

GROUP EXERCISE

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am Ski Conditioning Yvette	5:45-6:45am Arms-Core&More Katie H	*New Class* 6:00-7:00am Functional Bootcamp Michael A	5:30-6:30am Cycling Joy	6:00-7:00am Ski Conditioning 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 Nicholas	6:00-7:00am Cycling Stacey Y	8:35-9:35am Power Sculpt Ashley D	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 Christina K	8:35-9:35am Cycle Terri P	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 Cycling Aliza S	*New Class* 9:45-10:30 Functional Bootcamp Matthew L	9:00-10:00am Liquid Fit Cathy H.
9:30-10:30am Punch Kick Athletics Anthony	9:00-10:00am Cycling Julie Z		*New Class* 8:55-9:55am Cycle/Hot Vinyasa Karen E	9:15-10:15am Yah Total Body Fusion Cathy C	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	10:30-11:30am Restore And Repair Debbie S	10:15-11:15AM Cycle Jon G	10:50-11:50am BODYPUMP® Nicholas
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)	12:00-1:00pm BODYPUMP® Candice	10:45-11:45am Zumba® Lisa S	12:00-1:00 Zumba® Rita
12:00-1:00pm Zumba Mariah	10:45-11:45am Zumba® Shu-Ju		10:45-11:45am Zumba® Jim	12:00-1:00pm Cycle John B	12:00-1:00pm BODYPUMP® Lorry	*New Class* 5:30-6:30pm Tai Chi Forms TD
12:00-1:00pm Cycling Julie Z.	12:00-1:00pm BODYPUMP® Jackie	12:00-1:00pm Zumba Mariah	12:00-1:00pm Cycling Terri V	All classes are held in the Fitness Studio or Pool unless otherwise noted. (NC: North Cardio)		
New Class 1:30-2:30pm Essentrics Jenny	12:00-1:00pm Cycling Lori S	12:00-1:00pm Cycling Julie Z.	1:15-2:15pm Liquid Fit Staff	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.		
	1:15-2:15pm Liquid Fit Sally K		4:30-5:00 Fast-n-Fit Katie H	For safety purposes, classes are closed 15 minutes after scheduled start time.		
6:00-7:00pm BODYPUMP® Darren	5:30-6:00pm Down&Gritty Katie H	5:30-6:30pm BODYPUMP® Katie G	5:45-6:30pm Tabata Express Anthony	Download the Cherry Creek Athletic Club Group Exercise App to your smart phone for quick and easy access.		
6:00 - 7:00pm Cycle Mona		5:45-6:45PM Cycling Andy	5:30-6:30 Cycle/Hot Yoga Ben	Outdoor Bootcamps meet at the front desk. During Inclement Weather Outdoor bootcamps will be canceled.		
	6:00-7:00pm Cycle/Hot Yoga Ben	6:30-7:30pm Zumba Rita S	*New Class* 6:30-7:30pm Knockout Piloxing Nicholas			
	6:30-7:30pm Aquabatta Cathy H		6:30-7:70pm Aquabatta Cathy H			

