

GROUP EXERCISE

MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
8:45-9:15am Down & Gritty Katie H	8:35-9:20am Tabata Express Ashley D	9:00-10:00am Aqua Kickbox Cathy W	*New Class* 8:35-9:20am Punch Kick Athletics Nicholas	9:00-10:00am Liquid Fit Bobbi
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 Cycling Aliza S
9:30-10:30am Punch Kick Athletics Anthony	9:00-10:00am Cycling Julie Z		9:00-10:00am Cycling Kylie	
	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
10:45-11:45am BODYPUMP® Katie G	10:30-11:30am Treadmill Trekking Julie Z (NC)	*New Class* 11:00-12:00pm Essentrics Jenny	10:30-11:30am Treadmill Trekking Julie Z (NC)	10:30-11:30am Restore And Repair Debbie S
New Class 12:00-1:00pm Dance Workout Randy	10:45-11:45am Zumba® Staff		10:45-11:45am Zumba® Jim	12:00-1:00pm BODYPUMP® Candice
12:00-1:00pm Cycling Julie Z.	12:00-1:00pm BODYPUMP® Jackie	12:00-1:00pm Zumba Shu-Ju	12:00-1:00pm Cycling Terri V	12:00 -1:00pm Cycling Sacha
	12:00-1:00pm Cycling Lori S	12:00-1:00pm Cycling Julie Z.	1:15-2:15pm Liquid Fit Stacey S	All classes are held in the gym (NC: North Cardio) Participants must sign up for all classes marked with an asterisk (*) Sign up begins at the front desk 15 minutes before class For safety purposes, class size is limited
	1:15-2:15pm Liquid Fit Sally K	*New Class* 1:30-2:30pm Back to Basics Debbie	*New Class* 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	time. Down load the Cherry Creek Athletic Club app on your smart phone for quick access to the schedule. Outdoor Bootcamps meet on Wednesdays Outdoor bootcamps will be held at the Cherry Creek Athletic Club.
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 Aquabatta Cathy H		6:30-7:70pm Aquabatta Cathy H	



www.cherrycreekclub.com

303-399-3050

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SATURDAY	SUNDAY
7:30-8:30am Cycle Kylie	8:35-9:35am Cycling Lori S/JonG
8:35-9:35am Power Sculpt Ashley D	8:30-9:30am Power Sculpt Yvette/Molly
8:35-9:35am Cycle Terri P	9:00-10:00am Liquid Fit Cathy H.
9:00-10:00am Liquid Intervals Nancy	9:40-10:40 Step Revival Molly K
9:45-10:15am HIIT & LIIT Terri P	
10:15-11:15AM Cycle Jon G	10:50-11:50am BODYPUMP® Nicholas
New Instructor 10:50-11:50am Zumba® Lisa S	
12:00-1:00pm BODYPUMP® Lorry	12:00-1:00pm Zumba® Rita
<p>the Fitness Studio or Pool unless otherwise noted.</p> <p>up for all Cycling and Treadmill classes as well as <u>asteriks</u> * due to limited equipment. ront desk 30 minutes prior to class.</p> <p>sses are closed 15 minutes after scheduled start</p>	

**Creek Athletic Club Group Exercise App to your
and easy access.**

**et at the front desk. During Inclement Weather
l be canceled.**

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