






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 Intervals 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 Suzi	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 Suzi	LES MILLS BODYPUMP 4:30-5:30 pm Meagan	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

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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	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

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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	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 Anastasia	
	Gentle Yoga 9:00-10:00 am Theresa	 ZUMBA gold 9:00-10:00 am Theresa	Gentle Yoga 9:00-10:00 am Instructor	 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		

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Schedule Updated: 11.11.2024