### June 1 – 30, 2019

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
</table>
| BODYPUMP™ Express (S3)  
6:30am (45 min.)  
Hayden | Boot Camp Circuit  
5:30am  
Gina | Sunrise Yoga (S3/Green Roof)  
6am - Trevor | Total Strength (S3)  
5:30am  
Becky M. | Tabata (S3)  
6am (30 min.)  
Becky M. | Barre Conditioning (S3)  
7am - Blair | BODYFLOW (S2)  
8:30am  
Candice |
| Turn & Burn (S1)  
6:30am (30 min.)  
Fitness Staff | Core Strength (FF)  
7am (15 min.)  
Fitness Staff | Core Strength (FF)  
7am (15 min.)  
Fitness Staff | Sunrise Yoga (S2/Green Roof)  
7am - Blair | Barre Conditioning (S3)  
8am  
Nicole | RPM (S1)  
9am  
Devra/Karen E. | Cycling (S1)  
9am  
Austin |
| Universal Yoga (S2)  
12pm  
Gordon | Tread & Shred (FF)  
12:30pm (15 min.)  
Fitness Staff | Tread & Shred (FF)  
12:30pm (15 min.)  
Fitness Staff | Core Strength (FF)  
1:15pm (15 min.)  
Fitness Staff | Core Strength (FF)  
1:15pm (15 min.)  
Fitness Staff | Core Strength (FF)  
1:15pm (15 min.)  
Fitness Staff | BODYFLOW™ (S2)  
4:30pm  
Candice |
| Cardio HiIT (S3)  
11:30am (30 min.)  
Rachel K. | Gentle Aqua (Pool)  
10am  
Alyssa | Yoga Foundations (S2)  
10:30am  
Daniel | Gentle Aqua (Pool)  
10am  
Alyssa | Barre Conditioning (S3)  
11:30am (30 min.)  
Karen P. | H20 Circuit (Pool)  
9am  
Abby/Karen | Barre Conditioning (S3)  
10am  
Nicole |
| Total Strength (S3)  
12pm (30 min.)  
Rachel K. | Power Flow Yoga (S2)  
10:30am  
Daniel | Cross-Training Revo (S3)  
11:30am  
Sarah (S3) | Mat Pilates (S2)  
12pm (45 min.)  
Karen P. | Cycling (S1)  
12pm  
Lauren | Slow Flow Yoga (S2)  
9am (30 min.)  
Daniel | Aqua Fitness (Pool)  
10am  
Nicole |
| Universal Yoga (S2)  
12pm  
Gordon | Mat Pilates (S2)  
12:30pm (30 min.)  
Core Strength (FF)  
1:15pm (15 min.)  
Fitness Staff | Flow Yoga (S2)  
12pm  
Daniel | BODYPUMP (S3)  
12pm  
Candice | Core Strength (FF)  
12:45pm (30 min.)  
Sarah (S2) | BODYPUMP (S3)  
10am  
Candice | BODYPUMP (S3)  
11am  
Devra/Nicole |
| Turn & Burn (S1)  
12:15pm (30 min.)  
Fitness Staff | BODYPUMP (S3)  
12pm  
Candice | Turn & Burn (S1)  
12:15pm (30 min.)  
Fitness Staff | Tread & Shred (FF)  
12:30pm (15 min.)  
Fitness Staff | Core Strength (S2)  
12:30pm (15 min.)  
Fitness Staff | Core Strength (S2)  
12:30pm (15 min.)  
Fitness Staff | BODYCOMBAT (S3)  
9am  
Candice |
| Core Strength (FF)  
12:45pm (15 min.)  
Fitness Staff | Essentrics (S2)  
4:30pm  
Lisa | Barre Conditioning (S3)  
12:30pm (45 min.)  
Fitness Staff | Barre Conditioning (S3)  
12:30pm (45 min.)  
Fitness Staff | Barre Conditioning (S3)  
12:30pm (45 min.)  
Fitness Staff | Barre Conditioning (S3)  
12:30pm (45 min.)  
Fitness Staff | Alignment Yoga (S2)  
9am  
Nicole |
| Core Strength (FF)  
12:45pm (15 min.)  
Fitness Staff | RPM (S1)  
3:30pm  
Alyssa | Tabata (S3)  
5:30pm  
Becky M. | Tabata (S3)  
5:30pm  
Becky M. | Tabata (S3)  
5:30pm  
Becky M. | Tabata (S3)  
5:30pm  
Becky M. | BODYCOMBAT (S3)  
9am  
Candice |
| Tread & Shred (FF)  
4:30pm (30 min.)  
Fitness Staff | Cycling (S1)  
5:30pm  
Austin | Barre Conditioning (S3)  
5:30pm  
Nicole | Barre Conditioning (S3)  
5:30pm  
Nicole | Barre Conditioning (S3)  
5:30pm  
Nicole | Barre Conditioning (S3)  
5:30pm  
Nicole | BODYCOMBAT (S3)  
9am  
Candice |
| Essentrics (S2)  
4:30pm  
Lisa | BODYCOMBAT™ Express (S3)  
5:30pm  
Adrielle | RPM (S1)  
6:30pm (45 min.)  
Devra | RPM (S1)  
6:30pm (45 min.)  
Devra | RPM (S1)  
6:30pm (45 min.)  
Devra | RPM (S1)  
6:30pm (45 min.)  
Devra | BODYCOMBAT (S3)  
9am  
Candice |
| Power Flow Yoga (S2)  
5:30pm  
Adrielle | Barre Conditioning (S3)  
6:30pm (45 min.)  
Candice | COREFLOW™ (S2)  
5:30pm  
Adrielle | COREFLOW™ (S2)  
5:30pm  
Adrielle | COREFLOW™ (S2)  
5:30pm  
Adrielle | COREFLOW™ (S2)  
5:30pm  
Adrielle | BODYCOMBAT (S3)  
9am  
Candice |
| H2O Circuit (Pool)  
5:30pm  
Yang | Aqua Interval (Pool)  
5:30pm  
Yang | Flow Yoga (S2)  
5:30pm  
Yang | Flow Yoga (S2)  
5:30pm  
Yang | Flow Yoga (S2)  
5:30pm  
Yang | Flow Yoga (S2)  
5:30pm  
Yang | BODYCOMBAT (S3)  
9am  
Candice |
| Zumba (S3)  
5:30pm  
Yang | Yin Yoga (S2)  
5:30pm  
Yang | Gentle Aqua (Pool)  
5:30pm  
Yang | Gentle Aqua (Pool)  
5:30pm  
Yang | Gentle Aqua (Pool)  
5:30pm  
Yang | Gentle Aqua (Pool)  
5:30pm  
Yang | BODYCOMBAT (S3)  
9am  
Candice |
| Step (S3)  
5:45pm  
Candice | Hatha Yoga (S2)  
5:30pm  
Candice | BODYPUMP (S3)  
5:30pm  
Candice | BODYPUMP (S3)  
5:30pm  
Candice | BODYPUMP (S3)  
5:30pm  
Candice | BODYPUMP (S3)  
5:30pm  
Candice | BODYCOMBAT (S3)  
9am  
Candice |
| Barre Conditioning (S3)  
6:45pm  
Nicole | BODYPUMP™ Express (S3)  
6:30pm (30 min.)  
Candice | Cycling (S1)  
5:30pm  
Nicole | RPM (S1)  
6:30pm (45 min.)  
Nicole | RPM (S1)  
6:30pm (45 min.)  
Nicole | RPM (S1)  
6:30pm (45 min.)  
Nicole | BODYCOMBAT (S3)  
9am  
Candice |
| Sunset Yoga (S2)  
6:30pm  
Paige | Cardio HiIT (S3)  
7pm (30 min.)  
Austin | BODYCOMBAT (S3)  
6:30pm  
MaryLauren | Hip Hop (S3)  
6:30pm  
Logan | Hip Hop (S3)  
6:30pm  
Logan | Hip Hop (S3)  
6:30pm  
Logan | BODYCOMBAT (S3)  
9am  
Candice |

