



GROUP TRAINING SCHEDULE

SEPTEMBER 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM		Spin 45 - Krista		Spin 45 - Krista		
6:00AM	CCX - Eric Yoga - Brett	CCX - Eric Yoga - Ashley	CCX - Eric Yoga - Brett	CCX - Eric Yoga - Ashley		
7:30AM		Yoga - Ashley		Yoga - Ashley		
8:00AM	CCX - Eric	CCX - Eric	CCX - Eric	CCX - Eric	CCX - Eric	Yoga - Jenna
8:30AM		Spin - Elizabeth BarreSol*		Spin - Elizabeth		
9:00AM	CCX - Eric Step - Lisa/ Talisman	CCX - Eric	Total Body - Cathy CCX - Eric	CCX - Eric Step & Strength - Lisa/Talisman	CCX - Eric Total Body Core - Cathy	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 - Ashley	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					

*Additional Cost.

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