


























2022 GROUP FITNESS SCHEDULE - CARBON VALLEY RECREATION CENTER

FITNESS STUDIO

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.cvord.com for class cancellations.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Daytime Classes 5:35 am-12:45 pm	Cycle To Strength 5:35-6:35 am Cindy	 LES MILLS BODYPUMP 5:35-6:20 am Jon	Indoor Cycle 5:35-6:35 am Cindy	Boot Camp (Gym) 5:35-6:35 am Cindy	Indoor Cycle Cancelled June - August Will resume Sept 2	Interval Cycle 7:35-8:05 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.	
	 LES MILLS BODYPUMP 9:15-10:00 am Suzi	Step Intervals 9:15-10:15 am Sheri	 LES MILLS BODYCOMBAT 9:15-10:00 am Kacy	Power Circuit (Gym or Outdoor area) 9:15-10:15 am Janine	Step HIIT 9:00-9:30 am Sheri 9:45-10:15 am Suzi  CORE	 LES MILLS BODYPUMP 8:20-9:20 am Jon		
	 Classic 10:30-11:30 am Janine	 ZUMBA gold 10:30 am-11:30 pm Maria	 Circuit 10:30-11:30 am Suzi	 Boom Move 10:30 am-11:30 pm Karen	 Circuit 10:30-11:30 am Sheri			
		 LES MILLS BODYPUMP CORE Fusion 12:00 - 12:45 pm Suzi	Cycle To The CORE™ 12:00-12:45 pm Suzi	 LES MILLS BODYPUMP 12:00-12:45 pm Suzi				
Evening Classes 4:00-7:45 pm	30 Min HIIT Cycle 4:00-4:30 pm Suzi Step HIIT 4:45-5:15 pm Sheri	 LES MILLS BODYPUMP 5:00-5:45 pm Christina	30 Min HIIT Cycle 4:00-4:30 pm Sheri Step HIIT 4:45-5:15 pm Sheri	Les Mills BLAST!  LES MILLS BODYPUMP 5:00-5:45 pm Jeff  GRIT CARDIO 5:50-6:20 pm Christina  CORE 6:25-6:55 pm Jeff				
	Interval Cycle 5:30 pm-6:00 pm Robin	 LES MILLS GRIT ATHLETIC 6:00-6:30 pm Christina	30 min HIIT Cycle 5:30 pm-6:00 pm Kacy	 LES MILLS BODYPUMP 6:15-7:15 pm Jeff	 ZUMBA 7:00-7:45 pm Ruth			
	Power Hour 6:15-7:15 pm Kacy	 ZUMBA 6:45-7:30 pm Cindy	 LES MILLS BODYPUMP 6:15-7:15 pm Jeff	 ZUMBA 7:00-7:45 pm Ruth				

MIND/BODY STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Daytime Classes 5:35 am-12:30 pm	All Levels Yoga Vinyasa Cancelled until further notice		All Levels Yoga Vinyasa 8:00-9:00 am Dot		All Levels Yoga Vinyasa 8:00-9:00 am Evanne	Align n Flow Hatha 8:30-9:30 am Karen	
	Gentle Yoga 9:15-10:15 am Nadia	9:15-11:00 am Legacy School of Dance \$\$ 	Gentle Yoga 9:15-10:15 am Dot		Gentle Yoga 9:15-10:15 am Evanne		
	 Yoga 11:45 am-12:30 pm Karen				 Yoga 11:45 am-12:30 pm Karen		
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 5:15-6:15 pm Evanne	4:00-8:30 pm Legacy School of Dance \$\$ 			4:00-6:15 pm Legacy School of Dance \$\$ 	Please contact Guest Services at 303-833-3660 with questions regarding Dance or Karate programming	

Schedule Updated: 6.15.22

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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 8:00-10:15 am	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 Debbie	BogaFit 8:15-9:00 am Cindy	
	BogaFit 9:15-10:00 am Katy	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	Aqua Zumba 9:15-10:00 am Cindy	
Evening Classes 5:30-6:15 pm		BogaFit 5:30-6:15 pm Cindy					

Senior Center

6615 Frederick Way, Frederick, CO 80530

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Daytime Classes 10:30 am-11:30 pm		Balance & Beyond 10:45-11:30 am Sheri	TAI CHI 10:30 am-11:30 pm Robb				

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 - 9:30 pm						Please contact Guest Services at 303-833-3660 with questions regarding Dance programming	
	4-9:30 pm Legacy School of Dance \$\$ 	4-6:45 pm Legacy School of Dance \$\$ 		4-6:45 pm Legacy School of Dance \$\$ 		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.

Schedule Updated: 6.15.22