








# GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:45 a.m. 		6:00 - 7:00 a.m. 				
7:05 - 8:05 a.m. <b>Integrated Strength</b> <i>Alyssa</i>		7:05 - 8:05 a.m. <b>Integrated Strength</b> <i>Alyssa</i>				
8:10 - 8:55 a.m. <b>Foundation Training</b> <i>Vicki</i>				8:00 - 8:50 a.m. <b>Foundation Fusion</b> <i>Vicki</i>	8:30 - 9:30 a.m. <b>Cardio Core</b> <i>Jillian</i>	8:30 - 9:30 a.m. <b>Tabata</b> <i>Taryn</i>
9:00 - 10:00 a.m. <b>Intro to Fitness</b> <i>Kristyn</i>	8:40 - 9:55 a.m. <b>World Heat</b> <i>Sara Jane</i>		8:40 - 9:55 a.m. <b>World Heat</b> <i>Sara Jane</i>			
10:20 - 11:20 a.m. <b>Planet Motion</b> <i>Kendra</i>	10:30 - 11:30 a.m. <b>Body Language MOVE</b> <i>Jordan</i>	10:20 - 11:20 a.m. <b>Planet Motion</b> <i>Kendra</i>	10:30 - 11:30 a.m. <b>Body Language MOVE</b> <i>Megan</i>	10:20 - 11:20 a.m. <b>Planet Motion</b> <i>Christina</i>	10:00 - 11:00 a.m. 	10:00 - 11:00 a.m. 
11:30 - 12:30 p.m. <b>Cardio Sculpt</b> <i>Jillian</i>	11:30 - 12:00 p.m. <b>Mad Abs</b> <i>Dillon</i>	11:30 - 12:30 p.m. <b>Cardio Sculpt</b> <i>Sonia</i>	11:30 - 12:00 p.m. <b>Mad Abs</b> <i>Megan</i>	11:30 - 12:30 p.m. <b>Cardio Sculpt</b> <i>Jillian</i>	11:15 - 12:35 p.m. <b>Planet Motion</b> <i>Beth</i>	11:15 - 12:15 p.m. <b>Planet Motion</b> <i>Beth</i>
	12:00 - 1:00 p.m. 		12:00 - 1:00 p.m. 			
4:30 - 5:30 p.m. <b>Strength</b> <i>Kristyn</i>		4:30 - 5:30 p.m. <b>Strength</b> <i>Dawna</i>	5:00 - 5:50 p.m. <b>Foundations Training</b> <i>Vicki</i>			
6:00 - 7:00 p.m. <b>Winter Sport Conditioning</b> <i>Kristyn</i>		5:45 - 6:45 p.m. 	6:00 - 7:00 p.m. <b>Winter Sport Conditioning</b> <i>Kristyn</i>			

