

# Fitness SCHEDULE

MARCH 2024

## RED BRICK GYM

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
9:00-10:00AM BODYPUMP (TAMAR)	7:30-8:30AM YIN/YANG YOGA (SERENE)	7:00-8:00AM BODYPUMP (JANELLE /LISSA)		7:30-8:30AM YIN/YANG YOGA (SERENE)	7:00-8:00AM BODYPUMP (JANELLE)	
	12:00-12:45PM BODYPUMP EXPRESS (ASIA)	12:30-1:30PM STRETCH (ANGELA)	12:00-12:45PM BODYPUMP EXPRESS (ASIA)	12:30-1:30PM STRETCH (ANGELA)	12:00-12:45PM PILATES (ASIA)	
	1:00-1:45PM PIYO (ASIA)		1:00-1:45PM P90X (ASIA)		1:00-2:00PM BODYPUMP (ASIA)	
	2:00-2:45PM BODYPUMP EXPRESS (ASIA)		2:00-2:45PM BODYPUMP EXPRESS (ASIA)		2:00-2:45PM BOSU CARDIO (ASIA)	

## ARC STUDIO & POOL

		6:15-7:15AM HIIT BOOTCAMP (MOLLY)	9:00-9:55AM LOW IMPACT CARDIO/ INTERVALS (AMY K.)	6:15-7:15AM HIIT BOOTCAMP (MOLLY)	6:45-7:30AM SPIN (JEFF)
10:00-11:00AM WATER AEROBICS (DD)	10:00-11:00AM WATER AEROBICS (DD)	10:00-11:00AM CORE & MORE (AMY K.)			9:45-10:45AM CARDIO & CIRCUIT TRAINING (AMY K.)
12:00-1:30PM MASTER SWIM (ARCHIE)	12:00PM-12:45PM PICKLEBALL CONDITIONING (ASIA)	12:00-1:30PM MASTER SWIM (ARCHIE)			
	1:00-1:45PM PIYO (ASIA)				
	2:00PM-2:45PM PILATES/ STRETCH (ASIA)	6:15-7:30PM YOGA/UZIT (AMY C.) AYC			
	6:15-7:15PM GLIDEFIT CARDIO (JOSH)	6:00-7:00PM MASTER SWIM (ARCHIE)			

\*RESERVATIONS CAN BE MADE IN ADVANCE AT  
[ASPENRECREATION.COM](https://www.aspenrecreation.com),

\*PARTICIPANTS WILL BE NOTIFIED ABOUT CLASS  
CANCELLATIONS THROUGH SIGNUP GENIUS.  
CLASS CANCELLATIONS CAN ALSO BE FOUND AT  
[ASPENRECREATION.COM](https://www.aspenrecreation.com) ON THE CALENDAR AT THE  
BOTTOM OF THE WEBSITE.

RED BRICK  
110 E. HALLAM ST. SUITE 135  
(970)920-5140

ARC  
0861 MAROON CREEK RD.  
(970)544-4100

INDICATES NEW OR  
CHANGED CLASSES