







**GROUP FITNESS SCHEDULE - CARBON VALLEY RECREATION CENTER**

**FITNESS STUDIO**

All classes are first come first served and 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 Cathy	<b>Boot Camp (Gym)</b> 5:35-6:35 am Cindy	<b>Cycle To Strength</b> 5:35-6:35 am Gem	<b>HIIT 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 Fitness) 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 Jon	
		 <b>UpBeat Barre</b> 10:30-11:15 am Chelsea	 <b>ZUMBA</b> 10:30-11:30 am Theresa	 <b>UpBeat Pilates</b> 10:30-11:30 am Annie	<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>HIIT Cycle</b> 4:00-4:45 pm Suzi	<b>Barbell Strength</b> 4:45-5:30 pm Cindy	<b>Interval Cycle</b> 4:30-5:15 pm Sheri	<b>Buti Yoga</b> 4:45-5:30 pm Amelia			
	<b>Align n Flow Vinyasa</b> 5:00-6:00 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>BOOT CAMP POWER HOUR</b> 6:15-7:15 pm Kacy	<b>Power Yoga</b> 6:45-7:45 pm Theresa	<b>Gentle to Restore Yoga</b> 6:45-7:45 pm Jenn	 <b>ZUMBA</b> 7:00-8:00 pm Ruth			
Group Exercise Classes are included for pass holders and with drop in admission							

**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. 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.

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 Circuit</b> 8:00-9:00 am Elysia	<b>Boga Yoga</b> 7:40-8:25 am Instructor Rotation <b>*CANCELLED FOR SUMMER RESUMES SEPTEMBER 14</b>
	<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 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 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**

All classes are first come first served and require a number card. Please pick up your card from a Guest Services Representative.

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	
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 Jenn		 <b>Chair Yoga</b> 9:00-10:00 am Theresa <b>*Begins July 12</b>	
	 <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>10:15-11:15 am</b> Maria	 <b>Circuit</b> 10:30-11:30 am Sheri	
	 <b>Chair Yoga</b> 1:00-1:45 pm Karen	<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		

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

Schedule Updated: 6.18.2024