



























2022 GROUP FITNESS SCHEDULE - CARBON VALLEY RECREATION CENTER

FITNESS STUDIO

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.cvprd.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 Robin	 5:35-6:20 am Jon	Indoor Cycle 5:35-6:35 am Cindy	Boot Camp (Gym) 5:35-6:35 am Cindy	Indoor Cycle 5:35-6:35 am Cathy	Interval Cycle 7:40-8:10 am Cindy	CHILDREN 13-14 MUST HAVE INSTRUCTOR AND FITNESS COORDINATOR APPROVAL PRIOR TO ATTENDING CLASSES. MUST BE 15 TO ATTEND ALL LES MILLS CLASSES.	
	 9:15-10:00 am Janine	 9:15-9:45 am Jen	 9:15-10:00 am Janine	Power Circuit (Gym or Outdoor area) 9:15-10:15 am Janine	 GRIT: 9:00-9:30 am Ali CORE: 9:45-10:15 am Suzi	 8:30-9:30 am Janine or Jon		
	 Classic 10:30-11:30 am Janine	 10:30 am-11:30 pm Maria	 Circuit 10:30-11:30 am Suzi	 10:30 am-11:30 pm Carrie	 Classic 10:30-11:30 am Suzi			
			 12:00 - 12:45 pm Suzi		 12:00-12:45 pm Suzi			
Evening Classes 4:00-7:30 pm	30 min HIIT Cycle 4:00-4:30 pm Suzi	 4:30-5:15 pm Christina	30 min HIIT Cycle 4:00-4:30 pm Suzi	 4:30-5:15 pm Janine				
	Interval Cycle 5:30 pm-6:00 pm Cindy	 5:30-6:00 pm Christina	30 min HIIT Cycle 5:30 pm-6:00 pm Cathy	 5:30-6:00 pm Jen				
	 6:15-7:15 pm Ali	 6:45-7:00 pm Cindy	 6:15-7:15 pm Jeff	 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 Dot		All Levels Yoga Vinyasa 8:00-9:00 am Nadia	Align n Flow Hatha 8:30-9:30 am Nadia	
	Gentle Yoga 9:15-10:15 am Nadia	9:15-11:00 am Legacy School of Dance \$\$ 	Gentle Yoga 9:15-10:15 am Dot		Gentle Yoga 9:15-10:15 am Nadia		
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 5:15-6:15 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
	Aqua Tone 8:00-9:00 am Katy	Aqua Power 8:00-9:00 am Debbie	Aqua Power 8:00-9:00 am Debbie	Aqua Power 8:00-9:00 am Debbie	Aqua Power 8:00-9:00 am Debbie	Aqua Zumba 8:35-9:35 am Cindy	
	BogaFit 9:15-10:00 am Katy	Deep Water Advanced 9:15-10:15 am Debbie	Deep Water Beginners 9:15-10:00 am Debbie	Deep Water Advanced 9:15-10:15 am Debbie	Deep Water Beginners 9:15-10:00 am Debbie		

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 - 9:30 pm		4-6:45 pm Legacy School of Dance \$\$ 		4-6:45 pm Legacy School of Dance \$\$ 		Please contact Guest Services at 303-833-3660 with questions regarding Dance programming	
		4-9:30 pm Legacy School of Dance \$\$ 				CHILDREN 13-14 MUST HAVE INSTRUCTOR AND FITNESS COORDINATOR APPROVAL PRIOR TO ATTENDING CLASSES. MUST BE 15 TO ATTEND ALL LES MILLS CLASSES	

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

Schedule Updated: 1.11.22