



BURN THE BIRD

FIT-A-THON

Friday, November 25

8:30 - 10:45 am

Carbon Valley Recreation Center
701 5th Street, Frederick



	FITNESS STUDIO	MULTI-PURPOSE ROOM	POOL
8:30 - 8:55 am	H.I.I.T. Cycle Suzi (8:30 - 8:50)	High Fitness Whitney	Aqua Zumba Cindy
9 - 9:25 am	Bodypump™ Jeff	Restorative Yoga Angie	Aqua Boot Camp Cindy
9:35 - 10 am	High Fitness Whitney	LesMills Combat™ Kacy	Stop by Guest Services before the event and pick up a class participation card for each class you want to attend.
10:05 - 10:30 am	LesMills Core™ Tina	Restorative Yoga Angie	
10:35 am	Recovery snacks and raffle prizes in the multi-purpose room. Must be present to win.		

Indulge guilt-free this Thanksgiving then join us for two hours of calorie-crushing fun. **Age:** 15+

Fee: \$12.50 District, \$15 Non-District

Register at www.cvprd.com or 303-833-3660.



CARBON VALLEY
PARKS & RECREATION DISTRICT