THE BROADMOOR FITNESS CLASS SCHEDULE

October 2018

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		Yoga Stretch JudyAnne	TRX Training Dave		Total Body Conditioning Dave	Indoor Cycling Luke/Dave	
7:00 AM	***Early Bird Aquafit*** Michelle	***Early Bird Aquafit*** Dave Yoga Flow JudyAnne	***Early Bird Aquafit*** JudyAnne Indoor Cycling Dave	***Early Bird Aquafit*** Michelle Yoga Flow JudyAnne	***Early Bird Aquafit*** Dave Release & Lengthen Luke	***Early Bird Aquafit*** Michelle Core Conditioning JudyAnne	***Early Bird Aquafit*** Michelle
8:00 AM		Functional Mvmt. Luke	Tabata Core JudyAnne	Cardio Fit Michelle	Cardio Fit Michelle	Functional Mvmt. Luke	Cardio Fit Michelle
9:00 AM	Yoga Sunshine 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
11:00 AM				Indoor Cycling Dave	B3 Michelle	Tai Chi Fit JudyAnne	