



# July 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 (Starts July 9 <sup>th</sup> )	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	Mon & Wed	5:00pm	Natalie Kurrasch 970-675-8211	4/15	\$20 Per Month \$3 Drop In Fee
Aqua Aerobics	Mon, Wed, Fri	6:30am	Rebecca Rector 970-675-8211	3/20	Daily Admission
Morning Aqua Aerobics	Tues & Thur	8:30am	Natalie Kurrasch 970-675-8211	6/20	\$20 Per Month \$3 Drop in Fee
Chair Yoga	Thursdays	9:00am	Camilla Kennedy 675-8211	4/10	\$10 Per Month \$5 Drop in Fee
Evening Aqua Aerobics	Tues & Thur	5:00pm	Natalie Kurrasch 970-675-8211	6/20	\$20 Per Month \$3 Drop In Fee