MAY VIRTUAL CLASSES

Get started on a healthier lifestyle.

**Monday**
- HIIT - 8am
- Fitness Club M/W . 9am
- SilverSneakers Classic M/W . 10:15am
- Tai Chi Yoga Fusion . 4pm
- Body Weight Boot Camp . 5:30pm
- Zumba . 6:35pm

**Tuesday**
- Total Body Fitness T/TH . 8:30am
- Light Yoga Tu/F . 8:45am
- SilverSneakers Classic T/TH . 9:45am
- Gental Yoga . 10:30am
- Chair Yoga T/TH . 11am
- Pop Pilates . 5:30pm
- Belly Dance Fitness . 6:30pm

**Wednesday**
- Hatha Yoga . 4pm
- Zumba Toning . 5:30pm
- Essentrics . 6pm

**Thursday**
- Therapeutic Tai Chi . 10am
- Fit Body Express . 5:45pm
- Barre Sculpt . 12:15pm

**Friday**
- Chair Yoga . 8:30am
- Mat Pilates . 9:45am

**Saturday**
- Pop Pilates . 8:05am
- Barre Sculpt . 9am
- Fitness Fusion . 9:10am
- Core Yoga . 9:15am

Register NOW!
Fees associated.
Premier Pass & WIP members benefits available.

Visit:
englewoodco.gov
for details.