

- June Fitness Schedule-Subject to change

Monday

- 7:00am-8:00am- Strength and Conditioning w/ Allison
- 8:00am-9:00am- Strength and Conditioning w/ Allison
- 9:00am-10:00am- Strength and Conditioning w/ Kristin
- 10:00am-11:00am- Barbell Strength w/ Allison (CCW Weight Room)
- 4:30pm-5:30pm- Strength and Conditioning w/ Allison
- 4:30pm-5:30pm- Zumba w/ Lori (CCW)
- 5:45pm-6:45pm- Pilates w/ Allison

Tuesday

- 9:00am-10:00am- Stroller Strength and conditioning w/ Victoria
- 9:00am-10:00am- Strength and Conditioning w/ Kristin (CCW)
- 4:30pm-5:30pm- Kickboxing w/ Allison
- 5:45pm-6:45pm- Strength and Conditioning w/ Allison

Wednesday

- 7:00am-8:00am- Strength and Conditioning w/ Allison
- 8:00am-9:00am- Strength and Conditioning w/ Allison
- 9:00am-10:00am-Zumba w/ Lori
- 10:00am-11:00am- Barbell Strength w/ Allison (CCW Weight Room)

Thursday

- 6:00am-7:00am- Strength and Conditioning w/ Allison
- 8:00am-9:00am- Strength and Conditioning w/ Allison
- 9:00am-10:00am- Stroller Strength and Conditioning w/ Victoria
- 5:00pm-6:00pm- CrusHIIT w/ LJ
- 6:00pm-7:00pm- Zumba w/ Lori

Friday

- 7:00am-8:00am- Strength and Conditioning w/ Allison
- 8:00am-9:00am- Strength and Conditioning w/ Allison
- 10:00am-11:00am- Barbell Strength w/ Allison (CCW Weight Room)

Saturday

- 9:15am-10:15am- Strength and Conditioning w/ Kristin
- 10:15am-11:15am- Zumba w/ Lori

Sunday

- 8:00am-9:00am- Booty Build and Slim Waist Class w/ LJ (CCW)
- 9:00am-10:00am- Yoga w/ Michelle (CCW)

All sign ups will be through the front desk. You may email us your name, what class, and the time you would like to schedule at frontdesk@whmd.org or you may call us at 719-495-2009.

ALL CLASSES ARE FREE TO RESIDENTS! For non-residents, it is \$5 per class or \$35 for a 10 punch pass.

Strength and Conditioning	This class is designed to help shed that excess fat while building strength and endurance. This class includes circuit training, cardio exercise, body weight exercises and finishes with core training and stretching for a complete workout.
Zumba	Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training-alternating fast and slow rhythms to help improve cardiovascular fitness.
Pilates	Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.
Kickboxing	Kickboxing is a form of martial arts that involves punches and kicks at four contact points; the two hands and feet. Kickboxing is a good form of cardiovascular exercise and has been shown to improve participants' VO2 mx and decrease resting heart rate.
Yoga	Yoga combines physical exercises, mental meditation, and breathing techniques to strengthen the muscles and relieve stress.
Barbell Strength	Barbell exercises offer an overall workout because they each utilize multiple muscle groups. You'll strengthen your neuromuscular connection, which is considered to be responsible for major strength gains, and you'll be forced to incorporate balance and coordination.
HIIT	HIIT is a full-body workout. The class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. This class combines resistance training with plyometric moves to improve your strength and power.
Booty Build and Slim Waist	A workout that focuses on toning your glutes and your abs.