

STEAMBOAT FIT



Open Gym Hours
Monday - Friday
8:00a - 1:00p

385 Anglers Dr. Suite D | Sundance Plaza

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

BEAST

6:00a - 7:00a

BEAST

6:00a - 7:00a

BEAST

6:00a - 7:00a

Zumba

9:30a - 10:30a

BURN

8:30a - 9:30a

BUILD

8:30a - 9:30a

BURN

8:30a - 9:30a

BUILD

8:30a - 9:30a

BURN

8:30a - 9:30a

Sunday

Full Body Strength

8:30a - 9:30a

Dirty30 + Tabata

8:30a - 9:30a

Full Body Strength

8:30a - 9:30a

Dirty30 + Butts/Gut

8:30a - 9:30a

Steamboat Fit Barre

8:30a - 9:30a

BURN

9:00a - 10:00a

Zumba

9:30a - 10:30a

Mat Pilates

9:45a - 10:45a

Zumba

9:30a - 10:30a

Mat Pilates

9:45a - 10:45a

Zumba

9:30a - 10:30a

Functional Core

10:30a - 11:30a

Functional Core

10:30a - 11:30a

Mat Pilates

9:45a - 10:45a

Functional Circuit

10:30a - 11:30a

Circuit Training

11:30a - 12:30p

Row + Reps

11:30a - 12:30p

Circuit Training

11:30a - 12:30p

Row + Reps

11:30a - 12:30p

Barre Fusion

12:15p - 1:15p

Barre Fusion

12:15p - 1:15p

Row & Reps

4:30p - 5:30p

Dirty30 + Tabata

4:30p - 5:30p

BURN

4:30p - 5:30p

Dirty30 + Tabata

4:30p - 5:30p

Download the
Steamboat Fit
App today!



Steamboat Fit Barre

5:30p - 6:30p

INFO@STEAMBOATFIT.COM | 970.283.7851 | WWW.STEAMBOATFIT.COM

STEAMBOAT FIT *West*

1901 Curve Plaza | Steamboat Basecamp

Open Gym Hours

Monday - Friday

6:00a - 8:00p

Sat/Sun

8:00a - 4:00p

Monday Tuesday Wednesday Thursday Friday Saturday

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|--|---|--|---|--|---------------|
| | Circuit Training <i>5:45a - 6:30a</i> | | Circuit Training <i>5:45a - 6:30a</i> | | |
| Strength <i>8:30a - 9:30a</i> | | Circuit Training <i>8:30a - 9:30a</i> | | Strength <i>8:30a - 9:30a</i> | |
| Strength <i>12:00p - 1:00p</i> | Burn <i>12:00p - 1:00p</i> | Circuit Training <i>12:00p - 1:00p</i> | Burn <i>12:00p - 1:00p</i> | Strength <i>12:00p - 1:00p</i> | Sunday |
| BURN <i>4:30p - 5:30p</i> | | BURN <i>4:30p - 5:30p</i> | | | |

Reformer Pilates Classes *More Classes Coming Soon!*

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|---|---|---|--|---|
| | Jumpboard <i>9:00a - 10:00a</i> | | Reformer <i>9:00a - 10:00a</i> | |
| Reformer <i>11:00p - 12:00p</i> | | Reformer <i>11:00p - 12:00p</i> | | Reformer <i>11:00p - 12:00p</i> |
| | | Reformer <i>4:30p - 5:30p</i> | | |