00pm CCX (MG)	4:00-5:30pm on 12/20 Reindeer Games (ages 2-8) (Lakeview)		
6:00pm Yoga (AR)					

All classes are cancelled on Christmas Day and New Year's Day. Classes will be held within hours of operation on Christmas Eve and New Year's Eve.

Any District 12 closure will result in cancellation of group fitness classes for that day.

In case of a District 12 delay, classes will resume at 10:00am.

LEGEND

- \$ = Class fee
- AR - Aerobics Room Upstairs
- MG - Main Gym Floor
- SR - Spin Room Main Gym
- AQ - Aquatics Center