





GROUP EXERCISE SCHEDULE

FEBRUARY

	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	Pilates /Ta'i Chi - Linz
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	HIIT Cardio Toning - 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 Core - Chloe	Pilates/Ta'i Chi - Linz	Yoga - Elsbeth Core - Chloe		Yoga - Elsbeth Core - Chloe	Yoga - Teassa	Pilates /Ta'i Chi - Linz
11:00AM	NEW! Jazzumba - Jessi	HIIT Cardio Toning @ 11:15 - Linz		HIIT Cardio Toning - Linz	Pilates /Ta'i Chi - Linz		
2:00PM	Ease Into Fitness - Gale	Active Recovery & Agility - Joy	Ease Into Fitness - Gale	Active Recovery & Agility - Joy	Ease Into Fitness - Gale		
6:00PM	Yoga - Elsbeth NEW! Classic 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**