

2019 FITNESS SCHEDULE - CARBON VALLEY RECREATION CENTER

FITNESS ROOM

\*DUE TO POPULARITY AND LIMITED EQUIPMENT, CLASSES WITH AN ASTERISK REQUIRE A # CARD. OBTAIN A CARD FROM GUEST SERVICES\*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Daytime Classes 5:35 am-4:30 pm	Indoor Cycle 5:35-6:35 am Cathy	Boot Camp 5:35-6:20 am Stephanie	Indoor Cycle 5:35-6:35 am Carrie	Boot Camp 5:35-6:20 am Stephanie	Indoor Cycle 5:35-6:35 am Cathy		NO CHILDREN UNDER THE AGE OF 13 ALLOWED IN FITNESS CLASSES UNLESS STATED OTHERWISE. ALL LES MILLS CLASSES 15+
	<b>LES MILLS</b> <b>BODYPUMP</b> 9:15-10:15 am Suzi/Cathy team teaching	Power Circuit 9:15-10:15 am Nichole (GYM)	<b>LES MILLS</b> <b>BODYPUMP</b> Pilates Fusion 9:15-10:15 am Suzi/Amanda team teaching	Power Circuit 9:15-10:15 am Erika (GYM)	<b>LES MILLS</b> <b>GRIT</b> CARDIO <b>LES MILLS</b> <b>CXWORX</b> GRIT: 9:15-9:45 am CX: 9:50-10:20 am Amanda W.	<b>LES MILLS</b> <b>BODYPUMP</b> 8:15-9:15 am Amanda, Janine or Cathy	
	SilverSneakers Classic 10:30-11:30 am Amanda W.	ZUMBA gold 10:00-11:00 am Cindy C.	SilverSneakers Circuit 10:30-11:30 am Amanda W. (subbing)	SilverSneakers Cardio 11:00-11:45 am Carrie (subbing)	SilverSneakers Classic 10:30-11:30 am Amanda W.	Indoor Cycle 5:35-6:35 am Steve V. *Starts Sept 14	
	<b>LES MILLS</b> <b>GRIT</b> ATHLETIC 12:00-12:30pm Janine		<b>LES MILLS</b> <b>GRIT</b> STRENGTH 12:00-12:30pm Janine	<b>LES MILLS</b> <b>BODYPUMP</b> 12:00 - 12:45 pm Suzi/Janine team teaching			
Evening Classes 4:45-8:30 pm	*30 min HIIT Cycle 5:10 - 5:40 pm Cindy K. *30 min HIIT Cycle 5:45 pm - 6:15 pm Cindy K.	<b>LES MILLS</b> <b>BODYPUMP</b> 4:45-5:45 pm Amanda W.	*30 min HIIT Cycle 5:10 - 5:40 pm Cindy K. *30 min HIIT Cycle 5:45 pm - 6:15 pm Cindy K.	<b>LES MILLS</b> <b>BODYPUMP</b> 4:45-5:45 pm Amanda W.			
	<b>LES MILLS</b> <b>BODYPUMP</b> 6:25 - 7:25 pm Amanda (subbing)	ZUMBA 6:00 - 6:50 pm Cindy K.	Power Sculpt 6:30 - 7:15 pm Cindy K.	ZUMBA 6:00 - 6:50 pm Sara H.			
	ZUMBA 7:30-8:30 pm Carrie	<b>LES MILLS</b> <b>GRIT</b> ATHLETIC 7:15-7:45 pm Amanda W.	ZUMBA 7:30-8:30 pm Ruth	<b>LES MILLS</b> <b>GRIT</b> STRENGTH 7:15-7:45pm Janine			

