



GROUP TRAINING SCHEDULE

January 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM		Spin 45 - Krista		Spin 45 - Krista		
6:00AM	CCX - Chloe Yoga - Brett	CCX - Chloe Yoga - Teassa	CCX - Chloe Yoga - Brett	CCX - Chloe Yoga - Teassa	CCX - Chloe Yoga - Teassa	
7:30AM		Mobility - Chloe		Mobility - Chloe		
8:00AM	CCX - Chloe	CCX - Chloe	CCX - Chloe	CCX - Chloe	CCX - Chloe	Yoga - Jenna
8:30AM		Spin - Elizabeth BarreSol*		Spin - Elizabeth		
9:00AM	CCX - Chloe Step - Lisa/Talisman	CCX - Chloe	Pilates Mat* CCX - Chloe	CCX - Chloe Step & Strength - Lisa/Talisman	CCX - Chloe Total Body Core - Stephanie	Spin - Elizabeth Yoga - Jenna
9:30AM	Aqua Aerobics - Kim	Aqua Aerobics - Bonnie Sue	Aqua Aerobics - Kim	Aqua Aerobics - Bonnie Sue	Aqua Aerobics - Kim	
10:00AM	Yoga - Elsbeth Mobility - Chloe	Yoga - Teassa	Yoga - Elsbeth Mobility - Chloe	Yoga - Teassa	Yoga - Elsbeth Mobility - Chloe	CCX - Jenna
11:15AM		Weightlifting - Elizabeth		Weightlifting - Elizabeth		
12:00PM	CCX - Chloe		CCX - Chloe		CCX - Chloe	
2:00PM	Ease Into Fitness - Gale		Ease Into Fitness - Gale		Ease Into Fitness - Gale	
6:00PM	Yoga - Elsbeth	Yoga - Elsbeth		Yoga - Elsbeth		

*Additional Cost.

Call the Fitness Center at (719) 538-4085 or log into the membership portal to sign up