

KIM'S GYM SUMMER GROUP FITNESS SCHEDULE

OUTDOOR CLASSES

Monday 8am-8:45am – HIIT with Becki

9:15am-10am – Fit for Life with Kim

Noon-12:45pm – FXL45 with Kim

Tuesday 8am-8:45am – FXL45 with Kim

9:15-10am – Senior Circuit with Kim

Wednesday 7am-7:45am – Cardio Sculpt w/Amanda

8am-8:45am – Yoga with Ellen

9:15am-10am – Fit for Life with Kim

Noon-12:45pm – FXL45 with Kim

Thursday - 8am-8:45am – Tone Time with Kim

9:15am-10am – Senior Circuit with Kim

Friday – 8am-8:45am – Zumba with Mandy

Saturday – 8:30am-9:15am NEWCLASS!!!!

Slay Mace w/LaShay 6 PERSON MAXIMUM

**All classes are weather and wind permitting. If the weather looks bad or it is too windy please call Kim to see if the class is going to be held.

KIM SHAFFER 719-429-5983

**Wash hands before and after class

**Please sanitize all equipment you touch

**Please social distance

