





GROUP FITNESS SCHEDULE - CARBON VALLEY RECREATION CENTER

FITNESS STUDIO

All classes require a number card. Please pick up your card from Guest Services. Classes are subject to change or be cancelled without notice. Check our website at www.cvprd.com for class cancellations. Sign up at Guest Services to receive SMS messaging.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Daytime Classes 5:35 am- 12:45 pm	Cycle To Strength 5:35-6:35 am Jenn	LES MILLS BODYPUMP 5:35-6:35 am Jon	Indoor Cycle 5:35-6:35 am Cathy	Boot Camp (Gym) 5:35-6:35 am Cindy	Cycle To Strength 5:35-6:35 am Gem	HIIT Cycle 7:35-8:05 am Gem	YOUTH 13-14 MUST HAVE INSTRUCTOR AND FITNESS COORDINATOR APPROVAL PRIOR TO ATTENDING CLASSES. MUST BE 15 TO ATTEND ALL LES MILLS CLASSES.	
	LES MILLS BODYPUMP 9:15-10:00 am Suzi	Step Intervals 9:15-10:15 am Sheri	 POUND ROCKOUT. WORKOUT. 9:15-10:00 am Kacy	Power Circuit (Gym, Fitness Studio or Outdoor area) 9:15-10:15 am Janine	HIIT the Step 9:00-9:30 am Sheri	LES MILLS BODYPUMP 8:20-9:20 am Jon		
		Barre 10:30-11:15 am Chelsea	 ZUMBA 10:30-11:30 am Theresa		LES MILLS CORE 9:45-10:15 am Suzi or Tina	All Levels Yoga Vinyasa 9:35-10:35 am Jenn		Yin Yoga 10:05-11:05 am Jenn
	 ZUMBA 11:45 am-12:45 pm Theresa	HIIT Weights to Core 12:00 -12:45 pm Melissa	Cycle To The CORE™ 12:00-12:45 pm Suzi	LES MILLS BODYPUMP 12:00-12:45 pm Suzi				
Evening Classes 4 pm-8 pm	30 Min HIIT Cycle 4:00-4:30 pm Suzi 4:45-5:15 pm Kacy 	Barbell Strength 4:45-5:30 pm Cindy	Interval Cycle 4:30-5:15 pm Sheri	Buti Yoga 4:45-5:30 pm Amelia				
	Align n Flow Vinyasa 5:30-6:30 pm Evanne	Interval Cycle 5:45-6:30 pm Jenn	Barbell Strength 5:30-6:30 pm Sheri	 HIGH fitness 5:45-6:30 pm Whitney				
	SHRED 6:45-7:30 pm Kacy	Power Yoga 6:45-7:45 pm Theresa	Barre Core 6:45-7:30 pm Melissa	 ZUMBA 7:00-8:00 pm Ruth				

Group Exercise Classes are included for pass holders and with drop in admission

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AQUA FITNESS

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Water shoes are recommended for all River Classes.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daytime Classes 7:00-10:30 am	River Circuit 8:00-9:00 am Katy	River Strength 7:00 - 8:00 am Ginger	Aqua Tone 8:00-9:00 am Aleta	River Strength 7:00 - 8:00 am Cindy	River Circuit 8:00-9:00 am Elysia	Boga Yoga 7:40-8:25 am Instructor Rotation
	Deep Water Aqua Tone 9:15-10:00 am Katy	Deep Water Aqua Tone 8:15-9:15 am Laura	River Strength 9:15 - 10:00 am Aleta	Deep Water Aqua Tone 8:15-9:15 am Laura	Water Barre' 9:15-10:00 am Elysia	Aqua Tone 8:45-9:45 am Instructor Rotation
		Aqua Tabata 9:30 - 10:30 am Jackie		Aqua Tabata 9:30 - 10:30 am Jackie		
Evening Classes 5:30-6:30 pm			Aqua Tone 5:30-6:30 pm Ginger			

Carbon Valley Community Center - 151 Grant Avenue, Firestone, CO 80520

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
Check in at Community Center front desk to obtain class participation card for all fitness classes	All Levels Yoga Vinyasa 7:45-8:45 am Theresa		All Levels Yoga Vinyasa 7:45-8:45 am Dot		All Levels Yoga Vinyasa 7:45-8:45 am Jenn		
	Gentle Yoga 9:00-10:00 am Theresa		Gentle Yoga 9:00-10:00 am Jenn				
	 Classic 10:30-11:30 am Sheri	BALANCE & BEYOND 10:30-11:15 am Sheri	 Circuit 10:15-11:15 am Suzi	 ZUMBA 10:15-11:15 am Maria	 Circuit 10:30-11:30 am Sheri		
	 Chair Yoga Karen 1:00-1:45 pm	TAI CHI 1:30-2:30 pm Robb	TAI CHI BEGINNERS 11:30-12:30 pm Robb	TAI CHI 1:30-2:30 pm Robb	 ZUMBA 11:45 am-12:45 pm Maria		
			 Classic 2:00-3:00 pm Theresa				

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Schedule Updated: 4.30.2024