THE BROADMOOR FITNESS CLASS SCHEDULE

Winter (December - March) 2019/2020

There is a **$20 plus tax** guest charge to attend all classes **Monday - Thursday** other than **Aquafit** and **Bootcamp**.
All classes Friday - Sunday are complimentary. 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		Yoga Stretch JudyAnne				Indoor Cycling Dave	
7:00 AM Pool	***Early Bird Aquafit*** Kaylee	***Early Bird Aquafit*** Kaylee	***Early Bird Aquafit*** Michelle	***Early Bird Aquafit*** Michelle	***Early Bird Aquafit*** Dave	***Early Bird Aquafit*** JudyAnne	***Early Bird Aquafit*** Kaylee
7:00 AM Studio		Yoga Flow JudyAnne	Indoor Cycling Dave	Yoga Flow JudyAnne	Release & Lengthen Luke	Core Conditioning Michelle	
8:00 AM		Functional Mvmt. Luke	Cardio Fit Michelle	Cardio Fit Michelle	HIIT Burst Michelle	Functional Mvmt. Luke	
9:00 AM	Yoga Flow Kaylee	Power Pump Michelle	Yoga Stretch JudyAnne	Core Conditioning JudyAnne	Power Pump Michelle	Yoga Stretch JudyAnne	Power Pump Kaylee
10:00 AM	***Broadmoor Bootcamp*** Kaylee	***Broadmoor Bootcamp*** Michelle	***Broadmoor Bootcamp*** JudyAnne	***Broadmoor Bootcamp*** Michelle	***Broadmoor Bootcamp*** Michelle	***Broadmoor Bootcamp*** Kaylee	***Broadmoor Bootcamp*** Kaylee