

# STEAMBOAT FIT

385 Anglers Dr. Suite D | Sundance Plaza



**Open Gym Hours**

Monday - Friday

8:00a - 1:00p

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Strength**  
6:00a - 7:00a

**Strength**  
6:00a - 7:00a

**Strength**  
6:00a - 7:00a

**Zumba**  
9:30a - 10:30a

**Full Body Strength**  
8:30a - 9:30a

**BUILD**  
8:30a - 9:30a

**Full Body Strength**  
8:30a - 9:30a

**BUILD**  
8:30a - 9:30a

**Steamboat Fit Barre**  
8:30a - 9:30a

**Sunday**

**BURN**  
8:30a - 9:30a

**Dirty30 + Butts/Gut**  
8:30a - 9:30a

**BURN**  
8:30a - 9:30a

**Dirty30 + Butts/Gut**  
8:30a - 9:30a

**BURN**  
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 Circuit**  
10:30a - 11:30a

**Circuit Training**  
11:30a - 12:30p

**Row + Reps**  
11:30a - 12:30p

**Barre Fusion**  
11:30a - 12:30p

**Row + Reps**  
11:30a - 12:30p

**Movement + Mobility**  
12:45p - 1:45p

**BURN**  
4:30p - 5:30p

**Row + Reps**  
4:30p - 5:30p

**BURN**  
4:30p - 5:30p

**Row + Reps**  
4:30p - 5:30p

**Steamboat Fit Barre**  
5:30p - 6:30p

Download the  
Steamboat Fit  
App today!



# STEAMBOAT FIT *West*

1901 Curve Plaza | Steamboat Basecamp

## Open Gym Hours

Monday - Friday

6:00a - 7:00p

Sat/Sun

8:00a - 3:00p

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**BURN**

6:00a - 7:00a

**BURN**

6:00a - 7:00a

**Strength**

8:30a - 9:30a

**Strength**

8:30a - 9:30a

**Strength**

12:00p - 1:00p

**BURN**

12:00p - 1:00p

**Strength**

12:00p - 1:00p

**BURN**

12:00p - 1:00p

**Strength**

12:00p - 1:00p

## Reformer Pilates Classes

**Reformer**

8:30a - 9:30a

**Reformer**

9:00a - 10:00a

**Reformer**

8:30a - 9:30a

**Reformer**

9:00a - 10:00a

**Reformer**

9:30a - 10:30a

**Reformer**

11:00p - 12:00p

**Reformer**

11:00p - 12:00p

**Reformer**

11:00p - 12:00p

**Reformer**

10:30a - 11:30a

**Reformer**

12:15p - 1:15p

**Reformer**

12:00p - 1:00p

**Reformer**

12:15p - 1:15p

**Reformer**

4:30p - 5:30p

**Reformer**

4:30p - 5:30p

**Reformer**

5:30-6:30p

\*Reformer Pilates is offered  
exclusively at Steamboat Fit West.