# YOGA

LEVELS: 1 = Beginner, 2 = Intermediate, 3 = Advanced, 1-3 = all levels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 - 7:00 a.m. <b>Yoga for Athletes</b> <i>1-3 Natasha</i>			6:00 - 7:00 a.m. <b>All Levels Vinyasa</b> <i>Melissa</i>		
7:00 - 8:00 a.m. <b>Sports Balance Yoga</b> <i>1-3 Jennifer</i>	7:15 - 8:45 a.m. <b>Kundalini Yoga</b> <i>1-3 Karuna</i>	7:15 - 8:15 a.m. <b>Yoga for Athletes</b> <i>1-3 Todd</i>	7:15 - 8:45 a.m. <b>Kundalini Yoga</b> <i>1-3 Karuna</i>	7:15 - 8:15 a.m. <b>Yoga for Athletes</b> <i>1-3 Todd</i>		
9:00 - 10:15 a.m. <b>Kundalini Yoga</b> <i>1-3 Gurmukh</i>	9:00 - 10:15 a.m. <b>Align &amp; Flow</b> <i>1-2 Cindy</i>	9:00 - 10:25 a.m. <b>Yoga Basics</b> <i>1-2 Martha</i>	9:00 - 10:15 a.m. <b>Align &amp; Flow</b> <i>2-3 Cindy</i>	9:00 - 10:00 a.m. <b>Yoga Basics</b> <i>1-2 Cindy</i>	9:00 - 10:15 a.m. <b>Slow Flow</b> <i>1-3 Eric</i>	9:00 - 10:30 a.m. <b>Flow Yoga</b> <i>1-3 Deborah</i>
10:30 - 11:30 a.m. <b>Yin Yoga</b> <i>1-3 Karen</i>	10:30 - 11:45 a.m. <b>Yin / Restorative</b> <i>Martha</i>	10:35 - 11:35 a.m. <b>Yin Yoga</b> <i>1-3 Karen</i>	10:35 - 11:05 a.m. <b>Kids Yoga</b> <i>Karen</i>	10:15 - 11:15 a.m. <b>Zumba</b>		10:45 - 11:15 a.m. <b>Kids Yoga</b> <i>Karen</i>
12:00 - 1:00 p.m. <b>Flow Yoga</b> <i>1-2 Martha</i>	12:00 - 1:00 p.m. <b>Flow Yoga</b> <i>1-3 Melissa</i>	12:00 - 1:00 p.m. <b>Flow Yoga</b> <i>1-2 Martha</i>	12:00 - 1:00 p.m. <b>One Hour Yoga</b> <i>1-2 Martha</i>	12:00 - 1:15 p.m. <b>Yin Yoga</b> <i>1-3 Karen</i>	12:00 - 1:00 p.m. <b>Yoga Basics</b> <i>1-2 Gina</i>	
		1:30 - 2:30 p.m. <b>Vinyasa Flow</b> <i>1-3 Crista</i>				1:00 - 2:00 p.m. <b>Flow Yoga</b> <i>Crista 1-3</i>
				4:00 - 5:00 p.m. <b>Healing Yoga</b> <i>1-3 Rachel</i>		
5:30 - 6:45 p.m. <b>Mindfulness Yoga</b> <i>Monday 1-3 Jane</i>		5:30 - 7:00 p.m. <b>Kundalini Yoga</b> <i>1-3 Gurmukh</i>		5:30 - 7:00 p.m. <b>Kundalini Yoga</b> <i>1-3 Karuna</i>		
			6:00 - 7:00 p.m. <b>Yin Yoga</b> <i>1-3 Keri</i>			
7:00 - 8:00 p.m. <b>Flow Yoga</b> <i>1-3 Eric</i>		7:15 - 8:15 p.m. <b>All Levels Flow</b> <i>1-3 Ashley</i>				

# PILATES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00 - 8:00 a.m. <b>Semi Private</b> \$ Rachel	8:00 - 9:00 am <b>Reformer</b> \$ Michelle		7:00 - 8:00 am <b>Semi Private</b> \$ Rachel		
				8:00 - 9:00 am <b>Semi Private</b> \$ Rachel		
9:30 - 10:30 a.m. <b>Advanced Mat</b> Jane	9:00 - 10:00 a.m. <b>Beginner Mat</b> Michelle	9:00 - 10:00 a.m. <b>All Levels Mat</b> Michelle	9:00 - 10:00 a.m. <b>Pilates Fitness</b> Jane	9:30 - 10:30 a.m. <b>All Levels Mat</b> Kate	9:00 - 10:00 a.m. <b>Core Stability</b> Kate	
	10:15 - 11:15 p.m. <b>Reformer</b> \$ Michelle			10:30 - 11:45 p.m. <b>Reformer</b> \$ Kate	10:00 - 11:00 a.m. <b>Reformer</b> \$ Kate	
12:00 - 1:00 p.m. <b>Activate</b> Jordan		12:00 - 1:00 p.m. <b>Semi Private</b> \$ Jordan	12:00 - 1:00 p.m. <b>Semi Private</b> \$ Jordan	12:00 - 1:00 p.m. <b>Activate</b> Jordan		
5:15 - 6:15 p.m. <b>Power Mat</b> Rachel	6:00 - 7:00 p.m. <b>Power Mat</b> Kate	5:30 - 6:30 p.m. <b>HardCore</b> Tamara				

# ADVANCED TRAINING ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00 a.m. <b>Guys Training</b> \$ Shane		6:00 - 7:00 a.m. <b>Guys Training</b> \$ Shane				
		7:00 - 8:00 a.m. <b>Strength Class</b> \$ Gina		7:00 - 8:00 a.m. <b>Strength Class</b> \$ Gina		
8:30 - 9:30 a.m. <b>Private Group</b> \$ Shane				8:30 - 9:15a.m. <b>ECFIT</b> \$ Erin		
9:30 - 10:30 a.m. <b>Private Group</b> \$ Hoobler						
	10:45 - 11:45 a.m. <b>Boulder Running Project</b> \$ Kevin P			10:45 - 11:45 a.m. <b>Boulder Running Project</b> \$ Kevin P		
4:30 - 5:15 p.m. <b>Athlete 1st: Juniors</b> \$ Dillon			4:00 - 6:00 p.m. <b>CJC</b> \$			
5:30 - 6:15 p.m. <b>ECFIT</b> \$ Amy		5:30 - 6:15 p.m. <b>ECFIT \$</b> Amy		5:30 - 6:30 p.m. <b>Boulder Running Project</b> \$ Kevin P		
	6:00 - 7:00 p.m. <b>Boulder Running Project</b> \$ Kevin P					

