

GROUP FITNESS AND EVENT SCHEDULE for January 1 - May 31st 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am - 7:00 am Balance & Strength Renee (A)	6:00 am - 7:00 am Group Cycling Sherry (C)	7:00 am - 8:30 am Track & Tread With Dave Indoor Treadmills Outdoor track weather permitting	6:00 am - 7:00 am Balance & Strength Renee (A)	6:00 am - 7:00 am Group Cycling Julietta (C)	7:30 am - 8:30 am Chisel N' Burn Beckie (A)
8:00 am - 9:00 am Group Cycling Elizabeth (C)	8:00 am - 9:00 pm Group Cycling Megan (C)	8:15 am - 9:00 am Senior Fitness Zoann (A)	6:00 am - 7:00 am Group Cycling Sherry (C)	9:00 am - 10:00 am Dance Fit Toni & Sue (A)	8:30 am - 9:30 am Group Cycling Amy/Cindy (C)
9:00 am - 10:00 am Dance Fit Toni & Sue (A)	8:15 am - 9:15 am Pilates Mary (A)	9:00 am - 10:00 am Dance Fit Toni & Sue (A)	8:00 am - 9:00 am Group Cycling Kim (C)	9:00 am - 10:00 am Aquaize Sheila	8:30 am - 10:00 am Total Body Power Pump Beckie (Gym)
9:00 am - 10:00 am Aquaize Sheila	9:00 am - 10:00 am Aquaize Stacee	9:00 am - 10:00 am Aquaize Sheila	8:15 am - 9:00 am Tai Chi Zoann (A)	9:15 am - 10:15 am Group Cycling Barb (C)	9:00 am - 9:45 am Storytime Yoga Pam(B)
9:15 am - 10:15 am Core Fusion Amy (Gym)	9:15 am - 10:15 am Kardio Kickboxing Brett (A)	9:15 am - 10:15 am Group Cycling Barb (C)	9:00 am - 10:00 am Aquaize Stacee	9:15 am - 10:45 am Bosu Blast Janet (Gym)	9:00 am - 10:00 am Run The Rocks (Meet at Red Rocks Trading Post) Carla Sanchez
10:45 am - 11:55 am Anusara Yoga Maria (A)	10:30 am - 12:30 pm Pick Up Basketball Gym	9:15 am - 10:45 am Cardio & Core Beckie (Gym)	9:15 am - 10:15 am Group Cycling Lynne (C)	9:00 am - 9:45 am Storytime Yoga Pam(B)	9:00 am - 10:30 am Yoga-Lates JoAnn (A)
12:00 pm - 1:00 pm Power Step Linda (A)	11:00 am - 12:00 pm Beginner Yoga Cindy (A)	10:30 am - 11:30 am Yoga Pam (A)	9:15 am - 10:15 am Kardio Kickboxing Brett (A)	10:45 am - 11:55 am Power Yoga Maria (A)	10:00 am - 11:00 am Easy Start / Activtrax Orientation Brad (Meet at the desk)
12:00 pm - 1:00 pm Group Cycling Rosemary (C)	12:00 pm - 1:00 pm Core Strength Cindy (A)	12:00 pm - 1:00 pm Power Step Linda (A)	10:30 am - 12:30 pm Pick Up Basketball Gym	12:00 pm - 1:00 pm Power Step Beckie (A)	10:45 am - 12:15 pm Power Yoga Terry (A)
12:05 pm - 1:00 pm Super Circuit MaryAnn (Gym)	12:00 pm - 1:00 pm Group Cycling Barb (C)	12:00 pm - 1:00 pm Group Cycling Maria (C)	11:00 am - 12:00 pm Beginner Yoga Cindy (A)	12:00 pm - 1:00 pm Group Cycling Kim (C)	10:30 am - 1:00 pm Pick Up Basketball Gym
4:00 pm - 4:30 pm PeeWee Tennis (4-8 yrs) Brad	4:30 pm - 5:15 pm Tai Chi MayLee (A)	12:00 pm - 1:00 pm Impact Fitness Sean (Gym)	12:00 pm - 1:00 pm Core Strength Cindy (A)	1:00 pm - 2:00 pm Beginner Yoga Cindy (A)	Sunday
4:30 pm - 5:00 pm Junior Tennis (8 & up yrs) Brad	4:30 pm - 5:15 pm MayLee (A)	4:00 pm - 5:30 pm Yoga-Lates Lurie (A)	4:30 pm - 5:15 pm Tai Chi MayLee (A)	5:00 pm - 6:00 pm Cardio Power Fitness Mike (A)	8:30 am - 9:30 am Step Plus Allison (A)
