

**THE BROADMOOR FITNESS CLASS SCHEDULE**

Effective July 31-August 6, 2010

There is a \$20 guest charge to attend regularly scheduled classes

*\*All Fitness Classes are 50 minutes in length unless otherwise noted\**

<b>Time</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>
	<b>July 31</b>	<b>August 1</b>	<b>August 2</b>	<b>August 3</b>	<b>August 4</b>	<b>August 5</b>	<b>August 6</b>
<b>5:30, 6, 6:15, 6:30AM</b>			<i>Spinning</i> 5:30 AM Luke	<i>Sports Cond.</i> 6:00 AM Bev	<i>Spinning</i> 6:15 AM Krista	<i>Sports Cond.</i> 6:00 AM Bev	<i>Spinning</i> 6:30 AM Bev
<b>7:00AM</b>				<i>Spinning</i> Bev		<i>Spinning</i> Bev	<i>Mock Reformer Pilates</i> (7:30-7:55) Judy Anne
<b>8:00AM</b>	<i>Aqua Cardio-Pilates</i> Judy Anne	<i>Cardio/Pilates</i> Lauralee	<i>Pilates Plus</i> Lauralee	<i>Pilates Plus</i> Judy Anne  <i>Aqua Fit*</i> Bev	<i>Pilates/Abs</i> Bev  <i>Aqua Fit*</i> Lauralee	<i>Dynamic Yoga Flow</i> Judy Anne  <i>Aqua Fit*</i> Bev	<i>Aqua Fit *</i> Lauralee
<b>9:00AM</b>	<i>Pilates on The Ball</i> Judy Anne	<i>Yoga Tone</i> Lauralee	<i>Power Pump</i> Bev	<i>Yoga Stretch</i> Judy Anne	<i>Power-Pump</i> Bev	<i>Standing Pilates Sculpt</i> Judy Anne	<i>Yoga Stretch</i> Judy Anne
<b>10:00AM</b>			<i>Spin/Yoga Combo</i> Lauralee	<i>Dynamic Yoga Flow</i> Judy Anne		<i>Fresh Air Tai-Chi/Yoga Flow</i> Judy Anne	<i>Total Body Strength</i> Bev
<b>11:00AM</b>	<i>Guided Hike</i> (11:00-1:00) Bev	<i>Guided Hike</i> (11:00-1:00) Lauralee					<i>Guided Hike</i> (11:00-1:00) Lauralee

*\*Will be held in outdoor pool this week only.*

Schedule is subject to change due to unforeseen circumstances. \*Cheyenne Canyon Hike participants meet in the Fitness Center 5 minutes before start time. Call the Fitness Center @ ext 5665 to schedule a Personal training Session, Private One-on-One class, or Fitness Evaluation.

*\*Hiking, Mountain Biking, and Fresh Air classes are weather permitting\**