



Longmont United Hospital *Health Ambitions*

Gym Schedule

Effective June 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	Gym Open 6:30AM-7:00PM	Gym Open 6:30AM-7:00PM	Gym Open 6:30AM-7:00PM	Gym Open 6:30AM-7:00PM	Gym Open 6:30AM-7:00PM	Gym Open 7:00AM-2:00PM	
7:00 AM			T.R.E.W.E.* 7:00-8:00		T.R.E.W.E.* 7:00-8:00	Core Values 7:15-8:00	
8:00 AM		ABC Conditioning 8:00 - 8:45		ABC Conditioning 8:00 - 8:45			
9:00 AM		Sit and Be Fit 9:00-9:45		Sit and Be Fit 9:00-9:45			
10:00 AM							Gym Open 10:00AM-2:00PM
11:00 AM							
12 NOON							
1:00 PM							
2:00 PM						Closed	Closed
3:00 PM						<p>Please call Health Ambitions to verify class times at 303.485.4161. Class times and offerings are subject to change. Thank you!</p>	
4:00 PM		Zumba Gold 4:30-5:15	Zumba 5:30 - 6:30	Circuit Training 4:30 - 5:15			
5:00 PM		Healing Yoga* 5:30-6:45					
6:00 PM							
7:00 PM	Closed	Closed	Closed	Closed	Closed		

*Class requires an additional fee.

Changing The *Caring* Experience...