



August 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
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
Chair Yoga	Thursdays	9:30am	Tarrah Patch 675-8211	4/10	Admission
Aqua Aerobics	Mon, Wed & Fri	7:00am	Rebecca Rector 970-675-8211	3/20	Admission
Natalie's Aqua Aerobics	Tues & Thur	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	5:15pm	Kirstin Cushman 970-675-8211	6/9	\$20 Per Month \$3 Drop in if Open Bike
Evening Aqua Aerobics	Tues & Thur	4:30pm	Bethany Green 970-675-8211	3/20	\$20 Per Month \$3 Drop In
Yoga	Mon & Wed	9:00am	Tarrah Patch 970-675-8211	4/15	\$20 Per Month \$5 Drop In