

Group Fitness Schedule

Fitness Studio – Carbon Valley Recreation Center			
	Time	Class	Instructor
Monday	5:35-6:35 am	Cycle to Strength	Jenn
	9:15-10:15 am	LesMills Bodypump/High Fitness Fusion	Whitney
	10:30-11:30 am	Zumba	Theresa
	12:00-12:45 pm	Muscle Mix: Guns, Buns & Guts – Begins 9/8	Theresa
	4:00-4:45 pm	HIIT Cycle	Cathy
	5:30-6:30 pm	Boot Camp Power Hour	Sammy
	7:00-8:00 pm	Zumba – Begins 8/25	Melissa M.
Tuesday	5:35-6:35 am	LesMills Bodypump	Jon
	7:30-8:15 am	Morning Stretch – Begins 9/ 9	Rotation
	9:15-10:15 am	Step & Strength	Sheri
	10:30-11:30 am	Upbeat Barre – Begins 9/2	Annie
	12:00-12:45 pm	HIIT Weights to Core	Anastasia
	4:30-5:30 pm	LesMills Bodypump	Sammy
	5:45-6:30 pm	Interval Cycle	Jenn
	6:45-7:45 pm	All Levels Yoga	Jenn
Wednesday	5:35-6:35 am	Indoor Cycle	Cathy
	9:15-10:00 am	LesMills Bodypump	Whitney
	10:30-11:30 am	Zumba	Theresa
	12:00-12:45 pm	Cycle to CORE	Suzi
	4:30-5:15 pm	Interval Cycle	Sheri
	5:30-6:30 pm	Barbell Strength	Sheri
	6:45-7:45 pm	Gentle to Restore Yoga	Jenn
Thursday	5:35-6:35 am	Boot Camp (Gym)	Jen
	7:30-8:15 am	Morning Stretch – Begins 9/11	Rotation
	9:15-10:15 am	Power Circuit	Melissa H.
	10:30-11:30 am	UpBeat Pilates	Annie F.
	12:00-12:45 pm	LesMills Bodypump	Suzi
	5:30-6:15 pm	LesMills Tone – Begins 8/28	Sammy
	6:20-6:50 pm	LesMills CORE	Sammy
	7:00-8:00 pm	Zumba	Ruth
Friday	5:35-6:35 am	Cycle to Strength	Gem
	9:00-9:45 am	HIIT the Step to Core	Sheri
	12:00-1:00 pm	Zumba	Ruth
Saturday	7:35-8:05 am	HIIT Cycle	Gem
	8:20-9:20 am	LesMills Bodypump	Jon
	9:35-10:35 am	All Levels Yoga	Jenn

Notes:

All classes 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 our website at www.cvprd.com for class cancellations.

13-14 years old must have instructor and Fitness Supervisor approval prior to attending classes.

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Must be at least 15 years old to attend any LesMills classes.

Aqua Fitness – Carbon Valley Recreation Center

	Time	Class	Instructor
Monday	8:00-9:00 am	River Circuit	Katy
	9:15-10:00 am	Deep Water Aqua Tone	Katy
	5:30-6:30 pm	Aqua Tabata	Ginger
Tuesday	7:00-8:00 am	River Strength	Ginger
	8:15-9:15 am	Deep Water Aqua Tone	Laura
	9:30-10:30 am	Aqua Tabata	Jackie
Wednesday	8:00-9:00 am	Aqua Tone	Aleta
	9:15-10:00 am	River Strength	Aleta
	5:30-6:30 pm	Aqua Tone	Ginger
Thursday	7:00-8:00 am	River Strength	Ginger
	8:15-9:15 am	Deep Water Aqua Tone	Laura
	9:30-10:30 am	Aqua Tabata	Jackie
Friday	8:00-9:00 am	River Circuit	Elysia
	9:15-10:00 am	Water Barre	Elysia
Saturday	7:40-8:25 am	Boga Yoga	Jenn
	8:45-9:45 am	Aqua Tone	Ginger/Laura

Community Room – Carbon Valley Community Center

	Time	Class	Instructor
Monday	7:45-8:45 am	All Levels Yoga Vinyasa	Theresa
	9:00-10:00 am	Gentle Yoga	Anastasia
	10:30-11:30 am	SilverSneakers Classic	Sheri
	1:00-1:45 pm	SilverSneakers Chair Yoga	Karen
Tuesday	9:00-10:00 am	Zumba Gold	Theresa
	10:30-11:15 am	Balance & Beyond	Sheri
	1:30-2:30 pm	Tai Chi	Robb
Wednesday	7:45-8:45 am	All Levels Yoga Vinyasa	Theresa
	9:00-10:00 am	Gentle Yoga	Theresa
	10:15-11:15 am	SilverSneakers Circuit	Suzi
	11:30 am-12:30 pm	Tai Chi	Robb
Thursday	9:15-10:00 am	SilverSneakers Chair Yoga	Theresa
	10:15-11:15 am	Zumba Gold	Maria
	1:30-2:30 pm	Tai Chi	Robb
Friday	7:45-8:45 am	All Levels Yoga Vinyasa	Jenn
	10:30-11:30 am	SilverSneakers Circuit	Sheri