# THE LAB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			7:00 - 8:00 a.m. <b>Olympic Lifting</b> <i>Dylan</i>			
	12:15 - 1:15p.m. <b>ECFIT</b>					
	4:00 - 6:00 p.m. <b>Dryland Training</b> <i>Dylan</i>		4:00 - 6:00 p.m. <b>Dryland Training</b> <i>Dylan</i>			
5:30- 6:30 p.m. <b>Olympic Lifting</b> <i>Dylan</i>		5:30- 6:30 p.m. <b>ECFIT Triathlon</b> <i>Amy</i>				

# GROUP CYCLING

## WEATHER WORKOUT:

When it's too cold to ride outside. Sub lactate threshold w/ some gentle climbing. See our Facebook page or join the mailing list for updates.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 - 6:45 a.m. <b>Tempo+</b> <i>Caroline</i>		6:00 - 6:45 a.m. <b>Tempo+</b> <i>Amy</i>			
	7:00 - 8:00 a.m. <b>LT Intervals</b> <i>Jed</i>		7:00 - 8:00 a.m. <b>Tempo +</b> <i>Caroline</i>		7:15 - 8:15 a.m. <b>Tempo +</b> <i>Jennifer</i>	
					9:00 - 9:45 a.m. <b>LT Intervals</b> <i>Carol</i>	
12:15 - 1:00 p.m. <b>Tempo +</b> <i>Pam</i>	12:15 - 1:00 p.m. <b>Tempo +</b> <i>Heather</i>	12:15 - 1:00 p.m. <b>Tempo +</b> <i>Rachel</i>		12:15 - 1:00 p.m. <b>Tempo +</b> <i>Colby</i>		
	5:45 - 6:45 p.m. <b>Tempo +</b> <i>Colby</i>		5:45 - 6:45 p.m. <b>Tempo +</b> <i>Jennifer</i>			

## FitWall®

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			6:30 - 7:30 a.m. <b>FITWALL</b> <i>Elyse \$</i>			
		7:00 - 8:00 a.m. <b>50+ Fat Burner</b> <i>Rhonda \$</i>		7:00 - 8:00 a.m. <b>Golf Private Group</b> <i>Dillon \$</i>		
9:00 - 9:45 a.m. <b>FITWALL</b> <i>Peter \$</i>	9:00 - 9:45 a.m. <b>FITWALL</b> <i>Peter \$</i>	9:00 - 9:45 a.m. <b>FITWALL</b> <i>Peter \$</i>	9:00 - 9:45 a.m. <b>FITWALL</b> <i>Peter \$</i>	9:00 - 9:45 a.m. <b>FITWALL \$</b> <i>Peter</i>	9:00 - 9:45 a.m. <b>FITWALL</b> <i>Peter \$</i>	9:00 - 10:00 a.m. <b>ASSualt</b> <i>Peter \$ (8 per class)</i>
9:45 - 10:30 a.m. <b>FITWALL</b> <i>Peter \$</i>	9:45 - 10:45 a.m. <b>FITWALL Small Group</b> <i>Peter \$</i>			9:45 - 10:30 a.m. <b>FITWALL</b> <i>Peter \$</i>		
		11:00 - 12:00 p.m. <b>ASSualt</b> <i>Peter \$ (8 per class)</i>		11:00 - 12:00 p.m. <b>HIIT High Intensity Interval Training</b> <i>Rhonda \$</i>	<b>HOW TO TAKE FitWall® CLASS:</b>  Please contact instructors directly to reserve a space in class.	
4:00 - 5:00 p.m. <b>Fitwall Small Group</b> <i>Peter \$ (8 per class)</i>	4:30 - 5:15 p.m. <b>FITWALL</b> <i>Peter \$</i>	4:30 - 5:15 p.m. <b>Men's Fitwall Physique Shred</b> <i>Dillon \$</i>	4:00 - 4:45 p.m. <b>FITWALL</b> <i>Peter \$</i>	4:00 - 4:30 p.m. <b>HIIT 30</b> <i>Peter \$</i>		
5:00 - 5:30 p.m. <b>HIIT 30</b> <i>Peter \$</i>			4:45 - 5:45 p.m. <b>Fitwall Small Group</b> <i>Peter \$ (8 per class)</i>			

