

THE BROADMOOR FITNESS CLASS SCHEDULE



# May 1 to August 31, 2024

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 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 or One-on-One Class

Time	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM <b>Studio</b>		Yoga Stretch Missy			Yoga Stretch Katie	Yoga Stretch Sarah	
7:00 AM <b>Pool</b>	<i>Early Bird Aquafit</i> Katie	<i>Early Bird Aquafit</i> Missy	<i>Early Bird Aquafit</i> Katie	<i>Early Bird Aquafit</i> Sarah	<i>Early Bird Aquafit</i> Katie	<i>Early Bird Aquafit</i> Sarah	<i>Early Bird Aquafit</i> Missy
8:00 AM <b>Studio</b>	Yoga Stretch & Flow Katie	Greet the Day Yoga Missy	Advanced Yoga Katie	Epic Cardio & Core Sarah	Cycle Mixx Katie <i>*limit 8 participants</i>	Power Pump Sarah	Yoga Stretch & Flow Missy
9:00 AM <b>Studio</b>	Total Body Sculpt Katie	Power Pump Missy	Cycle Mixx Katie <i>*limit 8 participants</i>	Power Pump Sarah	Total Body Sculpt Sarah	Yoga Flow Sarah	Core Pump Missy
10:00 AM <b>Studio</b>	Yoga Flow Katie	Mobility, Stability and Strength Missy	Yoga Stretch & Flow Katie	Gentle Yoga Sarah	Greet the Day Yoga Sarah	Core & Glute Sarah	Yoga Stretch Missy

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