



**Fitness Class Schedule**

303.988.1300

View The Schedule At: [www.pointathleticclub.com](http://www.pointathleticclub.com)

Monday			
6:00 AM	Group Cycling	Joey	Spin
8:00 AM	Form & Function	Laurie	Gym
9:00 AM	Aqua Fitness	Sheila	Pool
9:00 AM	Dance Fitness	Toni & Sue	A
9:15 AM	Group Cycling	Laurie	Spin
10:30 AM	Vinyasa Yoga	Pam	A
12:00 PM	Cardio Strength	Nicole W	A
4:00 PM	Kid's Climbing		Wall
5:00 PM	Open Climb/Certification		Wall
5:00 PM	Athletic Conditioning	Joey	A
5:30 PM	Kardio Kickboxing	Sherri	B
6:00 PM	Zumba	Wendy	A
7:00 PM	Basic Yoga	Cindy	A
7:30 PM	Private Use		Gym

Tuesday			
6:00 AM	Co-Ed Xpress Training (PC)	Serena‡	Gym
6:30 AM	Core Yoga	Donny	A
8:15 AM	Women's BodSquad (PC)	Serena‡	Gym
8:30 AM†	Abs	Laura	A
9:00 AM	Aqua Fitness	Laurie	Pool
9:15 AM	Women's BodSquad (PC)	Serena‡	Gym
9:15 AM	Kardio Kickboxing	Nicole W	B
12:00 PM	Group Cycling	Barb	Spin
1:00 PM	Basic Yoga	Cindy	A
4:45 PM††	Cardio Strength	Joey	A
5:00 PM	Open Climb/Certification		Wall
5:30 PM	Group Cycling	Amy	Spin
6:15 PM	Vinyasa Yoga	Kimball	A
6:15 PM	Pick-Up Basketball		Gym

Wednesday			
6:00 AM	Group Cycling	Cheryl	Spin
6:30 AM	Track and Tread	Dave	
8:00 AM	Senior Fitness	Emma	A
9:00 AM	Aqua Fitness	Sheila	Pool
9:00 AM	Dance Fitness	Toni & Sue	A
9:15 AM	Group Cycling	Laurie	Spin
10:30 AM	Vinyasa Yoga	Pam	A

Wednesday Continued			
12:00 PM	Interval Training	Nicole W	A
12:00 PM	Impact Fitness	Sean	Gym
4:30 PM	Yoga-lates	Lurie	A
5:30 PM	Kickboxing	Nicole W	A
6:30 PM	Holy Yoga*	Niki	A

Thursday			
6:00 AM	Cardio Strength	Allison	A
6:00 AM	Co-Ed Xpress Training (PC)	Serena‡	Gym
8:00 AM	Group Cycling	Laurie	Spin
8:15 AM	Women's BodSquad (PC)	Serena‡	Gym
9:15 AM	Aqua Fitness	Laurie	Pool
9:15 AM	Women's BodSquad (PC)	Serena‡	Gym
9:15 AM	Kardio Kickboxing	Nicole W	B
11:30 AM	Pick-Up Basketball		Gym
12:00 PM	Total Body Conditioning	Joey	A
5:00 PM	Summer Body Bootcamp	Ryan	Gym
5:15 PM	Zumba	Melanie	A
5:30 PM	Group Cycling	Amy	Spin
6:00 PM	Basketball Leagues		Gym
6:30 PM	Vinyasa Yoga	Kimball	A

Friday			
6:00 AM	Balance & Strength	Karla	A
8:00 AM	Form & Function	Amy	A
9:00 AM	Aqua Fitness	Sheila	Pool
9:15 AM	Fit Barre (PC)	Serena‡	A
9:15 AM	Group Cycling	Barb	Spin
10:45 AM††	Iyengar Yoga	Emma	A
12:00 PM	Power Step	Joey	A
1:00 PM	Basic Yoga	Cindy	A
7:30 PM	Private Use		Gym

Saturday			
8:00 AM	Cardio Fusion	Joey	A
9:00 AM	Group Cycling	Amy	Spin
9:00 AM††	Multi-Step & Strength	Joey	Gym
9:00 AM	Kid's Squash	Jergen	
9:30 AM	Zumba	Wendy	A

Saturday Continued			
10:30 AM	Pick-Up Basketball		Gym
11:00 AM†††	Power Yoga	Terry	A

Sunday			
8:00AM†††	Cardio Fusion	Amy	A
10:00 AM	Power Yoga	Rich	A

<b>The Point Athletic Club also offers:</b>			
<b>Do Martial Arts</b>			
Contact Master Kenny Yoo at 303-525-8438			
<b>Children's Tae Kwon Do</b>			
6:00 PM Tuesday & Thursday 12:30 PM Saturday			
<b>Adult's Do Martial Arts</b>			
7:15 PM Tuesday & Thursday 12:30 PM Saturday			
<b>Hapkido</b>			
7:30 PM Wednesday 10:30 AM Saturday			

**Legend:**

Red- New Class

Green- New Instructor

Blue- New Class Time

(PC)- Pay Class

‡- 20 Minute Class

††- 75 Minute Class

†††- 90 Minute Class

‡- Call Serena for reservations 303-588-5446

\*- Run by Red Rocks Church \$5 donation is welcome

Updated April 15, 2012