



SilverSneakers Fitness Schedule Broomfield



	Monday	Tuesday	Wednesday	Thursday	Friday
Broomfield Community Center	Lakeshore	Lakeshore	Lakeshore	Lakeshore	Lakeshore
8:30AM		 Karen: Cardio Circuit		 Sandra: Cardio Circuit	
9:00AM	Gentle Yoga Kimm		Gentle Yoga Kimm		Gentle Yoga Julie
10:20AM	 Tracy: MSROM		 Tracy: MSROM		 Julie: MSROM
2:00PM	 MSROM		 Sandra: MSROM		
6:00PM		Gentle Yoga (90 min) Heidi		Gentle Yoga (90 min) Heidi	
Paul Derda Rec Center			Studio B		
7:00AM			 Jon: Cardio Circuit		
					Studio B
8:10AM	 Jaala: Cardio Circuit				
			Studio A		Studio B
9:00AM	 Rhonda: Cardio Circuit		 Cindy: Cardio Circuit		 Cindy: Cardio Circuit
		Studio B		Studio B	
10:15AM		 Cindy: MSROM		 Karen: MSROM	
		Studio A		Studio A	
11:10AM		Gentle Seated Yoga Kimm		Gentle Seated Yoga Rachel	
			Studio A		
1:00PM			Thai Chi Elizabeth		