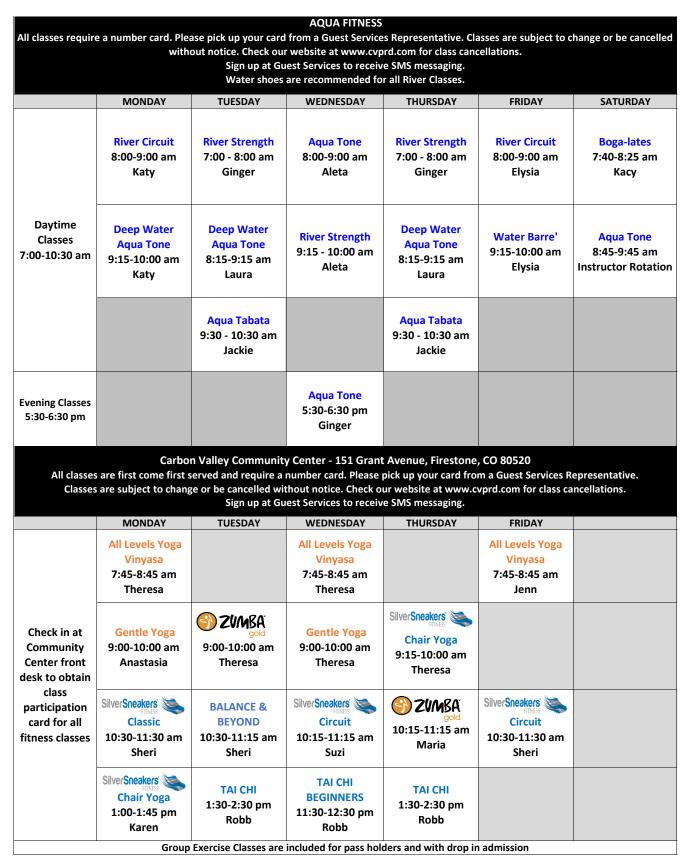
## **GROUP FITNESS SCHEDULE - CARBON VALLEY RECREATION CENTER**

			FITNESS STUD	010		
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
Daytime Classes 5:35 am- 12:45 pm	Cycle To Strength 5:35-6:35 am Jenn	LESMILLS BODYPUMP 5:35-6:35 am Jon	Indoor Cycle 5:35-6:35 am Cathy	Boot Camp (Gym) 5:35-6:35 am Jenn	Cycle To Strength 5:35-6:35 am Gem	HIIT Cycle 7:35-8:05 am Gem
	LESMILLS BODYPUMP HEGH Fitness Fusion! 9:15-10:15 am Whitney	Step & Strength 9:15-10:15 am Sheri	LESMILLS BODYPUMP 9:15-10:00 am Whitney	Power Circuit (Gym, Fitness Studio or Outdoor Fitness) 9:15-10:15 am Melissa	HIIT the Step 9:00-9:30 am Sheri	LesMills <b>BODYPUMP</b> 8:20-9:20 am Jon
	<b>2000 BA</b> 10:30-11:30 am Theresa	UpBeat Barre 10:30-11:15 am Chelsea	2008A 10:30-11:30 am Theresa	UpBeat Pilates 10:30-11:30 am Annie	9:45-10:15 am Suzi or Tina	All Levels Yoga 9:35-10:35 am Jenn
	LESMILLS BODYSTEP BARRE ABOVE™ Fusion! 12:00-1:00 pm Sammy	HIIT Weights to Core 12:00-12:45 pm Anastasia	Cycle To The CORE™ 12:00-1:00 pm Suzi	LesMILLS BODYPUMP 12:00-12:45 pm Suzi		
Evening Classes 4 pm-8 pm	HIIT Cycle 4:00-4:45 pm Cathy	LESMILLS <b>BODYPUMP</b> 4:30-5:30 pm Sammy	Interval Cycle 4:30-5:15 pm Sheri			
	Align n Flow Vinyasa 5:00-6:00 pm Anastasia	<mark>Interval Cycle</mark> 5:45-6:30 pm Jenn	Barbell Strength 5:30-6:30 pm Sheri	LESMILLS BODYSTEP 5:30-6:30 pm Sammy		
	BOOT CAMP POWER HOUR 6:15-7:15 pm Kacy	All Levels Yoga 6:45-7:45 pm Jenn	Gentle to Restore Yoga 6:45-7:45 pm Jenn	<b>2010</b> 7:00-8:00 pm Ruth	YOUTH 13-14 MUST HAVE INSTRUCTOR AND FITNESS COORDINATOR APPROVAL PRIOR TO ATTENDING CLASSES. MUST BE 15 TO ATTEND ALL LES MILLS CLASSES.	
Group Exercise Classes are included for pass holders and with drop in admission						

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Schedule Updated: 1.2.2025