

THE BROADMOOR FITNESS CLASS SCHEDULE

January 18th through February 28th, 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
7:00 AM <i>Pool</i>	<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
7:00 AM <i>Studio</i>				Core Conditioning JudyAnne	Yoga Flow Michelle		
8:30 AM <i>Studio</i>	Yoga Stretch Judy Anne	Tabata Core Judy Anne	Cardio Fit Michelle	Sculpting Flow JudyAnne	HIIT Burst Michelle	Core Conditioning Michelle	Power Pump Michelle
10:00 AM <i>Studio</i>	Tai Chi Flow Judy Anne	Yoga Flow JudyAnne	Yoga Stretch JudyAnne	Spinning Luke	Cardio Fit Judy Anne	Yoga Stretch Michelle	Yoga Flow Michelle



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