CARBON VALLEY PARKS & RECREATION DISTRICT

Visit **cvprd.com/fitness-wellness** for class updates and descriptions

Fitness Classes At The Community Center

151 Grant Avenue, Firestone CO 80520

Check In at Front Desk is Required.

Visit Guest Services to pick up your participation number card and to sign up for SMS text alerts to receive class cancellation updates.

Monday	Tuesday	Wednesday	Thursday	Friday
All Levels Yoga Vinyasa 7:45-8:45 am Theresa Limit: 30	Zumba Gold 8:30-9:15 am Theresa Limit: 30	All Levels Yoga Vinyasa 7:45-8:45 am Theresa Limit: 30		All Levels Yoga Vinyasa 7:45-8:45 am Anastasia Limit: 30
Gentle Yoga 9-10 am Anastasia Limit: 30	Balance & Beyond 9:30-10:15 am Theresa Limit: 35	Gentle Yoga 9-10 am Theresa Limit: 30	SilverSneakers Chair Yoga 9:00-10 am Theresa Limit: 35	Tabata Balance & Strength 9-10 am Jackie Limit: 30
SilverSneakers Classic 10:30-11:30 am Anastasia 11:45 am-12:45 pm Theresa Limit: 35	Balance & Beyond 10:30-11:15 am Anastasia Limit: 35	SilverSneakers Circuit 10:15-11:15 am Jenn Limit: 33	Zumba Gold 10:15-11:15 am Maria Limit: 30	SilverSneakers Circuit 10:30-11:30 am Suzi Limit: 33
SilverSneakers Chair Yoga 1:15-2:15 pm Jenn Limit: 35	Tai Chi 1:30-2:30 pm Robb Limit: 30	Tai Chi Beginners 11:30-12:30 pm Robb Limit: 30	Tai Chi 1:30-2:30 pm Robb Limit: 30	

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, check website for updates.

CLASS LIMITS ARE SET BASED ON SPACE AND PATRON SAFETY FOR EACH CLASS FORMAT.

Updated
11.24.26

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Fitness Class Descriptions

151 Grant Avenue, Firestone CO 80520

- **All Levels Yoga:** A Vinyasa-style class, synchronizing breath with movement. This class builds balance, strength, tones the mind and body and leaves you feeling invigorated. Focuses on alignment and safety, with modifications for advanced poses, inversions and arm balances. Expect to build heat through breath, sweat, twisting and balance. Great for beginners and challenging enough for experienced yogis.
- **Balance & Beyond:** Get stronger and improve your balance while lowering the risk of falling. Exercises are designed to improve strength and power around the ankle, hip and knee joints, while improving reaction time.
- **Gentle Yoga:** Low-impact yoga class perfect for the new or beginning yogi looking for a peaceful and relaxing experience.
- **SilverSneakers Chair Yoga:** Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.
- **SilverSneakers Circuit:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with handheld weights, elastic tubing with handles and a SilverSneakers® ball is alternated with non-impact choreography. A chair is offered for support, stretching and relaxation exercises.
- **SilverSneakers Classic:** New to SilverSneakers or exercising? This is a great place to start! Have fun and move to the music through a variety of exercises designed to increase muscular strength and range of movement and activity for daily living skills. Handheld weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.
- **Tabata Balance & Strength:** This dynamic class combines Tabata style training with balance and core stability. Tabata will challenge you with short, intense rounds of exercise to burn calories, build muscle strength and endurance and overall increased metabolism.
- **Tai Chi:** Gentle moving poses and low-impact exercises help build balance, a healthy spirit, mind, and body.
- **Zumbe Gold:** A modified Zumba® class for active older adults that recreates the original moves you love at a lower intensity. Easy to follow Zumba® choreography that focuses on balance, range of motion and coordination.