



Group Fitness Schedule

Summer (through August 23rd)



	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>	

- *No Morning Bootcamp on June 28, July 1, 10, 12, Aug 7*
- *No Lunch Bootcamp on July 4, 9, 11, 16, 18, Aug 8*
- *No Fit 4 Life on June 28, July 1, 10, 12, 15, 17, Aug 7, 12*
- *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/