



Fitness & Aquatics Group Class Schedule

March
2019

FOR QUESTIONS, PLEASE CALL THE FITNESS CENTER DESK AT (719) 538-4085

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am CCX (MG)	5:30am Spin (SR)	6:00am CCX (MG)	5:30am Spin (SR)	6:00am CCX (MG)	8:00am Spin (SR)
6:00am Yoga (AR)	8:30am CCX (MG)	6:00am Yoga (AR)	8:30am Spin (SR)	8:30am Step Tone (AR)	9:00am Yoga (AR)
8:30am Spin (SR)	8:30am Spin (SR)	8:30am CCX (MG)	8:30am Body Blitz (AR)		9:30am CCX (MG)
8:30am Step (AR)	8:30am BarreSOL	8:30am Spin (SR)	8:30am CCX (MG)	8:30am Spin (SR)	
8:30am CCX (MG)	\$ (AR)	9:00am Cardio Strength (AR)	9:30am CCX (MG)	8:30am CCX (MG)	
9:30am CCX (MG)	9:30am CCX (MG)	9:30am CCX (MG)	9:45am Yoga (AR)	9:30am CCX (MG)	
10:00am Aqua Cardio Tone (AQ)	9:45am Yoga (AR)	10:00am PilatesMAT \$ (AR)	10:00am Aqua Bootcamp (AQ)	10:00am Aqua Cardio Tone (AQ)	
2:00pm Ease Into Fitness (AR)	10:00am Aqua Bootcamp (AQ)	10:00am Aqua Cardio Tone (AQ)	10:30am Powerlifting (MG)	2:00pm Ease Into Fitness (AR)	SUNDAY
4:00pm CCX (MG)	10:30am Powerlifting (MG)	2:00pm Ease Into Fitness (AR)	11:30am PilatesMAT \$ (AR)	4:00pm CCX (MG)	
6:00pm Candlelight Yoga (AR)	4:00pm CCX (MG)	4:00pm CCX (MG)	4:00pm CCX (MG)		
	4:30pm Zumba (AR)		5:30pm Swing Dance (PD)		

New Classes

Zumba will begin March 12th

Swing into Spring! Swing Dance Classes
Thursday's at 5:30pm

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
9:30am.

LEGEND

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