

2021 GROUP FITNESS SCHEDULE - CARBON VALLEY RECREATION CENTER

GYMNASIUM

All classes require a number card. Please pick up your card from a Guest Services Representative. Classes are subject to change or be canceled without notice.
Check Facebook or our website at www.cvrpd.com for class cancellations.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Daytime Classes 5:35 am-12:45 pm	Indoor Cycle 5:35-6:35 am Cathy	LES MILLS BODYPUMP 5:35-6:20 am Jon	Indoor Cycle 5:35-6:35 am Cindy	Boot Camp 5:35-6:35 am Cindy	Indoor Cycle 5:35-6:35 am Cindy	Interval Cycle 7:40-8:10 am Cindy	NO CHILDREN UNDER THE AGE OF 13 ALLOWED IN FITNESS CLASSES. MUST BE 15 TO ATTEND ALL LES MILLS CLASSES.
	LES MILLS BODYPUMP 9:15-10:00 am Janine	LES MILLS GRIT CARDIO 9:15-9:45 am Jen	LES MILLS BODYPUMP 9:15-10:00 am Janine	LES MILLS GRIT ATHLETIC 9:15-9:45 am Janine	LES MILLS GRIT CORE GRIT: 9:00-9:30 am Ali CORE: 9:45-10:15 am Suzi	LES MILLS BODYPUMP 8:30-9:15 am Janine or Jon	
	Classic *In-person or Virtual 10:30-11:15 am Karen *see back of schedule for virtual login	10:30 am-11:30 pm Maria	Circuit 10:30-11:30 am Suzi	Boom Move 10:30-11:15 am Karen	Classic *In-person or Virtual 10:30-11:15 am Karen *see back of schedule for virtual login		
		LES MILLS BODYPUMP CORE Fusion 12:00 - 12:45 pm Suzi		LES MILLS BODYPUMP 12:00-12:45 pm Suzi			
Evening Classes 4:00-7:30 pm	30 min HIIT Cycle 4:00-4:30 pm Suzi	LES MILLS BODYPUMP 4:30-5:15 pm Janine	30 min HIIT Cycle 4:00-4:30 pm Suzi	LES MILLS BODYPUMP 4:30-5:15 pm Janine			
	Interval Cycle 5:30 pm-6:00 pm Cindy	LES MILLS GRIT ATHLETIC 5:30-6:00 pm Janine	30 min HIIT Cycle 5:30 pm-6:00 pm Cathy	LES MILLS GRIT ATHLETIC 5:30-6:00 pm Jen			
	LES MILLS BODYPUMP 6:15-7:00 pm Ali	6:15-7:00 pm Cindy	LES MILLS BODYPUMP 6:15-7:00 pm Ali	6:45-7:30 pm Ruth			

MIND/BODY STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Daytime Classes 5:35 am-12:30 pm	All Levels Yoga Vinyasa 8:00-9:00 am Nadia	All Levels Yoga Vinyasa 8:00-9:00 am Sub	All Levels Yoga Vinyasa 8:00-9:00 am Dot	All Levels Yoga Vinyasa 8:00-9:00 am Sub	All Levels Yoga Vinyasa 8:00-9:00 am Nadia	Align n Flow Hatha 8:30-9:30 am Nadia	
	Gentle Yoga 10:15-11:15 am Nadia	9:15-11:00 am Legacy School of Dance \$\$ 	Gentle Yoga 10:15-11:15 am Dot		Gentle Yoga 10:15-11:15 am Nadia		
	Yoga 11:30 am-12:30 pm Nadia *In-person or Virtual *see back of schedule for virtual login information		Boom Mind 11:30 am-12:15 pm Karen *In-person or Virtual *see back of schedule for virtual login information	Yoga 11:30 am-12:30 pm Karen *In-person or Virtual *see back of schedule for virtual login information			
Evening Classes 4-8:30 pm		4:00-8:30 pm Legacy School of Dance \$\$ 	4:00-5:30 pm Legacy School of Dance \$\$ 	4:00-8:00 pm Legacy School of Dance \$\$ 	4:00-6:15 pm Legacy School of Dance \$\$ 		
	Align n Flow Vinyasa 6:15-7:15 pm Evanne		6:15-7:15 pm Evanne				Please contact Guest Services at 303-833-3660 with questions regarding Dance or Karate programming

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AQUA FITNESS

All classes require a number card. Please pick up your card from a Guest Services Representative.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Daytime Classes 6 am-10:15 am		River Circuit 6:00 am- 7:00am Tracy		River Circuit 6:00 am- 7:00am Tracy			
	Aqua Tone 8:00-9:00 am Katy	Aqua Power 8:00-9:00 am Debbie	Aqua Power 8:00-9:00 am Debbie CX until further notice	Aqua Power 8:00-9:00 am Debbie	Aqua Power 8:00-9:00 am Tracy - sub	Aqua Boot Camp 8:30-9:30 am Cindy	
		Deep Water Advanced 9:15-10:15 am Debbie	Deep Water Beginners 9:15-10:00 am Debbie CX until further notice	Deep Water Advanced 9:15-10:15 am Debbie	Deep Water Beginners 9:15-10:00 am Debbie CX until further notice		
Evening Classes 7:15 - 8 pm		Aqua Zumba® 7:15-8:00 pm Cindy					

The Studio

8350 County Line Rd. 13 (Colorado Blvd) Ste 170, Firestone, CO 80504

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Daytime Classes 11:30 am-12:30 pm		TAI CHI 11:30 am-12:30 pm Robb		TAI CHI 11:30 am-12:30 pm Robb		The Studio located at 8350 County Line Rd. 13, STE 180 Firestone, CO 80504	
Evening Classes 4 - 8:15 pm		4-6:45 pm Legacy School of Dance \$\$ 		4-6:45 pm Legacy School of Dance \$\$ 			
		All Levels Yoga 7:15-8:15 pm Evanne		All Levels Yoga 7:15-8:15 pm Evanne		NO CHILDREN UNDER THE AGE OF 13 ALLOWED IN FITNESS CLASSES. MUST BE 15 TO ATTEND ALL LES MILLS CLASSES	

Group Exercise Classes are included for pass holders and with drop in admission.

CVPRD SilverSneakers Classic Fitness Class @ 10:30 am

Join Zoom Meeting
Meeting ID: 873 9875 1485
Passcode: Classic

CVPRD SilverSneakers Yoga Fitness Class @ 11:30 am

Join Zoom Meeting
Meeting ID: 829 4782 6361
Passcode: YOGA

CVPRD SilverSneakers BOOM MIND Class @ 11:30

Join Zoom Meeting
Meeting ID: 819 5710 6268
Passcode: MIND

Schedule Updated: 7.19.2021