






**GROUP FITNESS SCHEDULE - CARBON VALLEY RECREATION CENTER**

**FITNESS STUDIO**

All classes are first come first served and require a number card. Please pick up your card from Guest Services.  
 Classes are subject to change or be cancelled without notice.  
 Check our website at [www.cvprd.com](http://www.cvprd.com) for class cancellations  
 Sign up at Guest Services to receive SMS messaging.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daytime Classes 5:35 am- 12:45 pm	<b>Cycle To Strength</b> 5:35-6:35 am Jenn	<b>LES MILLS BODYPUMP</b> 5:35-6:35 am Jon	<b>Indoor Cycle</b> 5:35-6:35 am Cathy	<b>Boot Camp (Gym)</b> 5:35-6:35 am Jenn	<b>Cycle To Strength</b> 5:35-6:35 am Gem	<b>HIIT Cycle</b> 7:35-8:05 am Gem
	<b>LES MILLS BODYPUMP HIGH Fusion!</b> 9:15-10:15 am Whitney	<b>Step Intervals</b> 9:15-10:15 am Sheri	<b>LES MILLS BODYPUMP</b> 9:15-10:00 am Whitney	<b>Power Circuit (Gym, Fitness Studio or Outdoor Fitness)</b> 9:15-10:15 am Melissa	<b>HIIT the Step</b> 9:00-9:30 am Sheri	<b>LES MILLS BODYPUMP</b> 8:20-9:20 am Jon
		 <b>UpBeat Barre</b> 10:30-11:15 am Chelsea	 <b>ZUMBA</b> 10:30-11:30 am Theresa	 <b>UpBeat Pilates</b> 10:30-11:30 am Annie	<b>LES MILLS CORE</b> 9:45-10:15 am Suzi or Tina	<b>All Levels Yoga</b> 9:35-10:35 am Jenn
	 <b>ZUMBA</b> 11:45 am-12:45 pm Theresa	<b>HIIT Weights to Core</b> 12:00-12:45 pm Melissa	<b>Cycle To The CORE™</b> 12:00-12:45 pm Suzi	<b>LES MILLS BODYPUMP</b> 12:00-12:45 pm Suzi		
Evening Classes 4 pm-8 pm	<b>HIIT Cycle</b> 4:00-4:45 pm Suzi	<b>LES MILLS BODYPUMP</b> 4:30-5:30 pm Instructor	<b>Interval Cycle</b> 4:30-5:15 pm Sheri	<b>LES MILLS BODYSTEP</b> 4:30-5:30 pm Sammy		
	<b>Align n Flow Vinyasa</b> 5:00-6:00 pm Evanne	<b>Interval Cycle</b> 5:45-6:30 pm Jenn	<b>Barbell Strength</b> 5:30-6:30 pm Sheri	<b>Gentle to Restore Yoga</b> 5:45-6:45 pm Jenn		
	<b>BOOT CAMP POWER HOUR</b> 6:15-7:15 pm Kacy	<b>All Levels Yoga</b> 6:45-7:45 pm Jenn	<b>Gentle to Restore Yoga</b> 6:45-7:45 pm Jenn	 <b>ZUMBA</b> 7:00-8:00 pm Ruth	<b>YOUTH 13-14 MUST HAVE INSTRUCTOR AND FITNESS COORDINATOR APPROVAL PRIOR TO ATTENDING CLASSES. MUST BE 15 TO ATTEND ALL LES MILLS CLASSES.</b>	
<b>Group Exercise Classes are included for pass holders and with drop in admission</b>						

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**AQUA FITNESS**

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 Water shoes are recommended for all River Classes.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daytime Classes 7:00-10:30 am	<b>River Circuit</b> 8:00-9:00 am Katy	<b>River Strength</b> 7:00 - 8:00 am Ginger	<b>Aqua Tone</b> 8:00-9:00 am Aleta	<b>River Strength</b> 7:00 - 8:00 am Ginger	<b>River Circuit</b> 8:00-9:00 am Elysia	<b>Boga-lates</b> 7:40-8:25 am Kacy
	<b>Deep Water Aqua Tone</b> 9:15-10:00 am Katy	<b>Deep Water Aqua Tone</b> 8:15-9:15 am Laura	<b>River Strength</b> 9:15 - 10:00 am Aleta	<b>Deep Water Aqua Tone</b> 8:15-9:15 am Laura	<b>Water Barre'</b> 9:15-10:00 am Elysia	<b>Aqua Tone</b> 8:45-9:45 am Instructor Rotation
		<b>Aqua Tabata</b> 9:30 - 10:30 am Jackie		<b>Aqua Tabata</b> 9:30 - 10:30 am Jackie		
Evening Classes 5:30-6:30 pm			<b>Aqua Tone</b> 5:30-6:30 pm Ginger			

**Carbon Valley Community Center - 151 Grant Avenue, Firestone, CO 80520**

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Check in at Community Center front desk to obtain class participation card for all fitness classes	<b>All Levels Yoga Vinyasa</b> 7:45-8:45 am Theresa		<b>All Levels Yoga Vinyasa</b> 7:45-8:45 am Dot		<b>All Levels Yoga Vinyasa</b> 7:45-8:45 am Jenn	
	<b>Gentle Yoga</b> 9:00-10:00 am Theresa	 <b>ZUMBA gold</b> 9:00-10:00 am Theresa *Begins Oct 1	<b>Gentle Yoga</b> 9:00-10:00 am Jenn	 <b>Chair Yoga</b> 9:15-10:00 am Theresa		
	 <b>Classic</b> 10:30-11:30 am Sheri	<b>BALANCE &amp; BEYOND</b> 10:30-11:15 am Sheri	 <b>Circuit</b> 10:15-11:15 am Suzi	 <b>ZUMBA gold</b> 10:15-11:15 am Maria	 <b>Circuit</b> 10:30-11:30 am Sheri	
	 <b>Chair Yoga</b> 1:00-1:45 pm Karen	<b>TAI CHI</b> 1:30-2:30 pm Robb	<b>TAI CHI BEGINNERS</b> 11:30-12:30 pm Robb	<b>TAI CHI</b> 1:30-2:30 pm Robb		

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Schedule Updated: 9.12.2024