



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

|                                         | Monday                                                     | Tuesday                                                 | Wednesday                                            | Thursday                                                                                                               | Friday                                                                                            | Saturday                                                        |
|-----------------------------------------|------------------------------------------------------------|---------------------------------------------------------|------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| Daytime<br>Classes<br>5:35 am -<br>1 pm | <b>Cycle to Yoga Strength</b><br>5:35-6:35 am<br>Jenn      | <b>LesMills BODYPUMP</b><br>5:35-6:35 pm<br>Jon         | <b>Cycle to Strenth</b><br>5:35-6:35 am<br>Gem       | <b>LesMills BODYPUMP HEAVY</b><br>5:35-6:35 am<br>Cathy                                                                | <b>Cycle to Yoga Strength</b><br>5:35-6:35 am<br>Jenn                                             | <b>HIIT Cycle</b><br>7:35-8:05 am<br>Gem                        |
|                                         | <b>LesMills BODYPUMP HEAVY</b><br>9:15-10:15 am<br>Whitney | <b>Step &amp; Strength</b><br>9:15-10:15 am<br>Sheri    | <b>LesMills BODYPUMP</b><br>9:15-10:15 am<br>Whitney | <b>HIGH FITNESS</b><br>9:15-10:15 am<br>Whitney                                                                        | <b>HIIT the Step</b><br>9-9:30 am<br>Sheri<br><b>LesMills Core</b><br>9:40-10:10 am<br>Sammy/Tina | <b>LesMills BODYPUMP</b><br>8:20-9:20 am<br>Instructor Rotation |
|                                         | <b>Zumba</b><br>10:30-11:30 am<br>Theresa                  |                                                         | <b>Zumba</b><br>10:30-11:30 am<br>Theresa            | <b>Zumba + Lift</b><br>10:30-11:30 am<br>Theresa<br>Starts 9/10                                                        | <b>Zumba</b><br>10:30-11:30 am<br>Theresa                                                         | <b>All Levels Yoga</b><br>9:35-10:35 am<br>Jenn                 |
|                                         | <b>HIGH FITNESS</b><br>12-1 pm<br>Michelle<br>Starts 9/14  | <b>HIIT Weights to Core</b><br>12-12:45 pm<br>Anastasia | <b>Cycle to HEAVY to CORE</b><br>12-1 pm<br>Suzi     | <b>LesMill BODYPUMP</b><br>12-12:45 pm<br>BP Heavy<br>2 <sup>nd</sup> & 4 <sup>th</sup> Thursday of each month<br>Suzi |                                                                                                   |                                                                 |
| Evening<br>Classes<br>4:30 -<br>8:00 pm | <b>HIIT Cycle</b><br>5:15-5:45pm<br>Cathy                  | <b>LesMills BODYPUMP</b><br>4:30-5:30 pm<br>Cathy       | <b>HIIT Cycle</b><br>5:15-5:45pm<br>Sheri            | <b>LesMills tone</b><br>5:15-5:45 pm<br>Sammy                                                                          |                                                                                                   |                                                                 |
|                                         | <b>LesMills BODYPUMP HEAVY</b><br>6-6:45 pm<br>Cathy       | <b>Interval Cycle</b><br>5:45-6:30 pm<br>Jenn           | <b>Barbell Strength</b><br>6-6:45 pm<br>Sheri        | <b>LesMills BODYPUMP</b><br>6-6:45 pm<br>BP Heavy<br>2 <sup>nd</sup> & 4 <sup>th</sup> Thursday of each month<br>Sammy |                                                                                                   |                                                                 |
|                                         | <b>Zumba</b><br>7-8 pm<br>Melissa M.                       | <b>All Levels Yoga</b><br>6:45-7:45 pm<br>Jenn          | <b>Gentle to Restore Yoga</b><br>7-8 pm<br>Jenn      | <b>Zumba</b><br>7-8 pm<br>Ruth                                                                                         |                                                                                                   |                                                                 |

