

The RED Zone

Fitness and Performance



Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:30	SG CC	Afterburn	Foundations	Afterburn	SG CC	7:00 8:00 9:00 10:00	Closed	Open
6:30	Foundations	SG CC	Small Group	SG CC	Express Row			
7:30	Small Group	Small Group	Small Group	Closed	Closed		Afterburn	
8:30	SG SG	Express Row	RZ Express Row	SG SG	Small Group		FD RZER	
9:30	Afterburn	Foundations	AB SG	SG FD	AB SG		Small Group	
10:30	SG CC	SG SG	Small Group	Express Row	SG FD			
11:30	Foundations	CC	Small Group	Closed	CC			
12:30	Open	Closed	Open	Open	Open			
1:30								
2:30								
3:30	Closed		Closed	Closed				
4:30	Foundations	Afterburn	Foundations	Afterburn				
5:30	SG CC	Express Row	Afterburn	SG CC				
6:30	Afterburn	Foundations	SG CC	Foundations				

SG	SG- Small Group
FD	FD- Foundations
AB	AB- Afterburn
CC	CC- Colorado Competitor
RZER	RZER- Red Zone Express Row

RED Zone Membership Information: FREE assessment needed for correct placement in program. For more information or to sign up for your assessment, please leave name, phone number, or email address with Program Director Josh Hemann at 303-979-7772 extension 137. Must be 16 years of age to exercise in the RED Zone. Revised 8/14/17

