

## THE BROADMOOR FITNESS CLASS SCHEDULE

### September 5th through 30th, 2021



There is a \$20 plus tax guest charge to attend all classes other than Early Bird Aquafit.  
All classes are complimentary for Golf Club Members.



*All Fitness Classes are 50 minutes in length, unless otherwise noted. Please arrive at the Fitness Center 5 minutes prior to the class start time.  
Class will be cancelled if no participants are present 10 minutes 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 <i>Studio</i>		Yoga Stretch Judy Anne	Yoga Stretch Judy Anne				
7:00 AM <i>Pool</i>	<i>Early Bird Aquafit</i> Audrey	<i>Early Bird Aquafit</i> Judy Anne	<i>Early Bird Aquafit</i> Judy Anne	<i>Early Bird Aquafit</i> Audrey	<i>Early Bird Aquafit</i> Audrey	<i>Early Bird Aquafit</i> Audrey	<i>Early Bird Aquafit</i> Audrey
7:00 AM <i>Studio</i>		HIIT Burst Audrey	HIIT Burst Audrey	Core Conditioning Judy Anne	Yoga Stretch Judy Anne		
8:00 AM <i>Studio</i>	HIIT Burst Audrey	Power Pump Michelle	Cardio Fit Audrey	Yoga Flow Judy Anne	Power Pump Audrey	HIIT Burst Audrey	Power Pump Audrey
9:00 AM <i>Studio</i>	Yoga Flow Audrey	Yoga Flow Judy Anne	Tabata Core Audrey	Power Pump Audrey	Cardio & Core Audrey	Core Conditioning Audrey	Yoga Flow Audrey
10:00 AM <i>Studio</i>	Tabata Core Audrey	Core and Glute Audrey	Yoga Strength Judy Anne	Yoga Stretch Judy Anne	FMS Judy Anne	Yoga Flow Audrey	Deep Yoga Stretch Audrey