



CHEYENNE MOUNTAIN  
COLORADO SPRINGS

# GROUP TRAINING SCHEDULE

## APRIL 2022

A Dolce Resort

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM		Spin 45 - Krista		Spin 45 - Krista		
6:00AM	CCX - Sophie Yoga - Brett	CCX - Sophie	CCX - Sophie Yoga - Brett	CCX - Sophie		
8:00AM	CCX - Sophie	CCX - Sophie	CCX - Sophie	CCX - Sophie	CCX - Sophie	Yoga - Jenna
8:30AM		BarreSOL* Spin - Elizabeth		Spin - Elizabeth	Spin - Elizabeth	
9:00AM	CCX - Sophie Step - Lisa/ Talisman	CCX - Sophie	Body Blitz - Cathy CCX - Sophie	CCX - Sophie Step & Strength - Lisa/Talisman	CCX - Sophie Core & More - Cathy	Yoga - Jenna
9:30AM	Aqua Aerobics - Kim	Aqua Aerobics - Bonnie Sue	Aqua Aerobics - Kim	Aqua Aerobics - Bonnie Sue	Aqua Aerobics - Kim	
10:00AM	Yoga-Ashley	Yoga-Ashley		Yoga-Ashley	Yoga-Ashley	CCX-Jenna
11:00AM		Weightlifting- Elizabeth		Weightlifting- Elizabeth		
1:00PM						
2:00PM	Ease Into Fitness - Gale		Ease Into Fitness - Gale		Ease Into Fitness - Gale	
6:00PM	Yoga - Brett					

Aqua Aerobics located in the Aquatics Center (719) 538-4087

\*Additional charge for BarreSOL classes

Due to limited availability, please call the Fitness Center at (719) 538-4085 or log into the membership portal to sign up