

THE BROADMOOR FITNESS CLASS SCHEDULE



# January 4 to January 31

There is a \$20 plus tax guest charge to attend all classes other than Aquafit and one daily Yoga class. All classes are complimentary for Golf Club Members.

*Friday, Saturday and Sunday Classes are part of Winter Activities*

**Please arrive at the Fitness Center 5 minutes prior to the class start time.**

*Fitness Schedule is subject to change*

*All Fitness Classes are 50 minutes in length, unless otherwise noted. Class will be cancelled if no participants are present 10 mins past the start of class.*

**Call the Fitness Center @ ext. 5665 to schedule a Personal Training Session, One-on-One Class, Reformer Training, or FMS Evaluation.**

Time	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM <b>Studio</b>			Yoga Stretch Kaetlyn	Yoga Stretch Amy	Yoga Stretch Kaetlyn		
7:00 AM <b>Pool</b>	<i>Early Bird Aquafit</i> Kaetlyn	<i>Early Bird Aquafit</i> Amy	<i>Early Bird Aquafit</i> Kaetlyn	<i>Early Bird Aquafit</i> Amy	<i>Early Bird Aquafit</i> Kaetlyn	<i>Early Bird Aquafit</i> Amy	<i>Early Bird Aquafit</i> Amy
8:00 AM <b>Studio</b>	HIIT Fusion Kaetlyn	Yoga Strength Amy	Yoga Strength Kaetlyn	Epic Cardio & core Amy	HIIT Fusion Kaetlyn	20/20/10 Amy	20/20/10 Amy
9:00 AM <b>Studio</b>	Yoga Flow Kaetlyn	Power Pump Amy	20/20/10 Amy	Power Pump Amy	Yoga Strength Kaetlyn	Total Body Sculpt Amy	On the Ball Amy
10:00 AM <b>Studio</b>	Core Conditioning Kaetlyn	Yoga Flow Amy	Core & Glute Amy	Gentle Yoga Amy	Core & Glute Kaetlyn	Yoga Strength Amy	Yoga Flow Amy

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