

THE BROADMOOR FITNESS CLASS SCHEDULE



Beginning May 23 to September 30

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.

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, One-on-One Class, Reformer Training, or FMS Evaluation.

Time	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM Studio		Yoga Stretch JudyAnne	Yoga Stretch JudyAnne				
7:00 AM Pool	<i>Early Bird Aquafit</i> Audrey	<i>Early Bird Aquafit</i> JudyAnne	<i>Early Bird Aquafit</i> Judy Anne	<i>Early Bird Aquafit</i> Michelle	<i>Early Bird Aquafit</i> Michelle	<i>Early Bird Aquafit</i> Michelle	<i>Early Bird Aquafit</i> Audrey
Studio		Spin & Sculpt Michelle	HIIT Burst Michelle	Core Conditioning JudyAnne	Yoga Stretch Judy Anne	Yoga Flow Audrey	
8:00 AM Studio	HIIT Burst Audrey	Power Pump Michelle	Cardio Fit Michelle	Yoga Flow JudyAnne	Power Pump Michelle	HIIT Burst Michelle	Power Pump Audrey
9:00 AM Studio	Yoga Flow Audrey	Yoga Flow Judy Anne	Spin TRX Michelle	Spin TRX Michelle	Cardio & Core Michelle	Core Conditioning Audrey	Yoga Flow Audrey
10:00 AM Studio	Tabata Core Audrey	FMS Michelle	Yoga Strength JudyAnne	Yoga Stretch JudyAnne	FMS Michelle		Deep Yoga Stretch Audrey

THE
BROADMOOR