# KINESIS™

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 - 7:00 a.m. <b>ECFIT</b> \$Amy	6:30 - 7:30 a.m. <b>Golf Private Group</b> \$	6:15 - 7:00 a.m. <b>ECFIT</b> \$Amy				
7:00 - 8:00 a.m. <b>Golf Conditioning</b> \$		7:00 - 8:00 a.m. <b>Golf Conditioning</b> \$		7:00 - 8:00 a.m. <b>Outdoor Sports</b> \$ Jordan		
	9:00 - 10:00 a.m. <b>Women's Workout Group</b> \$ Dawna		9:00 - 10:00 a.m. <b>Women's Workout Group</b> \$ Dawna	9:00 - 10:00 a.m. <b>General Fitness 2</b> \$ Shane/Jeremy		
10:15 - 11:00 a.m. <b>Gen. Fitness 1</b> \$ Rhonda	10:00 - 11:00 a.m. <b>Golf Conditioning</b> \$			10:00 - 11:00 a.m. <b>Women's Workout Group</b> \$ Dawna		
		11:00 - 12:00 p.m. <b>General Fitness 2</b> \$ Rhonda			<b>HOW TO TAKE A KINESIS CLASS:</b> <ul style="list-style-type: none"> <li>• Please contact instructors directly to reserve a space in class.</li> <li>• Payments for Kinesis can be made via House Charge or at the Front Desk.</li> </ul>	
			4:00 - 6:00 p.m. <b>CJC</b> \$			
5:15 - 6:15 p.m. <b>Golf Conditioning</b> \$	5:00 - 6:00 p.m. <b>Women's Workout Group</b> \$ Dawna	5:15 - 6:15 p.m. <b>Golf Conditioning</b> \$				
	6:00 - 7:00 p.m. <b>MTB Strength</b> \$ Dawna		6:00 - 7:00 p.m. <b>MTB Strength</b> \$ Dawna			

# OUTDOOR LAP POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00 - 6:30 a.m. <b>OPEN SWIM</b>	5:00 - 6:30 a.m. <b>OPEN SWIM</b>			5:45 - 7:00 a.m. <b>Advanced Masters</b> <i>Julie Dibens</i>	6:00 - 8:00 a.m. <b>RACE</b>		
6:30 - 7:45 a.m. <b>Masters</b> <i>Austin</i>	6:30 - 7:45 a.m. <b>Advanced Masters</b> <i>Erik</i>	6:30 - 7:45 a.m. <b>Masters</b> <i>Austin</i>	5:00 - 9:00 a.m. <b>OPEN SWIM</b>	7:00 - 8:00 a.m. <b>Masters</b> <i>Jonathan</i>		7:00 - 8:30 a.m. <b>OPEN SWIM</b>	
7:45 - 9:15 a.m. <b>Advanced Masters</b> <i>Austin</i>	7:45 - 9:00 a.m. <b>OPEN SWIM</b>	7:45 - 12:00 p.m. <b>OPEN SWIM</b>		9:00 - 10:30 a.m. <b>Dibens Tri \$</b> <i>Dibbens</i>	8:00 - 10:30 a.m. <b>OPEN SWIM</b>	8:00 - 9:30 a.m. <b>Masters</b> <i>Austin</i>	8:30 - 10:00 a.m. <b>Masters</b> <i>Lauren</i>
9:30 - 10:30 a.m. <b>Water Running</b> <i>Julia - 3 lanes open</i>	9:00 - 10:30 a.m. <b>Dibens Tri \$</b> <i>Julie</i>						
10:30 - 12:00 p.m. <b>OPEN SWIM</b>	10:30 - 11:30 a.m. <b>Water Running</b> <i>Vicki - 3 lanes open</i>		10:30 - 11:30 a.m. <b>Water Running</b> <i>Vicki - 3 lanes open</i>	10:30 - 11:30 a.m. <b>Water Running</b> <i>Vicki - 3 lanes open</i>	11:30 - 12:00 p.m. <b>OPEN SWIM</b>	9:30 a.m. - 7:00 p.m. <b>OPEN SWIM</b>	10:00 a.m. - 7:00 p.m. <b>OPEN SWIM</b>
	11:30 - 12:30 p.m. <b>Stroke Development</b> <i>Rob</i> <i>1 lane open</i>						
12:00 - 1:15 p.m. <b>Masters</b> <i>Rob</i>	12:30 - 1:30 p.m. <b>Masters</b> <i>Austin</i>	12:00 - 1:15 p.m. <b>Masters</b> <i>Rob</i>	12:30 - 1:30 p.m. <b>Masters</b> <i>Rob</i>	12:00 - 1:15 p.m. <b>Masters</b> <i>Susan</i>			
1:15 - 4:30 p.m. <b>OPEN SWIM</b>	1:30 - 4:30 p.m. <b>OPEN SWIM</b>	1:15 - 4:30 p.m. <b>OPEN SWIM</b>	1:15 - 4:30 p.m. <b>OPEN SWIM</b>	1:15 - 4:30 p.m. <b>OPEN SWIM</b>			
4:30 - 6:30 p.m. <b>RACE</b> <b>Senior Group</b>	4:30 - 5:30 p.m. <b>RACE</b> <b>Senior Group</b>	4:30 - 6:30 p.m. <b>RACE</b> <b>Senior Group</b>	4:30 - 5:30 p.m. <b>RACE</b> <b>Senior Group</b>	4:30 - 6:30 p.m. <b>RACE</b> <b>Senior Group</b>			
	5:30 - 10:00 p.m. <b>OPEN SWIM</b>		5:30 - 6:30 p.m. <b>OPEN SWIM</b>				6:30 - 7:30 p.m. <b>Masters</b> <i>Rob</i> <i>1-2 lanes open</i>
6:30 - 10:00 p.m. <b>OPEN SWIM</b>			8:30 - 10:00 p.m. <b>OPEN SWIM</b>	6:30 - 10:00 p.m. <b>OPEN SWIM</b>	6:30 - 10:00 p.m. <b>OPEN SWIM</b>		



