



May Fitness Classes



| <u>Class</u> | <u>When</u> | <u>Times</u> | <u>Instructor</u> | <u>Min/Max</u> | <u>Cost</u> |
|--|---|--------------|----------------------------------|----------------|--|
| Cam's TRX and Spin (Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously) | Mon & Wed - TRX Tues & Thur- Spin | 5:30am | Camilla Kennedy 970-675-8211 | 6/9 | Pick one class for \$20 a month Choose both classes for \$35 a month \$3 Drop In Fee |
| Dance Fitness | Monday - Thursday | 6:00pm | Natalie Kurrasch 970-675-8211 | 4/15 | Pick any two days for \$16 Per Month Choose all four days for \$30 Per Month \$3 Drop In Fee |
| Aqua Aerobics | Mon, Wed, Fri | 6:30am | Rebecca Rector 970-675-8211 | 3/20 | Daily Admission |
| Chair Yoga | Thursdays | 9:00am | Tarrah Patch 675-8211 | 4/10 | \$10 Per Month \$5 Drop in Fee |
| TRX with Kirstin (Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously) | Tues & Thur | 5:15pm | Kirstin Cushman 970-675-8211 | 6/9 | \$20 Per Month \$3 Drop In Fee |
| Spin With Camilla | Tues & Thur (until Memorial Day weekend) | 5:15pm | Camilla Kennedy 970-675-8211 | 6/10 | \$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 |