

# Strata Fit GroupEx Schedule

## NOVEMBER 2022

HOURS OF OPERATION: 5 AM - 10 PM DAILY

GARDEN OF THE GODS

RESORT • WELLNESS • CLUB

strata

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	 <b>6:15 AM CYCLE &amp; STRENGTH</b> Bev		 <b>SPIN</b> Flip		 <b>PUSH, PULL &amp; PEDAL (30 MIN)</b> Ty		
8:00 AM	 <b>STRENGTH</b> Ellen	 <b>20/20</b> Debra	 <b>PILATES</b> Debra	 <b>ONE MORE REP</b> Carissa	 <b>DECADES BOOTCAMP</b> Flip	 <b>★ HIITN' TO THE CLASSICS</b> Ashley	
9:00 AM	 <b>GENTLE STRETCH &amp; BALANCE</b> Ellen	 <b>NIA</b> Jane	 <b>BARRE</b> Debra	 <b>NIA</b> Jane	 <b>GENTLE STRETCH &amp; BALANCE</b> Ashley	 <b>INDOOR CYCLING</b> Rodney	 <b>YOGA</b> Ellen
10:00 AM	 <b>QIGONG</b> Rodney	 <b>VINYASA YOGA</b> Mikaila/Sophia	 <b>PUSH, PULL &amp; PEDAL</b> Ty	 <b>MOVING TO THRIVE</b> Jane	 <b>PILATES/ CORE</b> Bev	 <b>SIDDHA YOGA</b> Rodney	
11:00 AM		 <b>GOLDEN TENNIES</b> Bev	 <b>DYNAMIC FLEXIBILITY &amp; BALANCE DRILLS</b> Ty	 <b>VINYASA YOGA</b> Mikaila/Sophia		 <b>LET'S HIIT IT</b> Ashley	
5:00 PM	 <b>RAISE THE BAR</b> Ty	 <b>YIN YOGA</b> Flip	 <b>TRX</b> Carissa	 <b>CORE LIKE NEVER BEFORE</b> Ty (30 MIN)  <b>6:00 PM ★ QIGONG/ MEDITATION</b> Rodney (60 MIN)	 <b>FRI-YAY CIRCUIT</b> Carissa		

All GroupEx Fitness Classes are 45 minutes unless otherwise noted. Class will be cancelled if there are no participants 10 minutes after the start of the class. To access Strata Fit virtually via Zoom, please [click here](#).

**Please contact Strata Fit to schedule Personal Training Sessions, Private Group Classes, or Private Reformer Training.**

Strata Fit at Garden of the Gods Resort and Club | Direct: 719.329.4009 | Email: [fitness@gardenofthegodsresort.com](mailto:fitness@gardenofthegodsresort.com)