



CLASS SCHEDULE

Monday

7:00am - Power Mat Pilates 101
8:00am - Yoga 101
9:00am - Winter Conditioning**
9:30am - Spin*
6:00pm - Winter Conditioning*

Wednesday

8:00am - Yoga 101
9:00am - Winter Conditioning**
6:00pm - Winter Conditioning**

Friday

8:30am - Spin*
9:00am - Winter Conditioning**
6:00pm - Winter Conditioning**

Tuesday

6:30am - Spin*
9:00am - Women's Circuit
6:00pm - Yoga 101

Thursday

6:30am - Spin*
9:00am - Women's Circuit
6:00pm - Yoga 101

Saturday

9:00am - Winter Blast*

Call today to reserve your spot!

970-790-5090

www.minturnfitnesscenter.com