



# GROUP EXERCISE SCHEDULE

Effective June 6, 2018

call **970-330-9691**

## MONDAY

5-6am	<b>Boot Camp</b>	AF	Kim
6-7am	<b>Kettlebell/Body Shred</b>	AF	Kim
6-7am	<b>Spinning</b>	SS	Mark
8-9am	<b>Forever Young</b>	AF	Susan
8-9am	<b>Womens Conditioning</b>	Gym	Patti
9-10am	<b>Spinning</b>	SS	Mary
9-10am	<b>Turbo Kick</b>	AF	Jen
9:30-10:30am	<b>Yoga</b>	TC	Amanda
5:30-6:30pm	<b>Yoga</b>	TC	Heather
5:30-6:30pm	<b>Power Up</b>	AF	Kim
5:30-6:30pm	<b>Spinning</b>	SS	Colleen
7-8pm	<b>Zumba</b>	AF	Amy O.

## THURSDAY

4:30-5am	<b>Insanity</b>	AF	Jeremy
5-6am	<b>Spin</b>	SS	Erin
5-6am	<b>Power Up</b>	AF	Susie
6-7am	<b>Piyo/Strength</b>	AF	Susan/Heather
8-9am	<b>Spin</b>	SS	Kristin
8-9am	<b>Mat Pilates</b>	AF	Susan
9-10am	<b>Water Aerobics</b>	TC	Barb
9-10am	<b>Body Sculpt</b>	AF	Susan
10-11am	<b>Zumba</b>	AF	Amy.O
11:30-12:30am	<b>Essentrics</b>	TC	DeAnnaKay
5:30-6:30pm	<b>Boot Camp</b>	AF	Kim
5:30-6:30pm	<b>Spinning</b>	SS	Mark
6:30-7:30pm	<b>Aqua Zumba</b>	TC	Tanya
6:45pm	<b>Synergy</b>	SS	Dolly
6:45-7:30pm	<b>X-Works</b>	AF	Mark

## TUESDAY

4:30-5am	<b>Insanity</b>	AF	Jeremy
5-6am	<b>Power Up</b>	AF	Susie
5-6am	<b>Spinning</b>	SS	Dave
6-7am	<b>PiYo Strength</b>	AF	Susan/Heather
8-9am	<b>Mat Pilates</b>	AF	Susan
9-10am	<b>Water Aerobics</b>	TC	Jane/Brenda
9-10am	<b>Body Sculpt</b>	AF	Susan
11:30-12:30pm	<b>Essentrics</b>	TC	DeAnnaKay
5:30-6:30pm	<b>Boot Camp</b>	AF	Kim
5:30-6:30pm	<b>Spinning</b>	SS	Mark
6:30-7:30pm	<b>Yoga</b>	TC	Amanda
6:30-7:30pm	<b>Aqua Zumba</b>	TC	Tanya
6:45-7:30pm	<b>Synergy Cycle</b>	SS	Dolly
6:45-7:30pm	<b>X-Works</b>	AF	Mark

## FRIDAY

5-6am	<b>Boot Camp</b>	AF	Kim
6-7am	<b>Spinning</b>	SS	Mark
6-7am	<b>Kettlebell Xtreme</b>	AF	Kim
8-9am	<b>Forever Young</b>	AF	Beth
8-9am	<b>Womens Conditioning</b>	Gym	Patti
9-10am	<b>Spinning</b>	SS	Mary
9-10am	<b>Turbo Kick</b>	AF	Jen
9:30-10:30am	<b>Yoga</b>	TC	Amanda

## SATURDAY

6:30-7:30am	<b>Boot Camp</b>	AF	Jeremy
7:45-8:45am	<b>Boot Camp</b>	AF	Jeremy
7:45-8:45am	<b>Spin</b>	SS	Natalie
8-9am	<b>Willpower Method</b>	TC	Gayle
9-10am	<b>Power Up</b>	AF	Beth

## WEDNESDAY

5-6am	<b>Boot Camp</b>	AF	Kim
5-6am	<b>Spinning</b>	SS	Mark
6-7am	<b>Kettlebell/Tabata</b>	AF	Kim
8-9am	<b>Forever Young</b>	AF	Susan
8-9am	<b>Womens Cond.</b>	Gym	Patti
9-10am	<b>Pound</b>	AF	Stephanie
9-10am	<b>Water Aerobics</b>	TC	Laurie
9-10am	<b>Spinning</b>	SS	Mary
9:30-10:30am	<b>Yoga</b>	TC	Amanda
5:30-6:30pm	<b>Power Up</b>	AF	Kim
5:30-6:30pm	<b>Spinning</b>	SS	Colleen
5:30-6:30pm	<b>Yoga</b>	TC	Amanda
6:30-7pm	<b>Power Stretch</b>	AF	Kim
7-8pm	<b>Zumba</b>	AF	Rebecca/Sue

## SUNDAY

7:45-8:45am	<b>Boot Camp</b>	AF	Jeremy
8-8:45am	<b>Spinning</b>	SS	Kim
9-10am	<b>Zumba</b>	AF	Amy O.

### FITNESS CENTER HOURS

Mon - Fri: 3:30am - 10pm | Sat: 6am - 7pm | Sun: 6am - 6pm

### TENNIS CENTER HOURS

Mon - Thurs: 6am - 10pm | Fri: 6am - 8pm | Sat & Sun: 7am-6pm

### CHILD CARE HOURS

Mon - Thurs: 8am-noon; 4:30 - 8pm | Fri: 8am - 1pm  
Sat: 7:30am - noon | Sun: Closed

### KEY

AF - Aerobic Floor SS - Spin Studio Gym - Gym Floor TC - Tennis Center