







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](http://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	<b>Cycle To Strength</b> 5:35-6:35 am Jenn	<b>LES MILLS BODYPUMP</b> 5:35-6:35 am Jon	<b>Indoor Cycle</b> 5:35-6:35 am Cindy	<b>Boot Camp (Gym)</b> 5:35-6:35 am Cindy	<b>Indoor Cycle</b> 5:35-6:35 am Gem	<b>Interval Cycle</b> 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.
	<b>LES MILLS BODYPUMP</b> 9:15-10:00 am Suzi	<b>Step Intervals</b> 9:15-10:15 am Sheri	 <b>POUND</b> ROCKOUT. WORKOUT. 9:15-10:00 am Kacy	<b>Power Circuit</b> (Gym, Fitness Studio or Outdoor area) 9:15-10:15 am Janine	<b>HIIT the Step</b> 9:00-9:30 am Sheri	<b>LES MILLS BODYPUMP</b> 8:20-9:20 am Instructor Rotation	
			<b>Barre</b> 10:30-11:15 am Chelsea	 <b>ZUMBA</b> 10:30-11:30 am Theresa		<b>LES MILLS CORE</b> 9:45-10:15 am Suzi or Tina	<b>All Levels Yoga Vinyasa</b> 9:35-10:35 am Jenn
	 <b>ZUMBA</b> 11:45 am- 12:45 pm Theresa	<b>HIIT Weights to Core</b> 12:00 -12:45 pm Melissa	<b>Cycle To The CORE™</b> 12:00-12:45 pm Suzi	<b>LES MILLS BODYPUMP</b> 12:00-12:45 pm Suzi			
Evening Classes 4 pm-8 pm	<b>30 Min HIIT Cycle</b> 4:00-4:30 pm Suzi 4:45-5:15 pm Kacy 	<b>Barbell Strength</b> 4:45-5:30 pm Cindy	<b>30 Min HIIT Cycle</b> 4:00-4:30 pm Sheri <b>HIIT the Step</b> 4:45-5:15 pm Sheri	<b>Buti Yoga</b> 4:45-5:30 pm Amelia			
	<b>Align n Flow Vinyasa</b> 5:30-6:30 pm Evanne	<b>Interval Cycle</b> 5:45-6:30 pm Jenn	<b>Barbell Strength</b> 5:30-6:30 pm Sheri	 <b>HIGH fitness</b> 5:45-6:30 pm Whitney			
	<b>SHRED</b> 6:45-7:30 pm Kacy	<b>Power Yoga</b> 6:45-7:45 pm Theresa	<b>Barre Core</b> 6:45-7:30 pm Melissa	 <b>ZUMBA</b> 7:00-8:00 pm Ruth			

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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	<b>River Circuit</b> 8:00-9:00 am Katy	<b>River Strength</b> 7:00 - 8:00 am Ginger	<b>Aqua Tone</b> 8:00-9:00 am Aleta	<b>River Strength</b> 7:00 - 8:00 am Cindy	<b>River Circuit</b> 8:00-9:00 am Elysia	<b>Boga Yoga</b> 7:40-8:25 am Cindy
	<b>Deep Water Aqua Tone</b> 9:15-10:00 am Katy	<b>Deep Water Aqua Tone</b> 8:15-9:15 am Laura	<b>River Strength</b> 9:15 - 10:00 am Aleta	<b>Deep Water Aqua Tone</b> 8:15-9:15 am Laura	<b>Water Barre'</b> 9:15-10:00 am Elysia	<b>Aqua Boot Camp</b> 8:45-9:45 am Cindy
		<b>Aqua Tabata</b> 9:30 - 10:30 am Jackie		<b>Aqua Tabata</b> 9:30 - 10:30 am Jackie		
Evening Classes 5:30-6:30 pm			<b>Aqua Tone</b> 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	<b>All Levels Yoga Vinyasa</b> 7:45-8:45 am Theresa		<b>All Levels Yoga Vinyasa</b> 7:45-8:45 am Dot		<b>All Levels Yoga Vinyasa</b> 7:45-8:45 am Jenn		
	<b>Gentle Yoga</b> 9:00-10:00 am Theresa		<b>Gentle Yoga</b> 9:00-10:00 am Dot				
	 <b>Classic</b> 10:30-11:30 am Sheri	<b>BALANCE &amp; BEYOND</b> 10:30-11:15 am Sheri	 <b>Circuit</b> 10:15-11:15 am Suzi	 <b>ZUMBA</b> 10:15-11:15 am Maria	 <b>Circuit</b> 10:30-11:30 am Sheri		
	 <b>Chair Yoga</b> Karen 1:00-1:45 pm	<b>TAI CHI</b> 1:30-2:30 pm Robb	<b>TAI CHI BEGINNERS</b> 11:30-12:30 pm Robb	<b>TAI CHI</b> 1:30-2:30 pm Robb	 <b>ZUMBA</b> 11:45 am-12:45 pm Maria		
			 <b>Classic</b> 2:00-2:45 pm Sheri				

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

Schedule Updated: 3.1.2024