



## Gym Schedule

Effective January, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:30 AM</b>	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	
<b>7:00 AM</b>			T.R.E.W.E.* 7:00-8:00		T.R.E.W.E.* 7:00-8:00	Boot Camp 7:15-8:00	
<b>8:00 AM</b>		Core Values 8:00-8:45		Low Impact Land Aerobics 8:00-8:45			
<b>9:00 AM</b>		Seated Fitness 9:00-9:45		Seated Fitness 9:00-9:45			
<b>10:00 AM</b>							Gym Open 10:00AM-2:00PM
<b>11:00 AM</b>							
<b>12 NOON</b>							
<b>1:00 PM</b>							
<b>2:00 PM</b>						Closed	Closed
<b>3:00 PM</b>						<p>Please call Health Ambitions to verify class times at 303.485.4161. Class times and offerings are subject to change. Thank you!</p>	
<b>4:00 PM</b>		Boot Camp 4:30-5:15		Core Values Basic 4:30-5:15			
<b>5:00 PM</b>		Healing Yoga* 5:30-6:45	Zumba 5:30-6:30				
<b>6:00 PM</b>							
<b>7:00 PM</b>	Closed	Closed	Closed	Closed	Closed		

\*Class requires an additional fee.

Changing The *Caring* Experience...