

# GROUP EXERCISE

## JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am Bootcamp(outdoor) Yvette	5:45-6:45am Arms-Core&More Katie H	6:00-7:00am Bootcamp(outdoor) Briar	5:30-6:30am Cycling Joy	6:00-7:00am Bootcamp(outdoor) Danielle		
6:00-7:00am Cycling Rachel K	6:10-7:10am Cycle/Hot Yoga Stacey Y	6:00-7:00am Cycling Bill	6:00-7:00am Tabata Combo Anthony	6:00-7:00am Cycling Stacey Y		8:35-9:35am Cycling Lori S/JonG
8:45-9:15am Down & Gritty Katie H	8:35-9:20am Tabata Express Ashley D	9:00-10:00am Aqua Kickbox Cathy W	8:35-9:20am Punch Kick Athletics Nicholas	9:00-10:00am Liquid Fit Stacey S	8:35-9:35am Power Sculpt Ashley D	8:30-9:30am Power Sculpt Yvette/Molly
9:00-10:00am Liquid Fit Cathy H.	9:00-10:00am Aqua Bamba Christina B	9:00-10:00am Tabata Combo Anthony	9:00-10:00am Aqua Zumba Sandy	9:00-10:00am Cycling Aliza S	8:35-9:35am Cycle Terri P	9:00-10:00am Liquid Fit Cathy H.
9:30-10:30am Punch Kick Athletics Anthony	9:00-10:00am Cycling Julie Z		9:00-10:00am Cycling Meghan S	*SUMMER CLASS* 9:00-10:00am Bootcamp(outdoor) Anthony	9:00-10:00am Liquid Intervals Nancy	9:40-10:40 Step Revival Molly
	9:30-10:30am BODYPUMP® Nicholas L	10:00-11:00am Tai Chi Eric	9:30-10:30am BODYPUMP® Nicholas L	9:15-10:15am Yah Total Body Fusion Cathy C	9:45-10:15am HIIT & LIIT Terri P	
10:45-11:45am BODYPUMP® Katie G	10:30-11:30am Treadmill Trekking Julie Z (NC)	11:00-12:00pm Essentrics Jenny	10:30-11:30am Treadmill Trekking Julie Z (NC)	10:30-11:30am Restore And Repair Debbie S	10:15-11:15AM Cycle Jon G	10:50-11:50am BODYPUMP® Nicholas
12:00-1:00pm Dance Workout Randy	10:45-11:45am Zumba® Shu-Ju		10:45-11:45am Zumba® Jim	12:00-1:00pm BODYPUMP® Candice	10:50-11:50am Zumba® Lisa S	
12:00-1:00pm Cycling Julie Z.	12:00-1:00pm BODYPUMP® Jackie	*New Instructot* 12:00-1:00pm Zumba Agota	12:00-1:00pm Cycling Terri V	*New Instructor* 12:00-1:00pm Cycling Briar	12:00-1:00pm BODYPUMP® Lorry	12:00-1:00pm Zumba® Rita
	12:00-1:00pm Cycling Lori S	12:00-1:00pm Cycling Julie Z.	1:15-2:15pm Liquid Fit Stacey S	<p><b>All classes are held in the Fitness Studio or Pool unless otherwise noted. (NC: North Cardio)</b></p> <p><b>Participants must sign up for all Cycling and Treadmill classes as well as classes marked with an <u>asteriks</u> * due to limited equipment. Sign up begins at the front desk 30 minutes prior to class.</b></p> <p><b>For safety purposes, classes are closed 15 minutes after scheduled start time.</b></p> <p><b>Down load the Cherry Creek Athletic Club Group Exercise App to your smart phone for quick and easy access.</b></p> <p><b>Outdoor Bootcamps meet at the front desk. During Inclement Weather Outdoor bootcamps will be canceled.</b></p>		
	1:15-2:15pm Liquid Fit Sally K		4:30-5:00 Fast-n-Fit Katie H			
6:00-7:00pm BODYPUMP® Darren	5:30-6:00pm Down&Gritty Katie H	5:30-6:30pm BODYPUMP® Katie G	5:30-6:15pm Tabata Express Anthony			
6:00 - 7:00pm Cycle Mona		5:45-6:45PM Cycling Andy	5:30-6:30 Cycle/Hot Yoga Ben			
	6:00-7:00pm Cycle/Hot Yoga Ben	6:30-7:30pm Zumba Rita S				
	6:30-7:30pm Aquabatta Cathy H		6:30-7:70pm Aquabatta Cathy H			



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