






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 |
|--|---|--|---|---|--|--|
| 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 Jenn | Cycle To Strength 5:35-6:35 am Gem | HIIT Cycle 7:35-8:05 am Gem |
| | LES MILLS BODYPUMP HIGH fitness Fusion! 9:15-10:15 am Whitney | Step & Strength 9:15-10:15 am Sheri | LES MILLS 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 | LES MILLS BODYPUMP 8:20-9:20 am Jon |
| |  ZUMBA 10:30-11:30 am Theresa |  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 9:35-10:35 am Jenn |
| | LES MILLS 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 | LES MILLS BODYPUMP 12:00-12:45 pm Suzi | | |
| Evening Classes 4 pm-8 pm | HIIT Cycle 4:00-4:45 pm Cathy | LES MILLS BODYPUMP 4:30-5:30 pm Sammy | Interval Cycle 4:30-5:15 pm Sheri | | | |
| | Align n Flow Vinyasa 5:00-6:00 pm Anastasia | Interval Cycle 5:45-6:30 pm Jenn | Barbell Strength 5:30-6:30 pm Sheri | LES MILLS 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 |  ZUMBA 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 | | | | | | |

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 Strength 7:00 - 8:00 am Ginger | River Circuit 8:00-9:00 am Elysia | Boga-lates 7:40-8:25 am Kacy |
| | Deep Water Aqua Tone 9:15-10:00 am Katy | 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 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

All classes are first come first served and 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.

| | 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 Theresa | | All Levels Yoga Vinyasa 7:45-8:45 am Jenn | |
| | Gentle Yoga 9:00-10:00 am Anastasia |  ZUMBA gold 9:00-10:00 am Theresa | Gentle Yoga 9:00-10:00 am Theresa |  SilverSneakers Chair Yoga 9:15-10:00 am Theresa | | |
| |  SilverSneakers Classic 10:30-11:30 am Sheri | BALANCE & BEYOND 10:30-11:15 am Sheri |  SilverSneakers Circuit 10:15-11:15 am Suzi |  ZUMBA gold 10:15-11:15 am Maria |  SilverSneakers Circuit 10:30-11:30 am Sheri | |
| |  SilverSneakers 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: 1.2.2025