



GROUP EXERCISE SCHEDULE

MARCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM		Spin 45 - Krista		Spin 45 - Krista			
6:00AM	Yoga - Brett	CCX - Alexa	CCX - Alexa Yoga - Brett	CCX - Alexa			
7:00AM		Mobility 30 - Alexa	Mobility 30 - Alexa	Mobility 30 - Alexa			
8:00AM	CCX - Alexa	CCX - Alexa	CCX - Alexa	CCX - Alexa	CCX - Alexa	Yoga see web calendar	
8:15AM	Ballet Barre - Jessi		Ballet Barre - Jessi		Ballet Barre - Jessi		
8:30AM		Spin 45 - Linz Barre - Jessi		Spin 45 - Linz			
9:00AM	CCX - Alexa Step/Tone - Lisa/Talisman Spin 45 - Jessi	CCX - Alexa	CCX - Alexa Step - Lisa/Talisman Spin 45 - Jessi	CCX - Alexa	CCX - Alexa Kickboxing Cardio - Linz	Spin - Greg	Yoga - Maggie
9:30AM	Aqua Aerobics Kim	Aqua Aerobics Bonnie Sue	Aqua Aerobics - Kim	Aqua Aerobics Bonnie Sue	Aqua Aerobics Kim		
10:00AM	Yoga - Elsbeth Core 45 - Linz	Pilates/Ta'i Chi Linz	Yoga - Elsbeth Core 45 - Linz	Power Pilates 30 - Linz	Yoga - Elsbeth Core 45 - Linz		
11:15AM	Power Pilates 30 Linz	Total Body Cardio Linz	Total Body Cardio Linz	Total Body Cardio Linz	Pilates/Ta'i Chi Linz		
12:00PM				Cardio Dance Jessi			
2:00PM	Ease Into Fitness Gale		Ease Into Fitness Gale		Ease Into Fitness Gale		
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.

KICKBOXING CARDIO

Kickboxing movements inspire this fun cardio class designed to tone and tighten!

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 Tai Chi inspired warm up followed by floor Pilates. Active stretching and balance movements flow together encouraging core strength and flexibility.

TOTAL BODY CARDIO

Full body workout session alternating bursts of cardio exercises combined with strengthening movements.

POWER PILATES 30

30-minute workout combining mat Pilates exercise with optional light weights to add intensify this short power session.

CORE 45

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

BARRE 45

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

BALLET BARRE 45

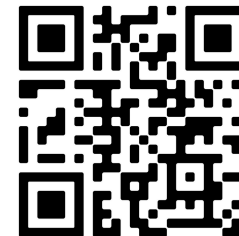
This breezy 45 minute morning workout class is led by a classically trained ballet instructor and focuses on posture, core strength and grace. No dance experience necessary.

EASE INTO FITNESS

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

CARDIO DANCE

High energy & upbeat class sure to help you whip into shape! Join us for a fresh playlist, fun movement and confident smiles. No dance experience necessary.



**Scan QR Code
for Class Updates!**