



CHEYENNE MOUNTAIN  
COLORADO SPRINGS

A Dolce Resort

# GROUP TRAINING SCHEDULE

## JULY 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM		Spin 45		Spin 45		
6:00AM	Yoga		Yoga			
7:30AM					Yoga	Yoga
8:00AM	CCX	CCX	CCX	CCX		
8:30AM		Spin BarreSOL Beach Yoga		Spin Body Blitz		
8:45AM						Beach Yoga
9:00AM	Core & More CCX	CCX	Express Fitness CCX	CCX	Zumba	
9:30AM	Aqua Aerobics*	Aqua Aerobics*		Aqua Aerobics*		
9:45AM		Yoga		Yoga		
10:00AM			Aqua Aerobics*		Aqua Aerobics*	
2:00PM	Ease Into Fitness		Ease Into Fitness		Ease Into Fitness	
3:30PM			Spin 45			
4:00PM	CCX		CCX			
5:00PM	CCX		CCX			
5:30PM	Yoga					

Due to limited availability please call the Fitness Center Desk to sign up. **\*Located at Aquatics Center**

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