



GENESEE MOUNTAIN FITNESS

Group Exercise Schedule 303.526.5997



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|----------------------------|---|----------------------------|--|-------------------------------------|
| | 6:00AM X-Camp | | | 6:00AM X-Camp | |
| | 7:00AM CYCLE* | | | 9:00AM CYCLE* | |
| 10:00 AM YOGA | 10:00 AM PILATES | 10:00 AM YOGA | 10:00 AM PILATES | 10:30 AM SilverSneakers® MSROM | 9:00 AM YOGA/ PILATES |
| 11:00 AM SilverSneakers® MSROM | | 11:00AM SilverSneakers® MSROM | | | |
| 4:00 PM ZUMBA | | 4:00 PM ZUMBA | | | |
| | 6:00PM YOGA | | 6:00PM YOGA | | |

* indicates an extra fee

Effective July 2010

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 |
|-----------------------------|----------------------------|-----------------------------|----------------------------|----------------------------|--|--------------------------------------|
| 11:00 AM REFORMER | 9:00 AM REFORMER | 11:00 AM REFORMER | 9:00 AM REFORMER | 10:00AM REFORMER | 8:00 AM REFORMER/ POWER CIRCLE | |
| | 4:00 PM REFORMER | | 4:00 PM REFORMER | | | |
| 5:30 PM REFORMER | | 5:30 PM REFORMER | | | | Try a Private Reformer Lesson! |

* indicates an extra fee

Effective July 2010

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