

THE BROADMOOR FITNESS CLASS SCHEDULE

Summer (July to September) 2020

There is a **\$20 plus tax** guest charge to attend all classes other than **Aquafit** and **Bootcamp**. 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 <i>Studio</i>		Yoga Stretch JudyAnne					
7:00 AM <i>Pool</i>	<i>Early Bird Aquafit</i> Kaylee	<i>Early Bird Aquafit</i> JudyAnne	<i>Early Bird Aquafit</i> Michelle	<i>Early Bird Aquafit</i> Michelle	<i>Early Bird Aquafit</i> JudyAnne	<i>Early Bird Aquafit</i> Michelle	<i>Early Bird Aquafit</i> Kaylee
<i>Studio</i>			Yoga Stretch JudyAnne				
8:00 AM <i>Studio</i>	Yoga Flow Kaylee	Power Pump Michelle		Core Conditioning JudyAnne		Yoga Flow Kaylee	Power Pump Kaylee
9:00 AM <i>Studio</i>			Cardio Fit Michelle		HIIT Burst Michelle		
10:00 AM <i>Outdoors</i>	<i>Broadmoor Bootcamp</i> Kaylee	<i>Broadmoor Bootcamp</i> Michelle	<i>Broadmoor Bootcamp</i> JudyAnne	<i>Broadmoor Bootcamp</i> Michelle	<i>Broadmoor Bootcamp</i> Michelle	<i>Broadmoor Bootcamp</i> Kaylee	<i>Broadmoor Bootcamp</i> Kaylee
<i>Studio</i>				Yoga Flow JudyAnne		Core Conditioning Michelle	