



June Fitness Classes



<u>Class</u>	<u>When</u>	<u>Times</u>	<u>Instructor</u>	<u>Min/Max</u>	<u>Cost</u>
Cam's Spinning & TRX (Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously)	Mon & Wed- Spin Tues & Thur- HIIT	5:45am	Camilla 970-675-8211	6/9	Pick any two for \$20 Per Month Choose all four for \$35 Per Month \$3 Drop In
Beachbody Workout	Mon-Fri	8:15am	Recreation Supervisor 970-675-8211	4/10	Admission
Dance Fitness	Mon & Wed Tues & Thur	5:00pm	Natalie Kurrasch 970-675-8211	4/15	Pick any two for \$16 Per Month Choose all four for \$30 Per Month \$3 Drop In
Aqua Aerobics	Mon, Wed & Fri	7:00am	Rebecca Rector 970-675-8211	3/20	Admission
Natalie's Aqua Aerobics	Tues & Thur (Starts June 1 st)	8:15am	Natalie Kurrasch 970-675-8211	3/20	\$20 Per Month \$3 Drop In
TRX with Kirstin (Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously)	Tue & Thur (Starts June 1 st)	5:00pm	Kirstin Cushman 970-675-8211	6/9	\$20 Per Month \$3 Drop in if Open Bike
Evening Aqua Aerobics	Tues & Thur (Starts June 1 st)	4:30pm	Bethany Green 970-675-8211	3/20	\$20 Per Month \$3 Drop In
Yoga	Mon & Wed (Starts June 5 th)	9:00am	Tarah Patch 970-675-8211	4/15	\$20 Per Month \$5 Drop In
Quick Feet (This class will be stroller friendly but not required, we will have several paths through out town where we do different exercises along the way for a full body workout.)	Mon, Tue & Thur (Starts June 5 th)	8:00am	Recreation Supervisor 970-675-8211	4/15	\$5 Per Month \$2 Drop In