


Fitness Schedule

Week of :
May 3rd-May 7th

Monday	Tuesday	Wednesday	Thursday	Friday
CYCLING w/LYNN 6:30AM-7:15AM **9 Max	PUMP IT UP w/TIFF 6:30AM-7:15AM	PIYO w/TIFF 6:30AM-7:15AM	TRX w/ TIFF 8:30AM-9:15AM	PILATES w/TIFF 8:30AM-9:30AM
PIYO w/TIFF 8:30AM-9:30AM	YOGA w/MICHELLE 8:15AM-9:15AM	FALL PREVENTION w/JESSIE 9:30AM-10:15AM	AQUA FIT w/TIFF 9:30AM-10:15AM *8 Max	Max participants in each class is 11 unless otherwise noted. *Please bring your own mat to all classes.
CARDIO 	BARRE w/MICHELLE 9:30AM-10:30AM		YOGA w/MICHELLE 10:30AM-11:30AM	
KICKBOXING w/SUE 9:30AM-10:30AM	POWER YOGA w/JESS 5:30PM-6:30PM **11 Max	Reserve class online at glenwoodrec.com or call 970-384-6301. Members are free. Masks must be worn at all times inside Community Center.	CARDIO TENNIS w/LYNN 5:30PM-6:30PM **20 Max	
BARRE w/JESS 5:30PM-6:30PM **11 Max	ZUMBA w/VERONICA 6:30PM-7:30PM @2Rivers Park!		BARRE X w/JESS 5:30PM-6:15PM **11 Max	

