

# Grouper

Benefits With Friends

## Fitness Events

Click on the event to sign up!

### MONDAYS

- Cardio:** Total Body Fitness, 6:00am MST (8:00am EST)
- Tai Chi & Qigong:** Beg. Tai Chi, 7:00am MST (9:00am EST)
- Cardio:** Dance Fitness, 8:00am MST (10:00am EST)
- Yoga:** Beg. Yoga, 8:30am MST (10:30am EST)
- Strength:** Strength & Balance, 9:30am MST (11:30am EST)
- Tai Chi & Qigong:** Traditional Qigong, 10:30am MST (12:30pm EST)
- Yoga:** Standing Yoga Stretch, 11:30am MST (1:30pm EST)
- Seated Fitness:** Seated Strength, 1:00pm MST (3:00pm EST)
- Cardio:** Indoor Walk & Stretch, 2:00pm MST (4:00pm EST)
- Strength:** Full Body Strength, 3:00pm MST (5:00pm EST)
- Cardio:** Dance Fitness, 5:30pm MST (7:30pm EST)

### TUESDAYS

- Cardio:** Cardio & Strength, 5:30am MST (7:30am EST)
- Strength:** Stability Ball Strength, 7:00am MST (9:00am EST)
- Zumba Gold®:** Zumba Gold®, 8:00am MST (10:00am EST)
- Cardio:** Lo n' Sculpt, 9:00am MST (11:00am EST)
- Nutrition:** Let's Talk Nutrition!, 9:00am MST (11:00am EST)
- Strength:** Core on the Floor, 10:00am MST (12:00pm EST)
- Strength:** Gentle Strength & Balance, 11:00am MST (1:00pm EST)
- Yoga:** Gentle Vinyasa Flow, 12:00pm MST (2:00pm EST)
- Seated Fitness:** Zumba Gold® Chair, 1:00pm MST (3:00pm EST)
- Brain Boosters:** Brain Boosters Mind, 1:30pm MST (3:30pm EST)
- Drums Alive®:** Golden Beats, 2:00pm MST (4:00pm EST)
- Tai Chi & Qigong:** Beg. Tai Chi & Qigong, 5:00pm MST (7:00pm EST)
- Meditation:** Theta Healing Meditation, 6:00pm MST (8:00pm EST)

### WEDNESDAYS

- Strength:** Barre Fusion, 6:00am MST (8:00am EST)
- Cardio:** Cardio Kickbox, 7:00am MST (9:00am EST)
- Strength:** Adv. Strength Training, 7:00am MST (9:00am EST)
- Cardio:** Dance Fitness, 8:00am MST (10:00am EST)
- Yoga:** Foam Rolling Foundations, 8:30am MST (10:30am EST)
- Strength:** Strength & Balance, 9:30am MST (11:30am EST)
- Cardio:** Cardio HIIT, 10:30am MST (12:30pm EST)
- Line Dance:** Line Dance, 11:30am MST (1:30 PM EST)
- Seated Fitness:** Chair Yoga, 12:30pm MST (2:30pm EST)
- Cardio:** Indoor Walk & Stretch, 2:00pm MST (4:00pm EST)
- Strength:** Full Body Strength, 3:00pm MST (5:00pm EST)

### THURSDAYS

- Cardio:** Total Body Fitness, 6:00am MST (8:00am EST)
- Zumba Gold®:** Zumba Gold®, 8:00am MST (10:00am EST)
- Cardio:** Lo n' Sculpt, 9:00am MST (11:00am EST)
- Strength:** Core on the Floor, 10:00am MST (12:00pm EST)
- Strength:** Gentle Strength & Balance, 11:00am MST (1:00pm EST)
- Cardio:** Dance Fitness, 12:00pm MST (2:00pm EST)
- Seated Fitness:** Stretch, Rattle & Roll, 1:00pm MST (3:00pm EST)
- Tai Chi & Qigong:** Traditional Qigong, 5:00pm MST (7:00pm EST)

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## Fitness Events

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### FRIDAYS

**Strength:** Adv. Strength Training, 7:00am MST (9:00am EST)

**Cardio:** Dance Fitness, 8:00am MST (10:00am EST)

**Yoga:** Beg. Yoga on the Floor, 8:30am MST (10:30am EST)

**Cardio:** Cardio Kickbox, 9:30am MST (11:30am EST)

**Strength:** Strength & Balance, 10:30am MST (12:30pm EST)

**Yoga:** Standing Yoga Stretch, 11:30am MST (1:30pm EST)

**Seated Fitness:** Drums Alive®, 1:00pm MST (3:00pm EST)

### SATURDAYS

**Cardio:** Total Body Fitness, 6:00am MST (8:00am EST)

**Yoga:** Beg. Yoga, 7:00am MST (9:00am EST)

**Tai Chi & Qigong:** Traditional Qigong, 9:00am MST (11:00AM EST)

**Seated Fitness:** Chair Yoga, 10:00am MST (12:00pm EST)

### SUNDAYS

**Tai Chi & Qigong:** Joint Health Qigong, 8:00am MST (10:00am EST)

**Strength:** Barre Fusion, 9:00am MST (11:00am EST)

**Tai Chi & Qigong:** Beg. Tai Chi, 11:00am MST (1:00pm EST)