



Fitness & Aquatics Group Class Schedule

october
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) | 8:30am 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) | 6:00pm Thriller Dance Class (AR)* | | |
| 6:00pm Yoga (AR) | | 6:00pm Power Yoga (AR) | | | |

New Classes

Wednesday 10:00am PilatesMAT

Monday 6:00pm Yoga

October Only - Thriller Dance Classes!

LEGEND

\$ = Class fee

AR - Aerobics Room Upstairs

MG - Main Gym Floor

SR - Spin Room Main Gym

AQ - Aquatics Center