

THE BROADMOOR FITNESS CLASS SCHEDULE



October 24 to November 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 Amy		Yoga Stretch Amy		
7:00 AM Pool	<i>Early Bird Aquafit</i> Audrey	<i>Early Bird Aquafit</i> Audrey	<i>Early Bird Aquafit</i> Amy	<i>Early Bird Aquafit</i> Audrey	<i>Early Bird Aquafit</i> Amy	<i>Early Bird Aquafit</i> Amy	<i>Early Bird Aquafit</i> Amy
Studio			HIIT Burst Audrey	Core Conditioning Amy			
8:00 AM Studio	Core & Glute Audrey	Yoga Flow Audrey	Yoga Strength Audrey	Yoga Flow Audrey	Total Body Sculpt Amy	Step Strong Amy	20/20/10 Amy
9:00 AM Studio	Yoga Flow Audrey	Power Pump Audrey	20/20/10 Amy	Power Pump Amy	Yoga Strength Amy	Power Pump Amy	On the Ball Amy
10:00 AM Studio	Tabata Core Audrey	Yoga Stretch Audrey	Core & Glute Audrey	Gentle Yoga Amy	Epic Cardio & Core Amy	Yoga Flow Amy	Yoga Strength Amy