



# LABOR DAY FITNESS CLASSES

**7 - 8 am**

**Boot Camp with Steve**

*Senior Center parking lot*

**9 - 9:30 am**

**HIIT Cycling with Cindy**

*Rec Center Gym*

**9:45 - 10:30 am**

**Bodypump with Janine**

*Rec Center Gym*

**9:30 - 10:15 am**

**SilverSneakers Classic with Amanda**

*The Studio\**

\* The Studio is located at 8350 Colorado Blvd.,  
Suite 170 in Firestone (next to Dairy Queen).

**For more information visit**

**[www.cvprd.com](http://www.cvprd.com) or**

**call 303-833-3660 x 114.**



**CARBON VALLEY**  
PARKS & RECREATION DISTRICT

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