

Fitness Classes

Beginning November 1, 2023

STRETCH ~ YOGA ~ PILATES ~ HIIT ~ ZUMBA ~ STRENGTH

Monday

8:00-8:55 AM

Interval/Strength

with Jody

10:00-10:55 AM

Yoga

with Corinne

Wednesday

8:00-8:55 AM

Cardio/Core/Stretch

with Jody

9:00-10:00 AM

Zumba

with Bay

10:15-11:00 AM

Stretch & Roll

with Sue

New!

Friday

8:00-8:55 AM

HIIT/Interval Training

with Jody

Tuesday

9:00-10:15 AM

Pilates Fusion/Yoga

with Ruslana

10:15-11:15 AM

Strength & Conditioning

with Jenny

11:15 AM-12:00 PM

Super Stretch

with Sue

7:00 PM- 8:00AM

Cardio Tennis

with Ilona

(This class requires RSVP and payment)

New!

Thursday

9:00-10:15 AM

Pilates Fusion/Yoga

with Ruslana

10:15-11:15 AM

Strength & Conditioning

with Jenny

11:15 AM-12:00 PM

Super Stretch

with Sue

Saturday

9:30-10:30 AM

Zumba

with Bay



All fitness classes are rated up to
15 people per class.

If you have any questions
please contact the fitness desk.

(719) 884-7238 keegan@ccwoodmoor.com