











2023 GROUP FITNESS SCHEDULE - CARBON VALLEY RECREATION CENTER

FITNESS STUDIO

All classes require a number card. Please pick up your card from Guest Services. 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 Gem	Interval Cycle 7:35-8:05 am Gem	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	Indoor Cycle 8:00-8:45 am Amelia	All Levels Yoga Vinyasa 7:45-8:45 am Dot	Buti Yoga 8:00-9:00 am Amelia	All Levels Yoga Vinyasa 7:30-8:30 am Jenn	LES MILLS BODYPUMP 8:20-9:20 am Jon	
	Gentle Yoga 9:00-10:00 am (Multi-purpose Room) Nadia	Step Intervals 9:15-10:15 am Sheri	Gentle Yoga 9:00-10:00 am (Multi-purpose Room) Dot	Power Circuit (Gym, Fitness Studio or Outdoor area) 9:15-10:15 am Janine	HIIT the Step 9:00-9:30 am Sheri	Vin/Restorative Yoga 9:35-10:35 am Angie	
	LES MILLS BODYPUMP 9:15-10:00 am Lili		 9:15-10:00 am Kacy		 9:45-10:15 am Suzi or Tina		
	 Classic 10:30-11:30 am Sheri	 Barre' Fusion 10:30-11:15 am Chelsea	 Circuit 10:30-11:30 am Suzi	 10:30-11:30 am Maria	 Circuit 10:30-11:30 am Sheri		
		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	 11:45 am-12:45 pm Maria		
Afternoon and Evening Classes 4:00-8:00 pm	30 Min HIIT Cycle 4:00-4:30 pm Suzi Core and Restore 4:45-5:15 pm Kacy	LES MILLS BODYPUMP 4:45-5:30 pm Suzi	30 Min HIIT Cycle 4:00-4:30 pm Sheri HIIT the Step 4:45-5:15 pm Sheri				
	Align n Flow Vinyasa 5:30-6:30 pm Evanne	Interval Cycle 5:45-6:30 pm Jenn	BARBELL STRENGTH 5:30-6:30 pm Sheri *Starts Sept 27	 5:45-6:45 pm Michelle			
	SHRED 6:45-7:30 pm Kacy	Restorative Yoga 6:45-7:45 pm Angie	BARRE ABOVE™ 6:45-7:30 pm Melissa *Class paused August 29 - October 11	 7:00-8:00 pm Ruth			

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AQUA FITNESS

All classes require a number card. Please pick up your card from a Guest Services Representative.
Water shoes are recommended for all River Classes.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daytime Classes 7:00-10:30 am	Aqua Tone 8:00-9:00 am Katy Beginning Sept 18 new format will be River Circuit	River Strength 7:00 - 8:00 am Ginger	Aqua Tone 8:00-9:00 am Aleta	River Strength 7:00 - 8:00 am Cindy	River Circuit 8:00-9:00 am Elysia	BogaFit 7:40-8:25 am Cindy
	BogaFit 9:15-10:00 am Katy Beginning Sept 18 new format will be Deep Water Aqua Tone	Deep Water Aqua Tone 8:15-9:15 am Laura	River Strength 9:15 - 10:00 am Aleta	Deep Water Aqua Tone 8:15-9:15 am Laura	Water Barre' 9:15-10:00 am Elysia	Aqua Boot Camp 8:45-9:45 am Cindy
		Aqua Tabata 9:30 - 10:30 am Jackie		Aqua Tabata 9:30 - 10:30 am Jackie		
Evening Classes 5:30-6:30 pm			Aqua Tone 5:30-6:30 pm Ginger		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
Daytime Classes 10:30 am-1:45 pm	 Yoga Karen 1:00-1:45 pm	Balance & Beyond 10:45-11:30 am Sheri	TAI CHI 10:30 am-11:30 pm Robb	Outdoor Walking Group 9:00-10:00 am Locations TBA		

The Studio

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	

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

Schedule Updated:9.1.23