# INDOOR LAP POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 a.m. - 4:30 p.m. <b>Open Swim</b>	5:00 - 10:30 a.m. <b>Open Swim</b>	5:00 - 10:30 a.m. <b>Open Swim</b>	5:00 a.m. - 3:30 p.m. <b>Open Swim</b>	5:00 a.m. - 4:15 p.m. <b>Open Swim</b>	7:00 - 9:00 a.m. <b>Open Swim</b>	8:00 a.m. - 7:00 p.m. <b>Open Swim</b>
	10:30 - 11:30 a.m. <b>PreSchool Swim Class</b> <i>3 lanes open</i>	10:30 - 11:30 a.m. <b>PreSchool Swim Class</b> <i>3 lanes open</i>			9:00 - 10:30 a.m. <b>Group Lessons</b> <i>1 lane open</i>	
	11:30 a.m. - 3:30 p.m. <b>Open Swim</b>	11:30 a.m. - 4:30 p.m. <b>Open Swim</b>	10:30 a.m. - 7:00 p.m. <b>Open Swim</b>			
	3:30 - 5:00 p.m. <b>Group Swim Lessons</b> <i>2 lanes open</i>		3:30 - 5:00 p.m. <b>Group Swim Lessons</b> <i>2 lanes open</i>			
4:15 - 5:15 p.m. <b>RACE</b> <b>Age Group</b>	5:00 - 6:00 p.m. <b>RACE</b> <b>Age Group</b>	4:15 - 5:15 p.m. <b>RACE</b> <b>Age Group</b>	5:00 - 6:00 p.m. <b>RACE</b> <b>Age Group</b>	4:15 - 5:15 p.m. <b>RACE</b> <b>Age Group</b>		
5:15 - 6:30 p.m. <b>RACE</b> <b>Junior Group</b>	5:15 - 6:30 p.m. <b>RACE</b> <b>Junior Group</b>	5:15 - 6:30 p.m. <b>RACE</b> <b>Junior Group</b>	5:15 - 6:30 p.m. <b>RACE</b> <b>Junior Group</b>	5:15 - 6:30 p.m. <b>RACE</b> <b>Junior Group</b>		
6:30 - 10:00 p.m. <b>Open Swim</b>	7:15 - 10:00 p.m. <b>Open Swim</b>	6:30 - 10:00 p.m. <b>Open Swim</b>	7:15 - 10:00 p.m. <b>Open Swim</b>	7:00 - 10:00 p.m. <b>Open Swim</b>		