



# Fitness & Aquatics Group Class Schedule

February  
2019

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 (AQ)	
9:30am CCX (MG)	10:00am Aqua Bootcamp (AQ)	9:30am CCX (MG)	10:00am Aqua Bootcamp (AQ)	2:00pm Ease Into Fitness (AR)	SUNDAY
10:00am Aqua Cardio Tone (AQ)	10:30am Powerlifting (MG)	10:00am PilatesMAT \$ (AR)	10:30am Powerlifting (MG)	4:00pm CCX (MG)	
2:00pm Ease Into Fitness (AR)	4:00pm CCX (MG)	10:00am Aqua Cardio Tone (AQ)	11:30am PilatesMAT \$ (AR)		
4:00pm CCX (MG)		2:00pm Ease Into Fitness (AR)	4:00pm CCX (MG)		
6:00pm Candlelight Yoga (AR)		4:00pm CCX (MG)			

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