# Aqua Fitness Classes at the Rec Center

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

Water shoes are recommended for all river classes

|                                         | Monday                                                | Tuesday                                                  | Wednesday                                    | Thursday                                                 | Friday                                                         | Saturday                                                                    |
|-----------------------------------------|-------------------------------------------------------|----------------------------------------------------------|----------------------------------------------|----------------------------------------------------------|----------------------------------------------------------------|-----------------------------------------------------------------------------|
| Daytime<br>Classes<br>7:00-<br>10:30 am | <b>River Circuit</b><br>8-9 am<br>Katy                | <b>River Strength</b><br>7-8 am<br>Ginger                | <b>Aqua Tone</b><br>8-9 am<br>Aleta          | <b>River Strength</b><br>7-8 am<br>Ginger                | <b>River Circuit</b><br>7:45-8:30 am<br>Jackie                 | <b>Boga Yoga</b><br>Cancelled for<br>the summer<br>Restarts<br>September 12 |
|                                         | <b>Deep Water<br/>Aqua Tone</b><br>9:15-10 am<br>Katy | <b>Deep Water<br/>Aqua Tone</b><br>8:15-9:15 am<br>Laura | <b>River Strength</b><br>9:15-10 am<br>Aleta | <b>Deep Water<br/>Aqua Tone</b><br>8:15-9:15 am<br>Laura | <b>Aqua Tabata -<br/>Activity Pool</b><br>9:00-10 am<br>Ginger | <b>Aqua Tone</b><br>8:45-9:45 am<br>Ginger/Laura                            |
|                                         |                                                       | <b>Aqua Tabata</b><br>9:30-10:30 am<br>Jackie            |                                              | <b>Aqua Tabata</b><br>9:30-10:30 am<br>Jackie            |                                                                |                                                                             |
| Evening<br>Classes<br>5:30-6:30<br>pm   | <b>Aqua Tabata</b><br>5:30-6:30 pm<br>Jenn            |                                                          | <b>Aqua Tone</b><br>5:30-6:30 pm<br>Jenn     |                                                          |                                                                |                                                                             |

## Fitness Classes At The Community Center

151 Grant Avenue, Firestone CO 80520

|                                             | Monday                                                                                                                                                                         | Tuesday                                                                                                                          | Wednesday                                                                                                                                        | Thursday                                                                                                                                             | Friday                                                                                                                                              | Saturday |
|---------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| Check in<br>at Front<br>Desk is<br>required | <b>All Levels Yoga<br/>Vinyasa</b><br>7:45-8:45 am<br>Theresa                                                                                                                  | <b>Zumba Gold</b> <br>8:30-9:15 am<br>Theresa | <b>All Levels Yoga<br/>Vinyasa</b><br>7:45-8:45 am<br>Theresa                                                                                    |                                                                                                                                                      | <b>All Levels Yoga<br/>Vinyasa</b><br>7:45-8:45 am<br>Jenn                                                                                          |          |
|                                             | <b>Gentle Yoga</b><br>9-10 am<br>Anastasia                                                                                                                                     | <b>Balance &amp;<br/>Beyond</b><br>9:30-10:15 am<br>Theresa                                                                      | <b>Gentle Yoga</b><br>9-10 am<br>Theresa                                                                                                         | <b>SilverSneakers®<br/>Chair Yoga</b> <br>9:00-10 am<br>Theresa | <b>Tabata Balance<br/>&amp; Strength</b><br>9-10 am<br>Jackie                                                                                       |          |
|                                             | <b>SilverSneakers®<br/>Classic</b> <br>10:30-11:30 am<br>Sheri<br>11:45 am-12:45 pm<br>Jenn | <b>Balance &amp;<br/>Beyond</b><br>10:30-11:15 am<br>Sheri                                                                       | <b>SilverSneakers®<br/>Circuit</b> <br>10:15-11:15 am<br>Suzi | <b>Zumba Gold</b> <br>10:15-11:15<br>am<br>Maria                | <b>SilverSneakers®<br/>Circuit</b> <br>10:30-11:30 am<br>Sheri |          |
|                                             | <b>SilverSneakers®<br/>Chair Yoga</b> <br>1:15-2:15 pm<br>Jenn                              | <b>Tai Chi</b><br>1:30-2:30 pm<br>Robb                                                                                           | <b>Tai Chi<br/>Beginners</b><br>11:30-12:30 pm<br>Robb                                                                                           | <b>Tai Chi</b><br>1:30-2:30 pm<br>Robb                                                                                                               |                                                                                                                                                     |          |

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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 Les Mills class