MIND/BODY - AEROBICS ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Daytime Classes 5:35 am-1:00 pm	<b>BARPE</b> above 5:35-6:35 am Katy		<b>BARPE</b> above 5:35-6:35 am Erika		All Levels Yoga 8:00-9:00 am Kelsey			
		All Levels Yoga 8:00-9:00 am Amanda V.	All Levels Yoga 8:00-9:00 am Amanda V.	All Levels Yoga 8:00-9:00 am Evanne	<b>PIYO</b> 9:30-10:30 am Cindy C.	Align n Flow 8:15-9:15 am Barb		
	Gentle Yoga 10:15-11:15 am Amanda V.	9:15 - 11:15 am Legacy School of Dance \$\$		Gentle Yoga 10:15-11:15 am Evanne W.		10:00-11:30 am Bennett's Karate \$\$		
		Tai Chi 11:30am-12:30 pm Robb	Tai Chi 11:30am-12:30 pm Robb	Tai Chi 11:30am-12:30 pm Robb	<b>BARPE</b> above 11:30am-12:15pm Erika			
Evening Classes 3:30 - 8:30 pm		3:30 - 8:30 pm Legacy School of Dance \$\$	4:00-5:30 pm Legacy School of Dance \$\$	4:00 - 7:30 pm Legacy School of Dance \$\$	3:30 - 6:30 pm Legacy School of Dance \$\$			
	<b>BARPE</b> above 5:00-5:45pm Cindy C.							
	Align n Flow 6:00-7:00 pm Barb		All Levels Yoga 6:00-7:00 pm Amanda V.					
			Resorative Yoga 7:10-8:10 pm Barb			6:45-7:45 pm Bennett's Karate \$\$ Multipurpose room		

SENIOR CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30-11:30am			SilverSneakers Stability 10:30-11:15am Marilyn	Tai Chi Robb 10:30-11:30			

# 2019 FACILITY SCHEDULE - CARBON VALLEY RECREATION CENTER

DROP IN GYM SCHEDULE							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am-12:00 pm	South Court <b>Pickleball</b>	South Court <b>Pickleball</b>	South Court <b>Pickleball</b>	South Court <b>Pickleball</b>	South Court <b>Pickleball</b>	<b>Youth Sports</b>	
	North Court Open	North Court Open <b>*Court closed 9:00-10:30am Fitness Class</b>	North Court Open	North Court Open <b>*Court closed 9:00-10:30am Fitness Class</b>	North Court Open		Open Courts 10:00am- 1:00pm
12:00-2:00 pm	Open Courts	Open Courts	Open Courts	Open Courts	Open Courts		Adult Sports 1:00-5:00pm
2:00-5:00 pm	Open Courts	Open Courts	Open Courts	Open Courts	Open Courts		

**Courts are subject to closure due to district events.**

AQUA FITNESS							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Daytime Classes 6:00-10:45 am</b>		<b>Circuit</b> 6:00-7:00 am Cindy K.		<b>Circuit</b> 6:00-7:00 am Cindy K.			
		<b>River Extreme</b> 8:00-9:00 Debbie S.	<b>River Extreme</b> 8:00-9:00 Debbie S.		<b>River Strength</b> 8:00-9:00 Debbie S.		
	<b>Aqua Power</b> 9:00-10:00 am Amanda W.	<b>Aqua Power</b> 9:00-10:00 am Debbie S.	<b>Aqua Power</b> 9:00-10:00 am Debbie S.	<b>Deep Water Aqua Tone</b> 9:00-10:00 am Debbie S.	<b>Aqua Power</b> 9:00-10:00 am Debbie S.	<b>Aqua Zumba®</b> Cindy K. 9:45-10:45	
<b>Evening Classes</b>		<b>Aqua Zumba®</b> 7:00-8:00pm Cindy K.					

Group Exercise Classes are included for pass holders and with drop in admission. Youth 13-14 must complete Junior Trainers program to use cardio equipment/weight room with parent/guardian. Youth ages 13-14 may attend group exercise classes with a parent/guardian and with the Fitness Coordinator and instructor's approval.

**Note: No one under the age of 15 may attend Bodypump™ or GRIT™ classes.**

Classes are subject to change or be canceled without notice.