



# December Fitness Classes



<u>Class</u>	<u>When</u>	<u>Times</u>	<u>Instructor</u>	<u>Min/Max</u>	<u>Cost</u>
HIIT & Spinning (will consist of weights, cardio and some TRX)	Mon & Wed - HIIT Tues & Thur- Spin	5:30am	Camilla Kennedy 970-675-8211	6/9 Deadline November 29 <sup>th</sup>	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 a Month Choose all four days for \$30 a Month \$3 Drop In Fee
Chair Yoga	Thursdays	9:30am	Tarrah Patch 675-8211	4/10	\$10 Per Month
Aqua Aerobics	Mon, Wed, & Fri	6:30am	Rebecca Rector 970-675-8211	3/20	Daily Admission
Circuit Training with Kirstin (will consist of weights, cardio, and TRX)	Tues & Thur	5:30pm	Kirstin Cushman 970-675-8211	6/9 Deadline November 29 <sup>th</sup>	\$20 Per Month \$3 Drop In Fee
Evening Aqua Aerobics	Tues & Thur	5:15pm	Bethany Green 970-675-8211	5/20	\$20 Per Month \$3 Drop In Fee
Yoga	Tuesday	9:00am	Tarrah Patch 970-675-8211	4/15	\$10 Per Month
Evening Yoga	Wednesday	5:15pm	Tarrah Patch 970-675-8211	4/15	\$10 Per Month