



GROUP EXERCISE SCHEDULE

OCTOBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM		Spin 45 - Krista		Spin 45 - Krista			
6:00AM	CCX - Alexa Yoga - Brett	CCX - Chloe	CCX - Alexa Yoga - Brett	CCX - Chloe	CCX - Alexa		
7:00AM	Mobility 30- Alexa		Mobility 30- Alexa		Mobility 30- Alexa		
8:00AM	CCX - Chloe	CCX - Chloe	CCX - Chloe	CCX - Chloe	CCX - Chloe	Yoga - Lizzy/Andi	
8:15AM	Ballet Barre - Jessi		Ballet Barre - Jessi		Ballet Barre - Jessi		
8:30AM		Spin 45 - Linz BarreSol (\$)	Spin 45 - Linz	Spin 45- Linz			
9:00AM	CCX - Chloe Step/Tone - Lisa/Talisman	CCX - Chloe	CCX - Chloe Step - Lisa/Talisman	CCX - Chloe	CCX - Chloe Kickboxing Cardio - Linz	Spin - Krista/Jessi	Pilates /Ta'i Chi Linz
9:30AM	Aqua Aerobics - Kim	Aqua Aerobics Bonnie Sue	Aqua Aerobics - Kim Power Pilates 30 Linz	Aqua Aerobics Bonnie Sue	Aqua Aerobics - Kim		
10:00AM	Yoga - Elsbeth Core 45 - Linz	Pilates/Ta'i Chi - Linz	Yoga - Elsbeth Core 45 - Linz	Pilates/Ta'i Chi - Linz	Yoga - Elsbeth		HIIT Cardio Toning Linz
11:15AM	Power Pilates 30 Linz	HIIT Cardio Toning Linz	HIIT Cardio Toning Linz	HIIT Cardio Toning Linz	Pilates/Ta'i Chi - Linz		11am -Pilates/Ta'i Chi Linz
2:00PM	Ease Into Fitness Gale		Ease Into Fitness Gale		Ease Into Fitness Gale		
4:00PM		CCX - Alexa		CCX - Alexa			
5:00PM		CCX - Alexa		CCX - Alexa			
6:00PM	Yoga - Elsbeth						

Visit www.ccofcolorado.com for class updates!



GROUP EXERCISE CLASS DESCRIPTIONS

ALL FITNESS LEVELS WELCOME!

AQUA AEROBICS

Join us at the Aquatics Center pool and experience the low-impact, resistance and movement of water to uniquely emphasize core strengthening, muscle toning and cardio. Non-swimmers are welcome.

CCX

Our CrossFit inspired workout. High intensity, functional training incorporating weightlifting, gymnastics, kettlebells and plyometric techniques with traditional cardio movements.

STEP

Experience traditional step choreography paired with lively music for a fun, fast paced workout.

SPIN

Indoor endurance cycling class where riders experience a high-energy and fun workout.

MOBILITY

A 30-minute full-body stretching program.

YOGA

Experience the many benefits of Yoga through breathwork and organized postures to reduce stress while promoting relaxation, strength and an overall sense of wellbeing.

PILATES/TA'I CHI

The best of both worlds! Begin with a Ta'i Chi inspired warm up followed by floor Pilates. Active stretching and balance movements flow together encouraging core strength and flexibility.

HIIT CARDIO TONING

High-Intensity-Interval-Training session alternating bursts of cardio exercises combined with brief recovery periods. Cardio HIIT is intended to maintain a heart rate target of 50% -60%.

CORE 45

A 45-minute session dedicated to strengthening and conditioning the core muscles of the back and abs.

BARRESOL® (\$)

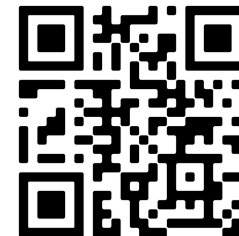
Founded in resistance training, Pilates, Yoga, and ballet; BarreSOL® mindfully seeks to transform your body and elevate your mood through sequences of dynamic isometric movements.

BALLET BARRE 45

This breezy 45 minute morning workout class is led by a classically trained ballet instructor and focuses on posture, core strength and grace. No dance experience necessary.

EASE INTO FITNESS

Emphasis on exercises supporting daily-life activities such as walking up steps, core strengthening for reaching or twisting and balance



**Scan QR Code
for Class Updates!**