



March Fitness Classes



<u>Class</u>	<u>When</u>	<u>Times</u>	<u>Instructor</u>	<u>Min/Max</u>	<u>Cost</u>
Cam's TRX & Spinning (Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously)	Mon & Wed - TRX Tues & Thur- Spin (Excluding March 1 st , 19 th -22 nd)	5:30am	Camilla Kennedy 970-675-8211	6/9	Pick one class for \$15 a month Choose both classes for \$25 a month \$3 Drop In Fee
Ladies Lifting	Monday - Friday	8:30am	Supervisors	4/15	Daily Admission
Dance Fitness	Monday - Thursday	6:00pm	Natalie Kurrasch 970-675-8211	4/15	Pick any two days for \$16 a Month Choose all four days for \$30 a Month \$3 Drop In Fee
Chair Yoga	Thursdays	9:00am	Tarrah Patch 675-8211	4/10	\$10 Per Month \$5 Drop In Fee
Aqua Aerobics	Mon, Wed, & Fri	7:00am	Rebecca Rector 970-675-8211	3/20	Daily Admission
Spin with Camilla	Tues & Thur (Excluding March 1 st , 19 th -22 nd)	5:15pm	Camilla Kennedy 970-675-8211	6/9	\$15 Per Month \$3 Drop In Fee
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 Fee
Evening Aqua Aerobics	Tues & Thur	5:00pm	Bethany Green 970-675-8211	5/20	\$20 Per Month \$3 Drop In Fee
Yoga	Mon & Wed	5:00pm	Tarrah Patch 970-675-8211	4/15	\$20 Per Month \$5 Drop In Fee