






















2021 GROUP FITNESS SCHEDULE - CARBON VALLEY RECREATION CENTER

GYMNASIUM

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|-------------------------------------|---|---|---|--|--|--|---|--|
| Daytime Classes 5:35 am-12:45 pm | Indoor Cycle 5:35-6:35 am Cathy |  5:35-6:20 am Jon | Indoor Cycle 5:35-6:35 am Cindy | Boot Camp 5:35-6:35 am Cindy | Indoor Cycle 5:35-6:35 am Cindy | Interval Cycle 7:40-8:10 am Cindy | CHILDREN 13-14 MUST HAVE INSTRUCTOR AND FITNESS COORDINATOR APPROVAL PRIOR TO ATTENDING CLASSES. MUST BE 15 TO ATTEND ALL LES MILLS CLASSES. | |
| |  9:15-10:00 am Janine |  9:15-9:45 am Jen |  9:15-10:00 am Janine | Power Circuit 9:15-10:15 am Janine |  GRIT: 9:00-9:30 am Ali CORE: 9:45-10:15 am Suzi |  8:30-9:30 am Janine or Jon | | |
| |  Classic *In-person or Virtual 10:30-11:15 am Karen *see back of schedule for virtual login |  10:30 am-11:30 pm Maria |  Circuit 10:30-11:30 am Suzi |  Boom Move 10:30-11:15 am Karen |  Classic *In-person or Virtual 10:30-11:15 am Karen *see back of schedule for virtual login | | | |
| | |  12:00 - 12:45 pm Suzi | |  12:00-12:45 pm Suzi | | | | |
| Evening Classes 4:00-7:30 pm | 30 min HIIT Cycle 4:00-4:30 pm Suzi |  4:30-5:15 pm Janine | 30 min HIIT Cycle 4:00-4:30 pm Suzi |  4:30-5:15 pm Janine | | | | |
| | Interval Cycle 5:30 pm-6:00 pm Cindy |  5:30-6:00 pm Janine | 30 min HIIT Cycle 5:30 pm-6:00 pm Cathy |  5:30-6:00 pm Jen | | | | |
| |  6:15-7:00 pm Ali |  6:15-7:00 pm Cindy |  6:15-7:00 pm Ali |  6:45-7:30 pm Ruth | | | | |

MIND/BODY STUDIO

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------------------------|--|---|---|---|--|--|--------|
| Daytime Classes 5:35 am-12:30 pm | All Levels Yoga Vinyasa 8:00-9:00 am Nadia | All Levels Yoga Vinyasa 8:00-9:00 am Sub | All Levels Yoga Vinyasa 8:00-9:00 am Dot | All Levels Yoga Vinyasa 8:00-9:00 am Sub | All Levels Yoga Vinyasa 8:00-9:00 am Nadia | Align n Flow Hatha 8:30-9:30 am Nadia | |
| | Gentle Yoga 10:15-11:15 am Nadia | 9:15-11:00 am Legacy School of Dance \$\$  | Gentle Yoga 10:15-11:15 am Dot | | Gentle Yoga 10:15-11:15 am Nadia | | |
| |  Yoga 11:30 am-12:30 pm Nadia *In-person or Virtual *see back of schedule for virtual login information | |  Boom Mind 11:30 am-12:15 pm Karen *In-person or Virtual *see back of schedule for virtual login information |  Yoga 11:30 am-12:30 pm Karen *In-person or Virtual *see back of schedule for virtual login information | | | |
| Evening Classes 4-8:30 pm | | 4:00-8:30 pm Legacy School of Dance \$\$  | 4:00-5:30 pm Legacy School of Dance \$\$  | 4:00-8:00 pm Legacy School of Dance \$\$  | 4:00-6:15 pm Legacy School of Dance \$\$  | | |
| | Align n Flow Vinyasa 6:15-7:15 pm Evanne |  | Align n Flow Vinyasa 6:15-7:15 pm Evanne |  |  | Please contact Guest Services at 303-833-3660 with questions regarding Dance or Karate programming | |

2021 GROUP FITNESS SCHEDULE - CARBON VALLEY RECREATION CENTER

AQUA FITNESS

All classes require a number card. Please pick up your card from a Guest Services Representative.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------------------|--|---|--|---|--|--|--------|
| Daytime Classes 6 am-10:15 am | | River Circuit 6:00 am- 7:00am Tracy | | River Circuit 6:00 am- 7:00am Tracy | | | |
| | Aqua Tone 8:00-9:00 am Katy | Aqua Power 8:00-9:00 am Debbie | Aqua Power 8:00-9:00 am Debbie | Aqua Power 8:00-9:00 am Debbie | Aqua Power 8:00-9:00 am Tracy - sub | Aqua Boot Camp 8:30-9:30 am Cindy | |
| | | Deep Water Advanced 9:15-10:15 am Debbie | Deep Water Beginners 9:15-10:00 am Debbie | Deep Water Advanced 9:15-10:15 am Debbie | Deep Water Beginners 9:15-10:00 am Debbie | | |
| Evening Classes 7:15 - 8 pm | | Aqua Zumba® 7:15-8:00 pm Cindy | | | | | |

The Studio

8350 County Line Rd. 13 (Colorado Blvd) Ste 170, Firestone, CO 80504

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------------|--------|--|-----------|---|--------|--|--------|
| Daytime Classes 11:30 am-12:30 pm | | TAI CHI 11:30 am-12:30 pm Robb | | TAI CHI 11:30 am-12:30 pm Robb | | The Studio located at 8350 County Line Rd. 13, STE 180 Firestone, CO 80504 | |
| Evening Classes 4 - 8:15 pm | | 4-6:45 pm Legacy School of Dance \$\$  | | 4-6:45 pm Legacy School of Dance \$\$  | | Please contact Guest Services at 303-833-3660 with questions regarding Dance programming | |
| | | All Levels Yoga 7:15-8:15 pm Evanne | | All Levels Yoga 7:15-8:15 pm Evanne | | CHILDREN 13-14 MUST HAVE INSTRUCTOR AND FITNESS COORDINATOR APPROVAL PRIOR TO ATTENDING CLASSES. MUST BE 15 TO ATTEND ALL LES MILLS CLASSES | |

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

CVPRD SilverSneakers Classic Fitness Class @ 10:30 am

Join Zoom Meeting
Meeting ID: 873 9875 1485
Passcode: Classic

CVPRD SilverSneakers Yoga Fitness Class @11:30 am

Join Zoom Meeting
Meeting ID: 829 4782 6361
Passcode: YOGA

CVPRD SilverSneakers BOOM MIND Class @ 11:30

Join Zoom Meeting
Meeting ID: 819 5710 6268
Passcode: MIND

Schedule Updated: 7.29.2021