



Group Fitness Schedule

Block 1



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 am – 8:00 am		Boot Camp (Strength Floor) <i>Wes</i>		Boot Camp (Strength Floor) <i>Wes</i>		Boot Camp (Strength Floor) <i>Wes</i>
10:00 am – 10:45 am		Fit4Life – Retirees (Strength Floor) <i>Wes</i>		Fit4Life – Retirees (Strength Floor) <i>Wes</i>		Fit4Life – Retirees (Strength Floor) <i>Wes</i>
12:30pm – 1:30 pm			Boot Camp (Strength Floor) <i>Wes</i>		Boot Camp (Strength Floor) <i>Wes</i>	

Class formats aim to serve all ability and skill levels; however, you should always consult your physician prior to starting any exercise program.

www.coloradocollege.edu/other/fitnesscenter/