

THE BROADMOOR FITNESS CLASS SCHEDULE

Summer (May - August) 2019

There is a \$20 plus tax guest charge to attend all classes other than **Aquafit** and **Bootcamp**.
Broadmoor Bootcamp will take place outdoors. If the weather is bad the class will be cancelled.
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		Yoga Stretch JudyAnne	TRX Training Dave		Total Body Conditioning Dave	Indoor Cycling Dave	
7:00 AM	<i>Early Bird Aquafit</i> Kaylee	<i>Early Bird Aquafit</i> Kaylee Yoga Flow JudyAnne	<i>Early Bird Aquafit</i> Michelle Indoor Cycling Dave	<i>Early Bird Aquafit</i> Michelle Yoga Flow JudyAnne	<i>Early Bird Aquafit</i> Dave Release & Lengthen Luke	<i>Early Bird Aquafit</i> JudyAnne Core Conditioning Michelle	<i>Early Bird Aquafit</i> Kaylee
8:00 AM		Functional Mvmt. Luke	Cardio Fit Michelle	Cardio Fit Michelle	Burst Fusion Michelle	Functional Mvmt. Luke	Cardio Fit Kaylee
9:00 AM	Yoga Sunshine Kaylee	Cardio Fit Michelle	Yoga Stretch JudyAnne	Core Conditioning JudyAnne	Power Pump Michelle	Yoga Stretch JudyAnne	Power Pump Kaylee
10:00 AM Outdoor Classes	<i>Outdoor Broadmoor Bootcamp</i> Kaylee	<i>Outdoor Broadmoor Bootcamp</i> Michelle	<i>Outdoor Broadmoor Bootcamp</i> JudyAnne	<i>Outdoor Broadmoor Bootcamp</i> Michelle	<i>Outdoor Broadmoor Bootcamp</i> Michelle	<i>Outdoor Broadmoor Bootcamp</i> Kaylee	<i>Outdoor Broadmoor Bootcamp</i> Kaylee
10:00 AM Indoor Classes				Line Dancing JudyAnne			
11:00 AM					B3 Michelle	Tai Chi Fit JudyAnne	