



SMALL GROUP TRAINING SCHEDULE JANUARY 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30AM		Spin 45		Spin 45	
6:00AM	Yoga		Yoga		
8:30AM		Spin BarreSOL		Spin Body Blitz	
9:00AM	Core & More		Express Fitness		
9:45AM		Yoga		Yoga	
10:00AM	Aqua Aerobics*	Aqua Aerobics*	Aqua Aerobics*	Aqua Aerobics*	Aqua Aerobics*
4:00PM	Spin 30				
5:30PM	Yoga		Buti & HotCore Yoga		

30-MINUTE MON—WED—FRI

Senior Progressive Fitness Classes

2:00PM | Senior Sculpt for Beginners

2:35PM | Ease Into Fitness

3:10PM | Advanced Body Sculpt

SIGN-UP ON THE MEMBER PORTAL

Due to limited availability, sign ups are required **72 hours in advance**.

In the event of a D12 snow cancellation, all group fitness classes will be cancelled. In the event of a snow delay classes will resume at 9:00am.

***Located at Aquatics Center**

PERSONAL TRAINING SESSIONS ARE AVAILABLE WITH RESERVATION

For questions, please call the **Fitness Center Desk** at (719) 538-4085 or email Ryan.Doner@dolce.com