CARBON VALLEY PARKS & RECREATION DISTRICT

Visit **cvprd.com/fitness-wellness** for class updates and descriptions

Please check in with Guest Services to pick up your participation number card and sign up for SMS text alerts

Fitness Classes At The Rec Center

701 5th Street, Frederick CO 80530

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daytime Classes 5:35 am - 1 pm	Cycle to Core Strength 5:35-6:35 am Jenn	*LesMills* **BODYPUMP** 5:35-6:35 am Jon	Cycle to Strength 5:35-6:35 am Jessie	*LesMills* **BODYPUMP HEAVY** 5:35-6:35 am Cathy	Cycle to Yoga Strength 5:35-6:35 am Jenn	HIIT Cycle **7:35-8:05 am** **Jessie**
	LesMills **BODYPUMP HEAVY** 9:15-10:15 am Whitney	Step & Strength 9:15-10:15 am Sammy	*LesMills* **BODYPUMP** 9:15-10:15 am Whitney	HIGH **FITNESS** 9:15-10:15 am Whitney	HIIT the Step 9-9:30 am Sammy *LesMills* **Core** 9:40-10:10 am Sammy/Tina	*LesMills* **BODYPUMP** 8:20-9:20 am Instructor Rotation
	Zumba 10:30-11:30 am Theresa		Zumba 10:30-11:30 am Theresa	Zumba + Lift 10:30-11:30 am Theresa	Zumba 10:30-11:30 am Anne	All Levels Yoga 9:35-10:35 am Jenn
	HIGH **FITNESS** 12-1 pm Michelle	HIIT Weights to Core 12-12:45 pm Anastasia	Cycle to Bodypump HEAVY 12-1 pm Suzi	*LesMills* **BODYPUMP** 12-12:45 pm *BP Heavy* *2nd & 4th Thursday of each month* Suzi		
Evening Classes 4:30 - 8:00 pm	HIIT Cycle 5:15-5:45 pm Cathy	*LesMills* **BODYPUMP** 4:30-5:30 pm Trish		*LesMills* **tone** 5:15-5:45 pm Sammy		
	LesMills **BODYPUMP HEAVY** 6-6:45 pm Cathy	Interval Cycle 5:45-6:30 pm Jenn	Strength 360 6-6:45 pm Jenn	*LesMills* **BODYPUMP** 6-6:45 pm *BP Heavy* *2nd & 4th Thursday of each month* Sammy		
	Zumba 7-8 pm Melissa	All Levels Yoga 6:45-7:45 pm Jenn	Gentle to Restore Yoga 7-8 pm Jenn	Zumba 7-8 pm Ruth		

Updated 11.12.26

Aqua Fitness Classes at the Rec Center

701 5th Street, Frederick CO 80530

Water shoes are recommended for all river classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daytime Classes 7:00-10:30 am	**River Circuit** 8-9 am Katy	**River Strength** 7-8 am Ginger	**Aqua Tone** 8-9 am Aleta	**River Strength** 7-8 am Ginger	**River Circuit** 7:45-8:30 am Jackie	**Boga Yoga** 7:40-8:25 Jenn
	Deep Water Aqua Tone 9:15-10 am Katy	**Deep Water Aqua Tone** 8:15-9:15 am Laura	**River Strength** 9:15-10 am Aleta	**Deep Water Aqua Tone** 8:15-9:15 am Laura	**Aqua Tabata - Activity Pool** 9-10 am Ginger	**Aqua Tone** 8:45-9:45 am Ginger/Laura
		Aqua Tabata 9:30-10:30 am Jackie		**Aqua Tabata** 9:30-10:30 am Jackie		
Evening Classes 5:30-6:30 pm	**Aqua Tabata** 5:30-6:30 pm Jenn		**Aqua Tabata** 5:30-6:30 pm Rhonda			

Fitness Classes At The Community Center

151 Grant Avenue, Firestone CO 80520

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Check in at Front Desk is required	**All Levels Yoga Vinyasa** 7:45-8:45 am Theresa	**Zumba Gold** 8:30-9:15 am Theresa	**All Levels Yoga Vinyasa** 7:45-8:45 am Theresa		**All Levels Yoga Vinyasa** 7:45-8:45 am Anastasia	
	Gentle Yoga 9-10 am Anastasia	**Balance & Beyond** 9:30-10:15 am Theresa	**Gentle Yoga** 9-10 am Theresa	**SilverSneakers® Chair Yoga** 9-10 am Theresa	**Tabata Balance & Strength** 9-10 am Jackie	
	SilverSneakers® Classic 10:30-11:30 am Anastasia 11:45 am-12:45 pm Theresa	**Balance & Beyond** 10:30-11:15 am Anastasia	**SilverSneakers® Circuit** 10:15-11:15 am Suzi	**Zumba Gold** 10:15-11:15 am Maria	**SilverSneakers® Circuit** 10:30-11:30 am Suzi	
	SilverSneakers® Chair Yoga 1:15-2:15 pm Jenn	**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		

Please check in with Guest Services to pick up your participation number card and to sign up for SMS text alerts.

All classes are first come, first served and require a number card from the front desk. Classes are included with all memberships and drop-in admission. Classes are subject to change or be cancelled without notice. See full class descriptions on cvprd.com/group-fitness-classes.

Please note ages 13-14 years must have instructor and Fitness Supervisor approval prior to attending classes. All participants must be 15+ years old to attend any Les Mills class