












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	Cycle To Strength 5:35-6:35 am Cindy	LES MILLS BODYPUMP 5:35-6:35 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 7:35-8:05 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.	
	All Levels Yoga Vinyasa 7:45-8:45 am Nadia	Buti Yoga 7:45-8:30 am Amelia *Starts Sept 27	All Levels Yoga Vinyasa 7:45-8:45 am Dot		All Levels Yoga Vinyasa 7:45-8:45 am Evanne	LES MILLS BODYPUMP 8:20-9:20 am Jon		
	Gentle Yoga 9:00-10:00 am Nadia Multi-Purpose rooms	Step Intervals 9:15-10:15 am Sheri	Gentle Yoga 9:00-10:00 am Dot Multi-Purpose rooms	Power Circuit (Gym or Outdoor area) 9:15-10:15 am Janine	Gentle Yoga 9:00-10:00 am Evanne Multi-Purpose rooms	NEW!! Vin/Restorative Yoga 8:30-9:30 am Angie Multi-Purpose rooms Please note: Class time changes to 9:35-10:35 am beginning October 1 and will be held in the Fitness Studio		
	LES MILLS BODYPUMP 9:15-10:00 am Suzi		LES MILLS BODYCOMBAT 9:15-10:00 am Kacy		HIIT the Step 9:00-9:30 am Sheri 9:45-10:15 am Suzi LES MILLS CORE			
	 Classic 10:30-11:30 am Janine	 Boom Move 10:30 am-11:30 am Karen	 Circuit 10:30-11:30 am Suzi	 ZUMBA gold 10:30 am-11:30 am Maria	 Circuit 10:30-11:30 am Sheri			
	 Yoga 11:45 am-12:15 pm Karen	HIIT Weights to Core 12:00 - 12:45 pm Melissa	Cycle To The CORE™ 12:00-12:45 pm Suzi	LES MILLS BODYPUMP 12:00-12:45 pm Suzi	 Yoga 11:45 am-12:30 pm Karen			
Evening Classes 4:00-7:45 pm	30 Min HIIT Cycle 4:00-4:30 pm Suzi HIIT the Step 4:45-5:15 pm Sheri	LES MILLS BODYPUMP 5:00-5:45 pm Christina	30 Min HIIT Cycle 4:00-4:30 pm Sheri HIIT the Step 4:45-5:15 pm Sheri	LES MILLS BODYPUMP 5:00-5:45 pm Jeff				
	Align n Flow Vinyasa 5:30-6:30 pm Evanne	 GRIT ATHLETIC 6:00-6:30 pm Christina	30 min HIIT Cycle 5:30 pm-6:00 pm Kacy	 GRIT CARDIO 6:00-6:30 pm Christina				
	SHRED 6:45-7:30 pm Kacy	 ZUMBA 6:45-7:30 pm Cindy	LES MILLS BODYPUMP 6:15-7:15 pm Jeff	 ZUMBA 7:00-7:45 pm Ruth				

Schedule Updated: 9.23.22

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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 8:00-10:15 am	Aqua Tone 8:00-9:00 am Katy				Aqua Tabata 9:00-10:00 am Jackie	BogaFit 8:15-9:00 am Cindy	
	BogaFit 9:15-10:00 am Katy					Aqua Zumba 9:15-10:00 am Cindy	
Evening Classes 5:30-6:15 pm		BogaFit 5:30-6:15 pm Cindy				CHILDREN 13-14 MUST HAVE INSTRUCTOR AND FITNESS COORDINATOR APPROVAL PRIOR TO ATTENDING CLASSES. MUST BE 15 TO ATTEND ALL LES MILLS CLASSES	






Senior Center

6615 Frederick Way, Frederick, CO 80530

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Daytime Classes 10:30 am-11:30 pm		Balance & Beyond 10:45-11:30 am Sheri	TAI CHI 10:30 am-11:30 pm Robb				

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 - 9:15 pm						Please contact Guest Services at 303-833-3660 with questions regarding Dance programming	
	4-9:15 pm Legacy School of Dance \$\$ 	9:15 - 10:30 am 4 - 7 pm Legacy School of Dance \$\$ 	4 - 7:30 pm Legacy School of Dance \$\$ 	4:30 - 8 pm Legacy School of Dance \$\$ 		9 - 11 am Legacy School of Dance \$\$ 	

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

Schedule Updated: 9.23.22