

## 2020 MODIFIED FITNESS SCHEDULE - CARBON VALLEY RECREATION CENTER

All classes require a number card. Please pick up your card from a Guest Services Representative. Classes subject to change or cancellation.

### Gymnasium Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Daytime Classes 5:35 am-12:45 pm	<b>Indoor Cycle</b> 5:35-6:35 am Steve	<b>Boot Camp</b> 5:35-6:35 am Steve *Senior Center parking lot	<b>Indoor Cycle</b> 5:35-6:35 am Carrrie	<b>Boot Camp</b> 5:35-6:35 am Steve *Senior Center parking lot	<b>Indoor Cycle</b> 5:35-6:35 am Steve	<b>Indoor Cycle</b> 7:35-8:05 am Cindy K.	<b>NO CHILDREN UNDER THE AGE OF 15 ALLOWED IN FITNESS CLASSES</b>
	<b>LES MILLS BODYPUMP</b> 9:15-10:00 am Suzi		<b>LES MILLS BODYPUMP</b> Core Fusion 9:15-10:15 am Suzi	<b>ZUMBA gold</b> 10:15 - 11:00 am Maria	<b>LES MILLS GRIT CARDIO CXWORX</b> GRIT: 9:00-9:30 am CX: 9:45-10:15 am Amanda W.	<b>LES MILLS BODYPUMP</b> 8:15-9:00 am Janine	
		<b>LES MILLS CXWORX</b> 12:00 - 12:30 pm Suzi		<b>LES MILLS BODYPUMP</b> 12:00-12:45 pm Suzi			
Evening Classes 4:30-7:30 pm	<b>30 min HIIT Cycle</b> 4:45 pm - 5:15 pm Cindy K.	<b>LES MILLS BODYPUMP</b> <b>LES MILLS GRIT ATHLETIC</b> BP: 4:30-5:00 pm GRIT: 5:15-5:45 pm Amanda W.	<b>30 min HIIT Cycle</b> 4:45 pm - 5:15 pm Cindy K.	<b>LES MILLS BODYPUMP</b> <b>LES MILLS CXWORX</b> BP: 4:30-5:00 pm CX: 5:15-5:45 pm Amanda W.			
	<b>LES MILLS BODYPUMP</b> 5:30-6:15 pm Janine	<b>Indoor Cycle</b> 6:15-7:00 pm Cindy K.	<b>LES MILLS BODYPUMP</b> 5:30-6:15 pm Janine	<b>LES MILLS GRIT STRENGTH</b> 6:15-6:45 pm Janine			
	<b>ZUMBA</b> 6:45 - 7:30 pm Maria		<b>ZUMBA</b> 6:45 - 7:30 pm Ruth				

### MIND/BODY STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Daytime Classes 8:00 am-11:30 am		<b>All Levels Yoga</b> 8:00-9:00 am Sara P.	<b>All Levels Yoga</b> 8:00-9:00 am Sara P.	<b>Restorative Yin Yoga</b> 8:00-9:00 am Nadia	<b>All Levels Yoga Vinyasa</b> 8:00-9:00 am Nadia	<b>Align n Flow Hatha</b> 8:30-9:30 am Barb	
	<b>Gentle Yoga</b> 10:30-11:30 am Sara P.			<b>Gentle Yoga</b> 10:30-11:30 am Carrie			
Evening Classes 5-8:15 pm	<b>BARPE above</b> 5:00-5:45 pm Cindy C.						
	<b>Align n Flow Hatha</b> 6:00-7:00 pm Barb		<b>Align n Flow Vinyasa</b> 6:00-7:00 pm Nadia				
	<b>Restorative</b> 7:15-8:15 pm Barb		<b>Restorative</b> 7:15-8:15 pm Nadia				

### AQUA FITNESS

Due to popularity and limited space please pick up a number card from Guest Services prior to class

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Daytime Classes 8 - 9:15 am	<b>Aqua Zumba</b> 8:00-8:45 am Ankita	<b>Aqua Power</b> 8:00-8:45 am Debbie S.	<b>Aqua Power</b> 8:00-8:45 am Debbie S.	<b>Aqua Power</b> 8:00-8:45 am Debbie S.	<b>Aqua Power</b> 8:00-8:45 am Debbie S.	<b>Aqua Boot Camp</b> Cindy K. 8:30-9:15 am	

### The Studio

All SilverSneakers classes require a reservation. Please call 303-833-3660 or visit our website at [www.cvprd.com](http://www.cvprd.com) to reserve your spot

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Daytime Classes 9:30-11:30 am	<b>SilverSneakers Classic</b> 9:30-10:15 am 10:45-11:30 am Amanda *must reserve spot *starts July 13		<b>SilverSneakers</b> 9:30-10:15 am <b>Circuit</b> Amanda 10:45- 11:30 am <b>Yoga</b> Karen *must reserve spot *starts July 15		<b>SilverSneakers Classic</b> 10:45-11:30 am Amanda *must reserve spot *starts July 17	The Studio is located at 8350 County Line Rd. 13 (Colorado Blvd) Suite 170 Firestone, CO 80504	