

THE BROADMOOR FITNESS CLASS SCHEDULE



March 1 through May 31, 2021

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 Studio		Yoga Stretch JudyAnne					
7:00 AM Pool	<i>Early Bird Aquafit</i> Judy Anne	<i>Early Bird Aquafit</i> JudyAnne	<i>Early Bird Aquafit</i> Michelle	<i>Early Bird Aquafit</i> Michelle	<i>Early Bird Aquafit</i> Judy Anne	<i>Early Bird Aquafit</i> Michelle	<i>Early Bird Aquafit</i> Michelle
Studio			Yoga Stretch JudyAnne	Core Conditioning JudyAnne	Yoga Flow Michelle		
8:30 AM Studio	Yoga Flow Judy Anne	Tabata Core Judy Anne	Power Pump Michelle	Yoga Flow JudyAnne	HIIT Burst Michelle	Core Conditioning Michelle	Power Pump Michelle
10:00 AM Studio	<i>Broadmoor Bootcamp</i> Judy Anne	<i>Broadmoor Bootcamp</i> Luke	<i>Broadmoor Bootcamp</i> JudyAnne	<i>Broadmoor Bootcamp</i> Michelle	<i>Broadmoor Bootcamp</i> Judy Anne	<i>Broadmoor Bootcamp</i> Michelle	<i>Broadmoor Bootcamp</i> Michelle

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