



## Classes At The Rec Center

701 5<sup>th</sup> Street, Frederick CO 80530

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daytime Classes 5:35 am - 1 pm	<b>Cycle to Yoga Strength</b> 5:35-6:35 am Jenn	<b>LesMills BODYPUMP</b> 5:35-6:35 pm Jon	<b>Cycle to Strength</b> 5:35-6:35 am Cathy	<b>LesMills BODYPUMP HEAVY</b> 5:35-6:35 am Cathy	<b>Cycle to Strength</b> 5:35-6:35 am Gem	<b>HIIT Cycle</b> 7:35-8:05 am Gem
	<b>LesMills HIGH BODYPUMP/ HIGH FITNESS Fusion!</b> 9:15-10:15 am Whitney	<b>Step &amp; Strength</b> 9:15-10:15 am Sheri	<b>LesMills BODYPUMP</b> 9:15-10 am BP Heavy 2 <sup>nd</sup> & 4 <sup>th</sup> weeks each month Whitney	<b>HIGH HIGH FITNESS</b> 9:15-10:15 am Whitney	<b>HIIT the Step</b> 9-9:30 am Sheri	<b>LesMills BODYPUMP</b> 8:20-9:20 am Rotation
	<b>Zumba</b>  10:30-11:30 am Theresa		<b>Zumba</b>  10:30-11:30 am Theresa		<b>LesMills Core</b> 9:40-10:10 am Sammy/Tina	<b>All Levels Yoga</b> 9:35-10:35 am Jenn
	<b>Total Body Training</b> Noon-12:45 pm Jenn	<b>HIIT Weights to Core</b> Noon-12:45 pm Anastasia	<b>Cycle to HEAVY to CORE</b> Noon-1 pm Suzi	<b>LesMill BODYPUMP</b> Noon-12:45 pm BP Heavy 2 <sup>nd</sup> & 4 <sup>th</sup> weeks each month Suzi	<b>Zumba</b>  10:30-11:30 am Anne	
Evening Classes 4:30 - 8:30 pm	<b>HIIT Cycle</b> 5:15-6:45pm Cathy	<b>LesMills BODYPUMP</b> 4:30-5:30 pm Cathy	<b>Interval Cycle</b> 4:30-5:15pm Sheri	<b>LesMills tone</b> 5:15-5:45 pm Sammy		
	<b>LesMills BODYPUMP HEAVY</b> 6-6:45 pm Cathy	<b>Interval Cycle</b> 5:45-6:30 pm Jenn	<b>Barbell Strength</b> 5:30-6:30 pm Sheri	<b>LesMills BODYPUMP</b> 6-6:45 pm BP Heavy 2 <sup>nd</sup> & 4 <sup>th</sup> weeks each month Sammy		
	<b>Zumba</b>  7-8 pm Melissa M.	<b>All Levels Yoga</b> 6:45-7:45 pm Jenn	<b>Gentle to Restore Yoga</b> 6:45-7:45 pm Jenn	<b>Zumba</b>  7-8 pm Ruth		

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

# Classes In The Pool

701 5<sup>th</sup> Street, Frederick CO 80530

Water shoes are recommended for all river classes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daytime Classes 7-10:30 am	<b>River Circuit</b> 8-9 am Katy	<b>River Strength</b> 7-8 am Ginger	<b>Aqua Tone</b> 8-9 am Aleta	<b>River Strength</b> 7-8 am Ginger	<b>River Circuit</b> 8-9 am Ginger	<b>Boga Yoga</b> 7:40-8:25 am Jenn
	<b>Deep Water Aqua Tone</b> 9:15-10 am Katy	<b>Deep Water Aqua Tone</b> 8:15-9:15 am Luara	<b>River Strength</b> 9:15-10 am Aleta	<b>Deep Water Aqua Tone</b> 8:15-9:15 am Laura	<b>Aqua Tabata</b> 9:15-10:15 am Ginger	<b>Aqua Tone</b> 8:45-9:45 am Instructor Rotation
		<b>Aqua Tabata</b> 9:30-10:30 am Jackie		<b>Aqua Tabata</b> 9:30-10:30 am Katy		
Evening Classes 5:30-6:30 pm	<b>Aqua Tabata</b> 5:30-6:30 pm Jenn		<b>Aqua Tone</b> 5:30-6:30 pm Jenn			

# Classes At The Community Center

151 Grant Avenue, Firestone CO 80520

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Check in at Front Desk is required	<b>All Levels Yoga Vinyasa</b> 7:45-8:45 am Theresa		<b>All Levels Yoga Vinyasa</b> 7:45-8:45 am Theresa		<b>All Levels Yoga Vinyasa</b> 7:45-8:45 am Jenn	
	<b>Gentle Yoga</b> 9-10 am Anastasia	<b>Zumba Gold</b> 🕒 9-10 am Theresa	<b>Gentle Yoga</b> 9-10 am Theresa	<b>Silver Sneakers Chair Yoga</b> 🦅 9:15-10 am Theresa	<b>Tabata Balance &amp; Strength</b> 9-10 am Jackie	
	<b>Silver Sneakers Classic</b> 🦅 10:30-11:30 am & 11:45 am-12:45 pm Sheri	<b>Balance &amp; Beyond</b> 10:30-11:15 am Sheri	<b>Silver Sneakers Circuit</b> 🦅 10:15-11:15 am Suzi	<b>Zumba Gold</b> 🕒 10:15-11:15 am Maria	<b>Silver Sneakers Circuit</b> 🦅 10:30-11:30 am Sheri	
	<b>Silver Sneakers Chair Yoga</b> 🦅 1:30-2:15 pm Jenn	<b>TAI CHI</b> 1:30-2:30 pm Jackie	<b>Aqua Tone</b> 5:30-6:30 pm Ginger	<b>TAI CHI</b> 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](http://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 LesMills classes.