4:30 pm - 5:00 pm Cardio Blast Allison (Gym)	5:00 pm - 7:00 pm Open Climb & Certification Climbing Wall	4:30 pm - 5:15 pm Junior Squash (5-13 yrs) Karen Kelso	5:15 pm - 5:45 pm PeeWee TaeKwonDo (4-8 yrs) MayLee (B)	CLUB HOURS Monday through Thursday 4:30 am - 11:00 pm Friday 4:30 am - 10:00 pm Saturday & Sunday 7:00 am - 8:00 pm	9:00 am - 10:00 am Group Cycling Rosemary/Pattie (C)
5:00 pm - 7:00 pm Open Climb & Certification Climbing Wall	5:15 pm - 5:45 pm PeeWee TaeKwonDo (4-8 yrs) MayLee (B)	5:00 pm - 7:00 pm Open Climb & Certification Climbing Wall	5:45 pm - 6:30 pm Junior Taekwondo ages 8 and up MayLee (B)	KIDS KLUB HOURS Mon thru Fri 8 am-1:30 pm & 4 pm -7 pm Saturday and Sunday 8 am to 12:30 pm FREE WITH A FAMILY MEMBERSHIP \$6 per hour per child OR \$30 / 10 hour Punch Card Available to Members	4:00 pm - 5:00 pm Family Yoga Dr. Deb Ford (A)
5:30 pm - 6:30 pm Group Cycling Megan (C)	5:45 pm - 6:30 pm Junior Taekwondo ages 8 and up MayLee (B)	5:30 pm - 6:30 pm Kardio Kickboxing Brett (A)	5:15 pm - 6:15 pm Power Step Jennifer (A)	Trouble Getting Started? Try Easy Start/Activtrax System 10 am on Saturday www.activtrax.com	5:00 pm - 6:00 pm Yoga Joann (A)
5:30 pm - 6:30 pm Kardio Kickboxing Sheri (A)	5:15 pm - 6:15 pm Group Cycling Rosemary (C)	5:30 pm - 6:30 pm Group Cycling Megan (C)	5:15 pm - 6:15 pm Group Cycling Amy (C)	Tennis Court Time is FREE with a Tennis Membership. Non-Tennis Members are required to pay \$20 per hour to use the Tennis Court	Tennis Reservation Line 303.988.8646 3 days in advance Mon - Fri 6 am Sat & Sun 8am 1.5 hour limit
6:30 pm - 7:30 pm Beginner Yoga Cindy (A)	5:15 pm - 6:15 pm Zumba Beckie (A)	5:30 pm - 6:30 pm Boot Camp Renee (Gym)	5:30 pm - 6:30 pm Adult Squash Class for Beginners Karen Kelso	Beginner Squash Clinics First Wednesday of the month 5:30 pm to 6:30 pm \$5.00 per person All Equipment Provided The First Day of the month is FREE Guest Day with a member!	DR. JUNGERS, CHIROPRACTOR 303.550.7229 STRESS LOGIC, SKIN CARE 720.218.8539 PHYSIOTHERAPY ASSOCIATES 303.986.5250
7:00 pm - 8:00 pm Open Volleyball Clinic Brad (Gym)	5:30 pm - 6:30 pm Easy Start/ Activtrax Orientation Brad (Meet at Desk)	6:00 pm - 7:30 pm 30-30-30 JoAnn (B)	6:15 pm - 7:45 pm Integral Yoga Bob (A)		
8:30 pm - 10:30 pm Open Volleyball Brad (Gym)	6:15 pm - 7:15 pm Vinyasa Yoga Kimball (A)	7:00 pm - 10:00 pm Open Volleyball	6:30 pm - 9:00 pm Pick Up Basketball Gym		
	6:30 pm - 9:00 pm Pick Up Basketball Gym		7:30 pm - 9:00 pm Adult TaeKwonDo Dennis Swan (B)		
	6:45 pm - 7:45 pm Pilates JoAnn (B)	ALL CLASSES, TIMES AND INSTRUCTORS ARE SUBJECT TO CHANGE AND/OR CANCELLATION			
	7:30 pm - 9:00 pm Adult TaeKwonDo Dennis Swan (A)				



the point

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