



Fitness & Aquatics Group Class Schedule

september
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)	9:45am Yoga (AR)	10:00am PilatesMAT \$ (AR)	10:00am Aqua Bootcamp (AQ)	2:00pm Ease Into Fitness (AR)	
10:00am Aqua Cardio Tone (AQ)	10:00am Aqua Bootcamp (AQ)	10:00am Aqua Cardio Tone (AQ)	*4:00pm CCX (MG)	*4:00pm CCX (MG)	
11:30am PilatesMAT \$ (AR)	*4:00pm CCX (MG)	2:00pm Ease Into Fitness (AR)			
2:00pm Ease Into Fitness (AR)		*4:00pm CCX (MG)			
*4:00pm CCX (MG)					
6:00pm Yoga (AR)					

Important Note

*CCX classes are currently self-guided WOD's

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