

# EAGLERIDGE FITNESS

## GROUP EXERCISE SCHEDULE

**Phone Number: 719-546-2222**

**24/7/365 Members Access with Key Fob**

### Business Hours:

**Monday – Friday 7:00 a.m. - 8:00 p.m.**

**Tuesday - Thursday 8:00 a.m.-7:00 p.m.**

**Friday 8:00 a.m. – 6:00 p.m.**

**Saturday 10:00 a.m. – 2:00 p.m. & Sunday Closed**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9:00am</b> <i>Main Floor</i>						<b>Zumba Fitness</b> <i>Nicole</i>
<b>9:00 a.m.</b> <i>Functional Room</i>					<b>Power Punch Parkinson's</b>	
<b>9:30 a.m.</b> <i>Main Floor</i>	<b>Silver Sneakers Classic</b> <i>Erica</i>			<b>Silver Sneakers Classic</b> <i>Erica</i>	<b>Silver Sneakers Chair Yoga</b> <i>Dina</i>	
<b>5:30 p.m.</b> <i>Main Floor</i>	<b>Zumba Fitness</b> <i>Nicole</i>	<b>Toning &amp; Conditioning</b> <i>Nicole</i>	<b>Zumba Fitness</b> <i>Nicole</i>	<b>Toning &amp; Conditioning</b> <i>Nicole</i>	<b>Toning &amp; Conditioning</b> <i>Nicole</i>	
<b>6:15 p.m.</b> <i>Upstairs Studio</i>	<b>Yoga</b> <i>Dez</i>					
<b>6:30 p.m.</b> <i>Functional Room</i>			<b>Superhero Fitness \$</b> <i>Sean</i>			