

SPRING 2018

Group Fitness Class Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:00am	Circuit Xpress (DP)		Circuit Xpress (DP)		Circuit Xpress (DP)
5:30am		House of Spin (AQ)		House of Spin (AQ)	
8:00am	Water Aerobics* (MA)		Water Aerobics* (MA)		Water Aerobics* (MA)
9:30am		Core & Booty + Yoga (BJ)		Tabata + Yoga (BJ)	
5:00pm		H.I.I.T. with Britt (BJ)		H.I.I.T. with Britt (BJ)	
5:30pm	Boot Camp (KW)	Spin Class (KW) Water Aerobics* (MA)	Zumba (RR)	Spin Class (KW) Water Aerobics* (MA)	
6:30pm			Boxing/Kickboxing (GM)		

Staff Hours

Monday-Thursday

7am-7pm

Friday

7am-5pm

Saturday

10am-2pm

Kid's Club Hours

Monday-Friday Mornings

9am-11am

Monday-Thursday Evenings

4pm-7pm

Class Teachers

AQ-Angelica Quintana

BJ-Brittany Johnson

DP-Dez Peterson

GM-Gabriel Miranda

KW-Kathy West

MA-Mary Abeyta

RR-Rose Ramirez

Follow us on Facebook for
Class Updates, Schedule Changes and More!



SLVSPORTSANDWELLNESS

**ALL CLASSES ARE
INCLUDED WITH
YOUR MEMBERSHIP!**

Non-Members: Ask about our punch cards!

*Must have Pool Membership for this class

SLV Sports & Wellness | 1561 12th St. | Alamosa | 719-589-3288 | SlvSportsAndWellness.com