



Fitness & Aquatics Group Class Schedule

july 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)	6:00am CCX (MG)	5:30am Spin (SR)	6:00am CCX (MG)	8:00am Spin (SR)
6:00am Yoga (AR) *beginning 7/15	8:30am CCX (MG)	6:00am Yoga (AR)	8:30am Spin (SR)	8:30am Step Tone (AR)	8:00am Beach Yoga (AQ)
6:00am CCX (MG)	8:30am Spin (SR)	8:30am CCX (MG)	8:30am Body Blitz (AR)	8:30am Spin (SR)	9:00am Yoga (AR)
8:30am Spin (SR)	8:30am BarreSOL \$ (AR)	8:30am Spin (SR)	8:30am CCX (MG)	8:30am CCX (MG)	9:00am SUP Pilates \$ (AQ)
8:30am Step (AR)	9:30am CCX (MG)	9:00am Cardio Strength (AR)	9:30am CCX (MG)	9:30am CCX (MG)	9:30am CCX (MG)
8:30am CCX (MG)	9:45am Yoga (AR)	9:30am CCX (MG)	9:45am Yoga (AR)	10:00am Aqua Cardio Tone (AQ)	
9:30am CCX (MG)	10:00am Aqua Bootcamp (AQ)	10:00am PilatesMAT \$ (AR)	10:00am Aqua Bootcamp (AQ)	2:00pm Ease Into Fitness (AR)	
10:00am Aqua Cardio Tone (AQ)	10:30am Powerlifting (MG)	10:00am Aqua Cardio Tone (AQ)	10:30am Powerlifting (MG)	4:00pm CCX (MG)	
11:30am PilatesMAT \$ (AR)	4:00pm CCX (MG)	2:00pm Ease Into Fitness (AR)	4:00pm CCX (MG)		
2:00pm Ease Into Fitness (AR)		4:00pm CCX (MG)			
4:00pm CCX (MG)					
6:00pm Yoga (AR)					
					SUNDAY
					9:00am SUP Yoga (AQ)

- Monday 6:00am Yoga will begin on July 15th
- PilatesMAT has moved from Thursday to Monday at 11:30am

LEGEND

- \$ = Class fee
- AR - Aerobics Room Upstairs
- MG - Main Gym Floor
- SR - Spin Room Main Gym
- AQ - Aquatics Center

Personal Training Sessions Available! Contact the Fitness Center for more info: (719) 538-4085