



# SMALL GROUP TRAINING SCHEDULE

## MAY 2021

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

### 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**

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