



# GENESEE MOUNTAIN FITNESS

## Group Exercise Schedule

303.526.5997



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM SPIN	7:00 AM SPIN	6:00 AM SPIN	7:00 AM SPIN	9:00 AM SPIN	8:00 AM SPIN
9:00 AM SPIN		9:00 AM SPIN	8:45 AM ZUMBA		9:00 AM YOGA/ PILATES
10:00 AM YOGA	10:00 AM PILATES	10:00 AM YOGA	10:00 AM PILATES	10:00 AM STRETCH	
11:00 AM SilverSneakers® MSROM	11:00 AM SilverSneakers® Yoga	11:00 AM SilverSneakers® MSROM	11:00 AM SilverSneakers® Yoga	11:00 AM SilverSneakers® MSROM	
4:00 PM ZUMBA	6:00 PM YOGA	4:00 PM ZUMBA	6:00 PM YOGA		

\* indicates an extra fee

Effective November 2011

Please bring a water bottle to all classes

Arrive on time as the warm-up is designed for your safety

Proper athletic shoes must be worn at all times

Please explain any medical or orthopedic conditions



# GENESEE MOUNTAIN FITNESS

## Pilates Reformer Schedule

303.526.5997

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:00 AM REFORMER	10:00 AM REFORMER		10:00 AM REFORMER	8:00 AM REFORMER/ POWER CIRCLE	
4:00 PM REFORMER			4:00 PM REFORMER			
		5:30 PM REFORMER				Try a Private Reformer Lesson!

\* indicates an extra fee

Effective November 2011

Schedule/Instructor subject to change...for weekly changes see update board, otherwise [www.geneseefitness.com](http://www.geneseefitness.com)

Please adhere to the following class policies to ensure a safe, effective and enjoyable workout:

Please follow the directions of your instructor

Arrive on time as the warm-up is designed for your safety

Proper athletic shoes must be worn at all times

Please explain any medical or orthopedic conditions