






**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 fitness Fusion!</b> 9:15-10:15 am Whitney	<b>Step &amp; Strength</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>ZUMBA</b> 10:30-11:30 am Theresa	 <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>LES MILLS BODYSTEP BARRE ABOVE™ Fusion!</b> 12:00-1:00 pm Sammy	<b>HIIT Weights to Core</b> 12:00-12:45 pm Suzi	<b>Cycle To The CORE™</b> 12:00-1:00 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 Sammy	<b>Interval Cycle</b> 4:30-5:15 pm Sheri			
	<b>Align n Flow Vinyasa</b> 5:00-6:00 pm Anastasia	<b>Interval Cycle</b> 5:45-6:30 pm Jenn	<b>Barbell Strength</b> 5:30-6:30 pm Sheri	<b>LES MILLS BODYSTEP</b> 5:30-6:30 pm Sammy		
	<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	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**

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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 Theresa		<b>All Levels Yoga Vinyasa</b> 7:45-8:45 am Jenn	
	<b>Gentle Yoga</b> 9:00-10:00 am Anastasia	 <b>ZUMBA gold</b> 9:00-10:00 am Theresa	<b>Gentle Yoga</b> 9:00-10:00 am Theresa	 <b>SilverSneakers</b> <b>Chair Yoga</b> 9:15-10:00 am Theresa		
	 <b>SilverSneakers</b> <b>Classic</b> 10:30-11:30 am Sheri	<b>BALANCE &amp; BEYOND</b> 10:30-11:15 am Sheri	 <b>SilverSneakers</b> <b>Circuit</b> 10:15-11:15 am Suzi	 <b>ZUMBA gold</b> 10:15-11:15 am Maria	 <b>SilverSneakers</b> <b>Circuit</b> 10:30-11:30 am Sheri	
	 <b>SilverSneakers</b> <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: 12.10.2024