



FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
	5:45-6:30am Spinning®		5:45-6:30am Spinning®	
			6:30-7:15am Zumba®	
	10:30-11:15am Spinning®		10:00-10:45am Spinning®	
	12:15-12:45pm Circuit 30		12:15-12:45pm Circuit 30	
				Saturday
5-6:00pm BodyPump®		4:15-4:45pm Yoga		10:00-11:00am BodyPump®
6:20-7:20pm BodyPump®	6-6:45pm Yoga	5:00-5:45pm Zumba®	6-7:00pm SpinCORE®	
	7:00-8:00pm Zumba®	6:00-7:00pm BodyPump®	7:00-8:00pm Basic Kickboxing Skills	
		7:15-8:15pm BodyPump®		

(970) 945-9107
 118 W. 6th St, Suite 60
 Glenwood Springs, CO 81601
www.exclusiveathleticclub.com