



CHEYENNE MOUNTAIN
COLORADO SPRINGS

GROUP TRAINING SCHEDULE

MAY 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 | | |
| 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 |
| 11:15AM | | Weightlifting- Elizabeth | | Weightlifting- Elizabeth | | |
| 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