

FITNESS

DAILY DRILLS (EVERYDAY)

Friday – Monday | 9:00 – 10:00 a.m. | Tennis Courts

The Daily Drill (3.0 & Above) 9:00 - 10:00 am

Davis Cup Drill (3.5 & Above) 10:00-11:00 am

Price: \$40 pp, per hour of tennis (4:1 ratio)

\$25 pp, per hour of pickleball

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TAI CHI FIT

Friday | 11:00 a.m. – Noon | Fitness Center

Learn and practice a variety of fluid motions that are designed to calm, strengthen and focus your mind and body. (Low – Moderate Level)

Price: \$20 per person

Please note that space is limited. You can reserve your spot an hour before class begins.

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EARLY BIRD AQUA FIT

Saturday | 7:00 – 8:00 a.m. | Fitness Center

Total body workout in the pool. Includes cardio, resistance, and stretching exercises in the shallow and/or the deep end of the pool. (Low – Moderate Level)

Price: \$20 per person

Please note that space is limited. You can reserve your spot an hour before class begins.

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PICKLEBALL CLINIC

Sunday | 10:00 – 11:00 a.m. | Tennis Courts

Pickleball Clinic (short clinic, followed by round robin play). Beginners and intermediate players are welcome!

To reserve your spot please call or email Karen Schott (kschott@broadmoor.com, (719)471-6174).

Cost per player, including paddle & balls: \$35.00

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TENNIS & PICKLEBALL ROUND ROBIN

Sunday | 9:00 – 11:00 a.m. | Tennis Courts

Rated as one of the Top 20 tennis resorts in the country by Tennis Magazine for the past 20 years, The Broadmoor Tennis Club is a legendary destination for players of all skill levels. Price includes racket or paddle and balls.

Price: \$20 + Per Participant

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YOGA STRETCH

Monday | 6:00 – 7:00 a.m. | Fitness Center

Focuses on more supine, passive, supported yoga postures to enhance flexibility and release of body tensions. May use straps, balls, and rollers.

Price: \$20 per person

Please note that space is limited. You can reserve your spot an hour before class begins

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CANYON HIKES

Monday | 7:00 – 8:30 a.m. | West Lobby

Leaving from the Historical Broadmoor Hotel, you will navigate the picturesque mountain surroundings on a 1-2 hour moderately rated hike amongst some of the grandest scenery Colorado has to offer.

Price: Complimentary

Please note that space is limited.

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TRX TRAINING

Tuesday | 6:00 – 7:00 a.m. | Fitness Center

Explore the amazing, iconic Garden of the Gods park. The Park offers towering sandstone formations, a wonderful view of Pikes Peak, both paved and unpaved hiking paths, horseback trails, a mountain bike area, and several picnic areas. Our guides will take the group on a 3-4 mile, easy/intermediate loop around the Garden. 3 hours in length.

\$130 + 20% service charge

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