

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

7:15a - 8:15a

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

Row + Reps

11:30a - 12:30p

BURN

4:30p - 5:30p

Movement + Mobility

12:45p - 1:45p

BURN

4:30p - 5:30p

Barre Fusion

12:15p - 1:15p

Breath to Movement Yoga

4:30p - 5:30p

20/20/20

4:30p - 5:30p

Breath to Movement Yoga

4:30p - 5:30p

Dirty30 + Tabata

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

Strength

8:30a - 9:30a

Strength

12:00p - 1:00p

Burn

12:00p - 1:00p

BUILD

4:30 - 5:30p

Strength

12:00p - 1:00p

Circuit Training

12:00p - 1:00p

BUILD

4:30p - 5:30p

Strength

8:30a - 9:30a

Strength

12:00p - 1:00p

Sunday

Reformer Pilates Classes

Reformer

8:30a - 9:30a

Reformer

8:30a - 9:30a

Reformer

9:00a - 10:00a

Reformer

11:00p - 12:00p

Reformer

11:00p - 12:00p

Reformer

11:00p - 12:00p

Reformer

10:00a - 11:00a

Reformer

12:00p - 1:00p

Reformer

12:00p - 1:00p

Reformer

12:00p - 1:00p

Reformer

4:30p - 5:30p

Reformer

4:30p - 5:30p