

## THE BROADMOOR FITNESS CLASS SCHEDULE

Effective August 16-22 2008

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

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

<i><b>Time</b></i>	<i><b>SAT</b></i>	<i><b>SUN</b></i>	<i><b>MON</b></i>	<i><b>TUE</b></i>	<i><b>WED</b></i>	<i><b>THU</b></i>	<i><b>FRI</b></i>
	<b>16 Aug</b>	<b>17 Aug</b>	<b>18 Aug</b>	<b>19 Aug</b>	<b>20 Aug</b>	<b>21 Aug</b>	<b>22 Aug</b>
<b>6:30</b>			<i>Spinning (6:30-7:20) Luke</i>	<i>6:00 AM Golf Cond. Bev</i>	<i>6:00 AM Spinning Paul</i>	<i>6:00 AM Golf Cond. Bev</i>	<i>Spinning (6:30-7:20) Paul</i>
<b>7:00</b>			<i>Aqua Fit Bev</i>	<i>Pilates Plus Judy Anne</i>	<i>Aqua Fit Bev</i>	<i>Spinning Bev Aqua Fit Judy Anne</i>	<i>Mock Reformer Pilates (7:30-7:55) Judy Anne</i>
<b>8:00</b>	<i>Spinning Paul Fresh Air Tai Chi Judy Anne</i>	<i>Spinning Bev</i>	<i>Dynamic Yoga Bev</i>	<i>Spinning Bev Aqua Fit Judy Anne</i>	<i>Pilates/Abs Bev</i>	<i>Iron Yoga Judy Anne</i>	
<b>9:00</b>	<i>On The Ball Pilates Judy Anne Cheyenne Canyon Hike (9:00-11:00) Paul</i>	<i>Zumba! Bev</i>	<i>Power-Pump Bev</i>	<i>Yoga Stretch Judy Anne Cheyenne Canyon Hike (9:00-11:00) Bev</i>	<i>Power-Pump Bev</i>	<i>Dynamic Tai Chi Judy Anne</i>	<i>Mountain Biking (9:00-1a1:00) Luke Yoga Stretch Lauralee</i>
<b>10:00</b>	<i>Yoga Salutations to the Day Judy Anne</i>	<i>Total Body Sculpt Paul Cheyenne Canyon Hike (10:00-12:00) Lauralee</i>	<i>Total Body Sculpt Paul Mountain Biking (10:00-12:00) Luke</i>	<i>Zumba! Judy Anne</i>	<i>On the Ball Paul</i>	<i>Standing Pilates Sculpt Judy Anne</i>	<i>On The Ball Lauralee</i>
<b>1:00</b>							
<b>4:00</b>	<i>Fresh Air Gentle Yoga Judy Anne</i>	<i>BOSU Body Sculpt Lauralee</i>	<i>Power Yoga Lauralee</i>	<i>Power Yoga Lauralee</i>	<i>BOSU Body Sculpt Lauralee</i>	<i>Fresh Air Gentle Yoga Judy Anne</i>	<i>Power Yoga Lauralee</i>

\*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 Personal training Sessions, Private One-on-One class, Fitness Evaluation \*Hiking and Mountain Biking are weather permitting\*