

Group Fitness Schedule

Monday 10/26	Tuesday 10/27	Wednesday 10/28	Thursday 10/29	Friday 10/30	Saturday 10/31
					8:30 Body Combat Joseph Lovato
11:30 GRIT Lindsay Crosby	11:30 Body Pump Katie	11:30 GRIT Katie	11:30 Body Pump Tamra		9:30 Body Pump Meg Borger
6PM Body Pump Tamra	6PM Body Combat Elena Torres	6PM Body Pump Cole Mierhoff	6PM Body Combat Joseph Lovato		

- Please sign up for classes at the front desk. You can also call gym at 720-249-4896, or email: info@denvergymandfitness
- Max. attendance is 8, to maintain social distancing. Face Masks are required in class.
- In consideration of other members, please clean your equipment after the class.
- Arrive a few minutes early to check in and get your equipment all set up.
- HAVE FUN