

THE BROADMOOR FITNESS CLASS SCHEDULE



June 1 through August 31, 2022

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.

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

** Weather permitting*

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 or One-on-One Class

Time	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM Studio		Yoga Stretch Missy	Yoga Stretch Kaetlyn		Yoga Stretch & Flow Amy	Gentle Yoga Amy	
7:00 AM Pool	<i>Early Bird Aquafit</i> Kaetlyn	<i>Early Bird Aquafit</i> Missy	<i>Early Bird Aquafit</i> Kaetlyn	<i>Early Bird Aquafit</i> Amy	<i>Early Bird Aquafit</i> Kaetlyn	<i>Early Bird Aquafit</i> Missy	<i>Early Bird Aquafit</i> Missy
Studio		Core Conditioning Amy			Total Body Sculpt Amy	Yoga Stretch Amy	
8:00 AM Studio	Cardio Mixx Kaetlyn	20/20/10 Amy	Yoga Strength Kaetlyn	Epic Cardio & Core Amy	Cardio Mixx Kaetlyn	Power Pump Amy	Yoga Stretch & Flow Missy
9:00 AM Studio	Yoga Flow Kaetlyn	Power Pump Amy	20/20/10 Amy	Power Pump Amy	Yoga Flow Kaetlyn	Core Conditioning Missy	Total Body Sculpt Missy
10:00 AM Studio	Core & Glute Kaetlyn	Yoga Stretch & Flow Amy	Core & Glute Amy	Gentle Yoga Amy	Core & Glute Kaetlyn	Yoga Stretch & Flow Missy	Yoga Strength Missy
Outside					Outdoor Training* Amy		

