



Fitness Classes At The Rec Center

701 5th Street, Frederick CO 80530

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daytime Classes 5:35 am - 1 pm	Cycle to Yoga Strength 5:35-6:35 am Jenn	LesMills BODYPUMP 5:35-6:35 pm Jon	Cycle to Strength 5:35-6:35 am Cathy	LesMills BODYPUMP HEAVY 5:35-6:35 am Cathy	Cycle to Strength 5:35-6:35 am Gem	HIIT Cycle 7:35-8:05 am Gem
	LesMills BODYPUMP HEAVY 9:15-10:15 am Whitney	Step & Strength 9:15-10:15 am Sheri	LesMills BODYPUMP 9:15-10:15 am Whitney	HIGH HIGH FITNESS 9:15-10:15 am Whitney	HIIT the Step 9-9:30 am Sheri	LesMills BODYPUMP 8:20-9:20 am Jon
	Zumba  10:30-11:30 am Theresa		Zumba  10:30-11:30 am Theresa	BARRE ABOVE 10:45-11:30 am Sammy	LesMills Core 9:40-10:10 am Sammy/Tina	All Levels Yoga 9:35-10:35 am Jenn
	Total Body Training 12-12:45 pm Jenn	HIIT Weights to Core 12-12:45 pm Anastasia	Cycle to HEAVY to CORE 12-1 pm Suzi	LesMill BODYPUMP 12-12:45 pm <i>BP Heavy 2nd & 4th weeks of each month</i> Suzi	Zumba  10:30-11:30 am Anne	
Evening Classes 4:30 - 8:00 pm	HIIT Cycle 5:15-5:45pm Cathy	LesMills BODYPUMP 4:30-5:30 pm Cathy	HIIT Cycle 5:15-5:45pm Sheri	LesMills tone 5:15-5:45 pm Sammy		
	LesMills BODYPUMP HEAVY 6-6:45 pm Cathy	Interval Cycle 5:45-6:30 pm Jenn	Barbell Strength 6-6:45 pm Sheri	LesMills BODYPUMP 6-6:45 pm <i>BP Heavy 2nd & 4th weeks of each month</i> Sammy		
	Zumba  7-8 pm Melissa M.	All Levels Yoga 6:45-7:45 pm Jenn	Gentle to Restore Yoga 7-8 pm Jenn	Zumba  7-8 pm Ruth		

Please check in with Guest Services to pick up your participation number card and to sign up for SMS text alerts.

Aqua Fitness Classes In The Pool

701 5th Street, Frederick CO 80530

Water shoes are recommended for all river classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daytime Classes 7-10:30 am	River Circuit 8-9 am Katy	River Strength 7-8 am Ginger	Aqua Tone 8-9 am Aleta	River Strength 7-8 am Ginger	River Circuit 8-9 am Ginger	Boga Yoga 7:40-8:25 am Jenn
	Deep Water Aqua Tone 9:15-10 am Katy	Deep Water Aqua Tone 8:15-9:15 am Laura	River Strength 9:15-10 am Aleta	Deep Water Aqua Tone 8:15-9:15 am Laura	Aqua Tabata 9:05-10 am Ginger	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 Tabata 5:30-6:30 pm Ginger		Aqua Tone 5:30-6:30 pm Ginger			

Fitness Classes At The Community Center

151 Grant Avenue, Firestone CO 80520

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Check in at Front Desk is required	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 9-10 am Anastasia	Zumba Gold 🕺 9-10 am Theresa	Gentle Yoga 9-10 am Theresa	SilverSneakers Chair Yoga 🦅 9:00-10 am Theresa	Tabata Balance & Strength 9-10 am Jackie	
	SilverSneakers Classic 🦅 10:30-11:30 am & 11:45 am-12:45 pm 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 🦅 1:15-2:15 pm Jenn	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		

Please check in with Guest Services to pick up your participation number card and to sign up for SMS text alerts.

All classes are first come, first served and require a number card from the front desk. Classes are included with all memberships and drop-in admission. Classes are subject to change or be cancelled without notice. See full class descriptions on cvprd.com/group-fitness-classes.

Please note ages 13-14 years must have instructor and Fitness Supervisor approval prior to attending classes. All participants must be 15+ years old to attend any Les Mills class