






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 for class cancellations
 Sign up at Guest Services to receive SMS messaging.

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

GROUP FITNESS SCHEDULE - CARBON VALLEY RECREATION CENTER







AQUA FITNESS

All classes require a number card. Please pick up your card from a Guest Services Representative. Classes are subject to change or be cancelled without notice. Check our website at www.cvprd.com for class cancellations.
Sign up at Guest Services to receive SMS messaging.
Water shoes are recommended for all River Classes.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------------|--|---|---|---|--|--|
| Daytime Classes 7:00-10:30 am | River Circuit 8:00-9:00 am Katy | River Strength 7:00 - 8:00 am Ginger | Aqua Tone 8:00-9:00 am Aleta | | River Circuit 8:00-9:00 am Elysia | Boga Yoga 7:40-8:25 am Instructor Rotation *CANCELLED FOR SUMMER RESUMES SEPTEMBER 14 |
| | Deep Water Aqua Tone 9:15-10:00 am Katy | Deep Water Aqua Tone 8:15-9:15 am Laura *CANCELLED FOR SUMMER RESUMES SEPTEMBER 10 | River Strength 9:15 - 10:00 am Aleta | Deep Water Aqua Tone 8:15-9:15 am Laura *CANCELLED FOR SUMMER RESUMES SEPTEMBER 12 | Water Barre' 9:15-10:00 am Elysia | Aqua Tone 8:45-9:45 am Instructor Rotation |
| | | 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 | | | |

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

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Sign up at Guest Services to receive SMS messaging.

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

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

Schedule Updated:7.26.2024