











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/Steve	*Indoor Cycle 5:35-6:35 am Carrie	Boot Camp 5:35-6:20 am Stephanie/Steve	*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 BODYPUMP</b> *9:15-10:15 am Suzi	Power Circuit 9:15-10:15 am Janine (GYM)	<b>LES MILLS BODYPUMP</b> Core Fusion *9:15-10:15 am Suzi	*POUND® 9:15 - 10:00 am Shylah	<b>LES MILLS GRIT CARDIO CXWORX</b> *GRIT: 9:15-9:45 am *CX: 9:50-10:20 am Amanda W.	<b>LES MILLS BODYPUMP</b> *8:15-9:15 am Cathy or Janine	
	SilverSneakers  Classic *10:30-11:30 am Amanda W.	 ZUMBA gold 10:30-11:30 am Carrie	SilverSneakers  Circuit *10:30-11:30 am Amanda W.	SilverSneakers  BOOM Move it® 10:30-11:30 Karen D.	SilverSneakers  Classic *10:30-11:30 am Amanda W.	Indoor Cycle *9:30 - 10:30 am Steve	
	<b>LES MILLS GRIT ATHLETIC</b> *12:00-12:30pm Janine	SilverSneakers  YogaStretch 1:30-2:30 pm Karen D.	<b>LES MILLS GRIT</b> STRENGTH *12:00-12:30pm Janine	<b>LES MILLS BODYPUMP</b> *12:00 - 12:45 pm Suzi			
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 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 BODYPUMP</b> *4:45-5:45 pm Amanda W.			
	<b>LES MILLS BODYPUMP</b> *6:25 - 7:25 pm Janine	 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 GRIT ATHLETIC</b> *7:15-7:45 pm Amanda W.	 ZUMBA *7:30-8:30 pm Ruth	<b>LES MILLS 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	BAPPE above *5:35-6:35 am Katy		*POUND® 5:45 - 6:30 am Shylah				
		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	All Levels Yoga 8:00-9:00 am Kelsey	Align n Flow 8:15-9:15 am Barb	
	Gentle Yoga 10:15-11:15 am Evanne	9:15 - 11:15 am Legacy School of Dance \$\$	SilverSneakers  Stability *10:30-11:15am (Senior Center) Marilyn	Gentle Yoga 10:15-11:15 am Evanne W.	PIYO 9:30-10:30 am Cindy C.	10:00-11:30 am Bennett's Karate \$\$	
	Pilates 12:00 - 1:00pm Jamie	Tai Chi 11:30am-12:30 pm Robb	Tai Chi 11:30am-12:30 pm Robb	Tai Chi 10:30 am-11:30 am (Senior Center) 11:30am-12:30 pm Robb	BAPPE above *11:30am-12:15pm Cindy C.		
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 \$\$		
	BAPPE above 5:00-5:45pm Cindy C.			4:00 - 7:30 pm Legacy School of Dance \$\$			
	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			

## 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 Power Circuits</b>	North Court Open	North Court Open	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 - ALL AQUA FITNESS CLASSES WILL RESUME ON MONDAY NOVEMBER 4, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Daytime Classes 8:00-10:45 am</b>							
		<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	

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.