



# Fitness & Aquatics Group Class

# October 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am Spin (SR)	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)
6:00am CCX (MG)	8:30am Spin (SR)	8:30am CCX (MG)	8:30am Body Blitz (AR)	8:30am Spin (SR)	9:30am CCX (MG)
8:30am Spin (SR)	8:30am BarreSOL\$ (AR)	8:30am Spin (SR)	8:30am CCX (MG)	8:30am CCX (MG)	
8:30am Step (AR)	9:30am CCX (MG)	9:00am Cardio Strength (AR)	9:30am CCX (MG)	9:30am CCX (MG)	
8:30am CCX (MG)	9:45am Yoga (AR)	9:30am CCX (MG)	9:45am Yoga (AR)	10:00am Aqua Cardio Tone (AQ)	
9:30am CCX (MG)	10:00am Aqua Bootcamp (AQ)	10:00am PilatesMAT\$ (AR)	10:00am Aqua Bootcamp (AQ)		
10:00am Aqua Cardio Tone (AQ)	10:30am** Powerlifting (MG)	10:00am Aqua Cardio Tone (AQ)	4:00pm CCX (MG)	3:00pm Ease Into Fitness (AR)	<b>SUNDAY</b>
11:30am PilatesMAT\$ (AR)		2:00pm Ease Into Fitness (AR)		4:00pm CCX (MG)	
2:00pm Ease Into Fitness (AR)	4:00pm CCX (MG)	4:00pm Functional Training (MG)			
4:00pm Functional Training (MG)					
6:00pm Yoga (AR)					

\*\*Powerlifting will alternate weeks on Tuesday/Thursday  
It will be held Oct 1st, 10th, 15th, 24th and 29th

### LEGEND

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

Personal training available! Please contact the fitness center for more information: (719) 538-4085