



GROUP EXERCISE SCHEDULE

APRIL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM		Spin 45 - Krista		Spin 45 - Krista			
6:00AM	CCX - Chloe Yoga - Brett		CCX - Chloe Yoga - Brett		CCX - Chloe		
7:00AM	Mobility - Chloe		Mobility - Chloe		Mobility - Chloe		
8:00AM	CCX - Chloe	CCX - Chloe	CCX - Chloe	CCX - Chloe	CCX - Chloe	Yoga - Teassa	
8:30AM		Spin - Linz BarreSol (\$)		Spin - Linz			
9:00AM	CCX - Chloe Step - Lisa/Talisman	CCX - Chloe	CCX - Chloe Step - Lisa/Talisman	CCX - Chloe	CCX - Chloe Cardio Toning - Linz	Spin - Greg	Pilates /Ta'i Chi Linz
9:30AM	Aqua Aerobics - Kim	Aqua Aerobics Bonnie Sue	Aqua Aerobics - Kim	Aqua Aerobics Bonnie Sue Pilates/Ta'i Chi - Linz	Aqua Aerobics - Kim		
10:00AM	Yoga - Elsbeth	Pilates/Ta'i Chi Linz	Yoga - Elsbeth		Yoga - Elsbeth	Yoga - Teassa	HIIT Cardio Toning Linz
11:15AM	Jazzumba 30- Jessi	HIIT Cardio Toning Linz		HIIT Cardio Toning Linz	Pilates /Ta'i Chi - Linz		Pilates/Ta'i Chi Linz
2:00PM	Ease Into Fitness - Gale		Ease Into Fitness Gale		Ease Into Fitness Gale		
6:00PM	Yoga - Elsbeth MAX HIIT - Keagan	Weightlifting Lower Body - Keagan		Weightlifting Upper Body- Keagan			

(\$) Additional Cost | **Call the Fitness Center at 719.538.4085 or log into the membership portal to sign up**