



GENESEE MOUNTAIN FITNESS

Group Exercise Schedule

303.526.5997

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM CYCLE*	7:00 AM CYCLE*	9:00 AM CYCLE*	7:00 AM CYCLE*	9:00 AM CYCLE*	8:00 AM CYCLE*	Try a Private Reformer Lesson!
10:00 AM YOGA Ben	10:00 AM PILATES Tami	10:00 AM YOGA Ben	10:00 AM PILATES Tami	11:30 PM STRETCH Kelly	9:00 AM YOGA/PILATES Ben/Tami	
5:30 PM SKI CONDITIONING Tami	6:00 PM YOGA Ben	5:00 PM CYCLE*	6:00 PM YOGA Ben		Try a Private Yoga Session!	
				Ask for a FREE Demo on the Pilates Reformer		Comments & Suggestions are Welcome

* indicates an extra fee

Effective November 2008

Schedule/Instructor subject to change...for weekly changes see update board, otherwise 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