

THE BROADMOOR FITNESS CLASS SCHEDULE



# May 1 to May 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 <b>Studio</b>		Yoga Stretch Missy	Yoga Stretch Kaetlyn		Yoga Flow Amy	Gentle Yoga Amy	
7:00 AM <b>Pool</b>	<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
<b>Studio</b>		Core Conditioning Amy			Total Body Sculpt Amy	Power Pump Amy	
8:00 AM <b>Studio</b>	Cardio Mixx Kaetlyn	20/20/10 Amy	Yoga Flow Kaetlyn	Epic Cardio & Core Amy	Cardio Mixx Kaetlyn	Yoga Stretch Amy	Yoga Stretch & Flow Missy
9:00 AM <b>Studio</b>	Yoga Flow Kaetlyn	Power Pump Amy	20/20/10 Amy	Power Pump Amy	Yoga Strength Kaetlyn	Core Conditioning Missy	Total Body Sculpt Missy
10:00 AM <b>Studio</b>	Core & Glute Kaetlyn	Yoga Stretch & Flow Amy	Core & Glute Amy	Gentle Yoga Amy	Core & Glute Kaetlyn	Yoga Stretch & Flow Missy	Yoga Strength Missy
<b>Outside</b>					Lake Circuit* Amy		