

Group Exercise

February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am Ski Conditioning Yvette	6:00-7:00am Power Sculpt Katie	6:00-7:00am Ski Conditioning Katie	5:15-6:30am Spinning® (S/I) Mike	6:00-7:00am Ski Conditioning Danielle		
6:00-7:00am Spinning® (S) Andria	6:00-7:00am Spinning® (AT) Terri P.	6:00-7:00am Spinning® (I) Bill	6:00-7:00am Bosu Blast Terri P.	6:00-7:00am Spinning® (S) Terri P.	7:45-8:45am Spinning® (I) Kristine	8:30-9:30am Spinning® (I) Rebecca
9:00-10:00am Liquid Fit Cathy H.	9:00-10:00am Aqua Bamba Christina	9:00-10:00am Aqua Kickbox Cathy W.		9:00-10:00am Liquid Fit Bobbi	8:30-9:30am Power Sculpt *Jon*	8:30-9:30am Power Sculpt Yvette/Molly
9:00-10:00am Power Sculpt *Paige*	9:00-10:00am Spinning® (I) Jenn	9:00-10:00am Power Sculpt Jess		9:00-10:00am Spin Accelerator Kim M.	9:00-10:00am Spinning® (S/I) Lori	9:00-10:00am Liquid Fit Cathy H.
	9:30-10:30am BODYPUMP® Cathy W.		9:30-10:30am BODYPUMP® Cathy W.	9:00-10:00am YAH Hi/Lo II Adrienne	9:40-10:40am Bosu Blast Terri P.	9:40-10:40am Step Challenge (Level II-III) Molly
10:15-11:15am BODYPUMP® TD	10:30-11:30am Treadmill Trekking Cathy W. (NC)	10:15-11:15am Pre/Post Natal Sculpt Ashley	10:30-11:30am Treadmill Trekking Cathy W. (NC)		10:15-11:15am Spinning® (S/I) Rachel	9:45-11:15am Spinning® (E) Juli W.
	10:45-11:45am Zumba Jim		10:45-11:45am Zumba Jim	10:45-11:45am Zumba Erin	10:50-11:50am Zumba Michelle	10:50-11:50am BODYPUMP® Candice
12:00-1:00pm Zumba Suzanne	12:00-1:00pm BODYPUMP® Jackie	12:00-1:00pm Zumba Melissa	12:00-1:00pm BODYPUMP® JD	12:00-1:00pm BODYPUMP® Candice	12:00-1:00pm BODYPUMP® Lorry	12:00-1:00pm Zumba Steph
12:00-1:00pm Spinning® (I) Julie Z.	12:00-1:00pm Spinning® (AT) *Bill*	12:00-1:00pm Spinning® (S) Julie Z.	12:00-1:00pm Spinning® (I) Katie	12:00-1:00pm Spinning® (I) Tim B.	1:00-2:00pm Liquid Fit Molly	
	1:15-2:15pm Liquid Fit Iman		1:15-2:15pm Liquid Fit Terri F.	<p>All classes are held in the Aerobic Studio unless otherwise noted. (NC: North Cardio); (M/B: Mind Body Studio)</p> <p>Participants must sign up for all Spinning® and Treadmill classes due to limited equipment. Sign up begins at the front desk 30 minutes prior to class.</p> <p>For safety purposes, classes are closed 15 minutes after scheduled start time.</p> <p>Infants, younger than 8 weeks, are allowed in the Pre/Post natal Sculpt class only. However, infants must remain in their carriers in the designated area, free of equipment at all times.</p>		
4:20-5:20pm Zumba Laurel		4:20-5:20pm Step Challenge (Level II-III) Candice	4:20-5:20pm Turbo Kick Candice			
5:30-6:30pm Spinning® (AT) Caylene	5:30-6:30pm Power Sculpt Jess	5:30-6:30pm Spinning® (I) Jon				
5:30-6:30pm BODYPUMP® Dana		5:30-6:30pm BODYPUMP® Candice				
6:40-7:40pm Turbo Kick JD	6:40-7:40pm Spinning® (AT) Caylene		6:15-7:15pm Liquid Fit Cathy H.			

Intro To Spin with Julie: Sunday, February 26th @ 11:30am ----- BodyPUMP Technique: Saturday, February 18th @ 1:30pm



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