

KIM'S GYM GROUP FITNESS SCHEDULE APRIL 26TH, 2021 TO OCTOBER 1ST, 2021

Monday – 9:00am-9:45am – Fit for Life with Kim

10:00am – 10:45am – All levels strength training with Kim

11:00am -11:45am TRX Interval

Noon - 12:45pm - FXL45 with Kim

Tuesday – 9:00am – 9:45am Senior Circuit with Kim

10:00am – 10:45am PWRMoves! with Leslie

Wednesday – 9:00am – 9:45am Fit for Life with Kim

10:00am – 10:45am – All Levels strength training with Kim

11:00am – 11:45am – Butts and Guts with Kim

Noon - 12:45pm – HIIT with Becki

Thursday - 8:00am – 8:45am – HIIT with Kim

9:00am – 9:45am Senior Circuit with Kim

11:00am – 11:45am – Mat Pilates/Yoga Fusion with LaShay

Noon – 12:45pm – HIIT with LaShay

****Wash hands before and after class**

****Please sanitize all equipment you touch**

****Please social distance**

Call Kim at 719 429 5983 with questions or comments.