AUGUST CLASSES

Live, Outdoor & Virtual Exercise (LOVE)

**Monday**
- Energize Yoga . 7am (V)
- Fitness Club M/W . 9am (V/L)
- SilverSneakers Classic M/W . 10:15am (V)
- Tai Chi Yoga Fusion . 4pm (V)
- Body Weight Boot Camp . 5:30pm (V/L)
- Belly Dance Fitness . 6pm (V)
- Zumba . 6:35pm (V/L)

**Tuesday**
- Total Body Fitness T/TH . 8:30am (V)
- Light Yoga Tu/F . 8:45am (V/L)
- SilverSneakers Classic T/TH . 9:45am (V)
- Gentle Yoga . 10:30am (V)
- Chair Yoga T/TH . 11am (V)
- Pop Pilates . 5:30pm (V/L)

**Wednesday**
- Walk For Fitness . 9am (O)
- Line Dance . 9am (O)
- Hatha Yoga . 4pm (V)
- Zumba Toning . 5:30pm (V/L)
- Indoor Cycling . 5:30pm (L)
- Essentrics . 6pm (V)
- Foundations Yoga . 6:45pm (L)

**Thursday**
- Therapeutic Tai Chi . 10am (O)
- Barre Sculpt . 12:15pm (O)
- Fit Body Express . 5:45pm (V/L)
- Indoor Cycling . 6:35pm (L)

**Friday**
- Chair Yoga . 8:30am (V)

**Saturday**
- Pop Pilates . 8:05am (V/L)
- Barre Sculpt . 9am (O)
- Fitness Fusion . 9:10am (V/L)
- Core Yoga . 9:15am (V/L)
- Parkinson’s, MS, & More . 10:45am (V)

**Exercise and more!**

Fees associated: Premier Pass & WIP (SilverSneakers, Renew Active) member benefits available.

Visit: englewoodco.gov for details.

Register NOW!