

October Pinery Fitness Class Schedule

Please sign up for classes on the club calendar or contact the instructor- 720-881-4164
\$10 per class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Int. Vinyasa Yoga Kelsey		Int. Vinyasa Yoga Kelsey				
7:00am	Beg. Vinyasa Yoga Kelsey		Beg. Vinyasa Yoga Kelsey				
8:00am						Total Body Heather	
9:00am			Circuit Stations Heather			Total Body Heather Tai-Chi Patrick	
9:15am		Cardio Conditioning Heather		Pilates Heather			
10:00am		Total Body Heather		Total Body Heather			
11:00am		Pilates Heather					
1:00pm		Total Body/Kids Club- Heather					
5:15pm		Teen Conditioning Rosita		Teen Conditioning Rosita			
6:00pm	TRX & Weights Rosita		Total Body Rosita				
7:00pm		Adult Fitness Rosita		Core & Stability Rosita			

THE PINERY
COUNTRY CLUB