

Young at Heart

February						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15-8:15am Tai Chi Eric MB Studio	7:30-8:30am Yoga Basics Mark MB Studio	7:15-8:15am Tai Chi Eric MB Studio	7:30-8:30am Yoga Basics Mark MB Studio			
9:00-10:00 am Liquid Fit Cathy H. Indoor Pool	9:00-10:00am Aqua Bamba Christina Indoor Pool	9:00-10:00am Aqua Kickbox Cathy W. Indoor Pool		9:00-10:00am Liquid Fit Bobbi Indoor Pool		9:00-10:00am Liquid Fit Cathy H. Indoor Pool
9:45-10:45am Beginner Yoga Ashley MB Studio				9:00-10:00pm Hi/Lo Impact II Adrienne Fitness Studio		9:15-10:30am Restorative Yoga Indigo MB Studio
11:00-12:00pm Cardio Fit Lori MB Studio	11:00-12:00pm Hi/Lo Impact I Adrienne MB Studio	11:00-12:00pm Stretch Therapy (I-II) Ruthie MB Studio	11:00-12:00pm Pilates/Ball Adrienne MB Studio			
	12:15-1:15pm Yin Yoga Rochelle MB Studio					
	1:15-2:15pm Liquid Fit Iman Indoor Pool		1:15-2:15pm Liquid Fit Terri F. Indoor Pool		1:00-2:00pm Liquid Fit Molly Indoor Pool	
		4:15-5:15am Yoga for All Mark MB Studio				
	6:35-7:35pm Restorative Yoga Indigo MB Studio		6:15-7:15pm Liquid Fit Cathy H. Indoor Pool			

• Cherry Creek Athletic Club's exclusive YAH Program offers cardiovascular, strength training and flexibility specific classes. (See the reverse side for class descriptions).

- Friday, February 10th at 10:15am; YAH Social in the Conference Room. Snacks and beverages will be provided.
- Friday, February 24th at 10:15am Join Michael Branch for ways to keep your fitness goals. Meet by the front desk.