**TOTAL BODY** **MIND/BODY** **AQUA** **CYCLING** **CARDIO**

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All classes are 55 minutes unless otherwise indicated. *BODYPUMP* all Cycling classes, *POUND*, Tread & Shred and Barre Conditioning require a reservation, which can be made online (www.anschutzwellness.com) beginning 24 hours prior to the start of class. Late arrivals may result in the loss of your spot. *Parkinson’s Exercise classes are fee-based. Please see the front desk for details. *Based on your online reservation, please check-in for BODYPUMP at the front desk to receive a ticket to class. For more information call 303-724-8355.

*FIT GROUPS are fee-based. Please see the front desk or speak with a trainer for details. *Indicates a new or modified class.
BODYFLOW™ – This total body class focuses on achieving muscular strength through simply choreographed exercises targeting all muscle groups.

TREAD & SHRED – Join us on the treadmill for an interval-based workout designed to maximize fat burning. Energy system development training allows you to get a killer workout in 30 minutes!

UNIVERSAL YOGA – Universal Yoga uses static and dynamic postures for the arms, legs and spine as well as breathing practices, sound and visualization techniques to influence the mind and body toward a meditative state.

YIN YOGA – Yin Yoga focuses on the slow, patient, opening of the fascial layer of the body. The fascia is the connective tissue that underlies the skin, wraps the muscles, and holds the bones together. Yin helps to put your body, and your mind, back in working order.

YOGA FOUNDATIONS – This class is slowly paced and ideal for beginners, as well as intermediate and advanced students who want to work on their alignment, building strength and increasing flexibility.

ZUMBA™ – Zumba™ combines high energy, captivating music with Latin inspired moves that will leave you asking for more. Zumba™ is a “feel good” workout geared toward all levels. We bet you’ll find the dancer within. All levels welcome.

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We reserve the right to modify the schedule based on participation. Appropriate attire is required.

CLASS LOCATIONS:
S1 – Studio 1 (first floor, just off the main fitness floor)
S2 – Studio 2 (first floor, next to studio 2)
S3 – Studio 3 (basement)
FF – Fitness Floor

All classes are 55 minutes unless otherwise indicated.