



THE COUNTRY CLUB OF COLORADO
at Cheyenne Mountain Resort



CHEYENNE MOUNTAIN
COLORADO SPRINGS
A Dolce Resort

August

Group Fitness Classes

MONDAY

6:00am - CCX ----- Sophie
6:00am - Yoga ----- Brett
8:00am - CCX ----- Sophie
9:00am - CCX ----- Sophie
9:00am - Step ----- Lisa/Talisman
9:30am - Aqua Aerobics ----- Kim
9:30am - Intro to Paddleboarding ----- Amy
10:00am - Yoga ----- Ashley
2:00pm - Ease Into Fitness ----- Gale
3:30pm - HIIT Bootcamp ----- Amy
6:00pm - Yoga ----- Brett

TUESDAY

5:30am - Spin 45 ----- Krista
6:00am - Yoga ----- Ashley
8:00am - Paddleboard Yoga ----- Ashley
8:00am - CCX ----- Sophie
8:30am - BarreSol*
8:30am - Spin ----- Elizabeth
9:00am - CCX ----- Sophie
9:30am - Aqua Aerobics ----- Bonnie Sue
10:00am - Yoga ----- Ashley
11:15am - Weightlifting ----- Elizabeth

WEDNESDAY

6:00am - CCX ----- Sophie
6:00am - Yoga ----- Brett
8:00am - CCX ----- Sophie
9:00am - CCX ----- Sophie
9:00am - Total Body ----- Cathy
9:30am - Aqua Aerobics ----- Kim
9:30am - Intro to Paddleboarding ----- Amy
10:00am - Yoga ----- Ashley
2:00pm - Ease Into Fitness ----- Gale
3:30pm - HIIT Bootcamp ----- Amy

THURSDAY

5:30am - Spin 45 ----- Krista
6:00am - Yoga ----- Ashley
8:00am - CCX ----- Sophie
8:00am - Paddleboard Yoga ----- Ashley
8:30am - Spin ----- Elizabeth
9:00am - CCX ----- Sophie
9:00am - Step & Strength ----- Lisa/Talisman
9:30am - Aqua Aerobics ----- Bonnie Sue
10:00am - Yoga ----- Ashley
11:15am - Weightlifting ----- Elizabeth

FRIDAY

8:00am - CCX ----- Sophie
9:00am - CCX ----- Sophie
9:00am - Total Body Core ----- Cathy
9:30am - Aqua Aerobics ----- Kim
10:00am - Yoga ----- Ashley
2:00pm - Ease Into Fitness ----- Gale

SATURDAY

7:30am - Yoga ----- Jenna
8:45am - Beach Yoga ----- Jenna
9:00am - Spin ----- Elizabeth
10:00am - CCX ----- Jenna