THE BROADMOOR FITNESS CLASS SCHEDULE

November 2018

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					Total Body Conditioning Dave	Indoor Cycling Dave	
7:00 AM Pool	***Early Bird Aquafit*** Michelle	***Early Bird Aquafit*** Dave	***Early Bird Aquafit*** JudyAnne	***Early Bird Aquafit*** Michelle	***Early Bird Aquafit*** Dave	***Early Bird Aquafit*** JudyAnne	***Early Bird Aquafit*** Michelle
7:00 AM Studio		Yoga Flow JudyAnne		Yoga Flow JudyAnne	Release & Lengthen Luke	Core Conditioning Michelle	
8:00 AM		Functional Mvmt. Luke	Indoor Cycling Dave	Cardio Fit Michelle	Cardio Fit Michelle	Functional Mvmt. Luke	
9:00 AM	Yoga Flow Michelle	Power Pump Dave	Yoga Stretch JudyAnne	Core Conditioning JudyAnne	Power Pump Michelle	Yoga Stretch JudyAnne	Power Pump Michelle
10:00 AM	***Broadmoor Bootcamp*** Michelle	***Broadmoor Bootcamp*** JudyAnne	***Broadmoor Bootcamp*** JudyAnne	***Broadmoor Bootcamp*** Luke	***Broadmoor Bootcamp*** Luke	***Broadmoor Bootcamp*** Michelle	***Broadmoor Bootcamp*** Michelle