CARBON VALLEY
PARKS & RECREATION DISTRICT

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

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

THANKSGIVING TIME FITNESS SCHEDULE

Looking to burn off a few extra calories this Thanksgiving holiday?
Check out our *updated group fitness schedule for Nov 25 through Nov 27*

RECREATION CENTER

701 5th Street, Frederick CO 80530

Wednesday 11/25	Thursday 11/26	Friday 11/27
Cycle to Strength 5:35-6:35 am	Rec Center Closed	Cycle to Yoga Strength 5:35-6:35 am
Aqua Tone 8-9 am		River Circuit 7:45-8:30 am
River Strength 9:15-10 am		Aqua Tabata - Activity Pool 9-10 am
LesMills BODYPUMP 9:15-10:15 am		*LesMills* CORE 9-9:30 am
Zumba 10:30-11:30 am		Zumba 10:30-11:30 am
Aqua Tabata 5:30-6:30 pm		
Barbell Strength 6-6:45 pm		
Gentle to Restore Yoga 7-8 pm		

COMMUNITY CENTER

151 Grant Avenue, Firestone CO 80520

Wednesday 11/25	Thursday 11/26	Friday 11/27
All Levels Yoga Vinyasa 7:45-8:45 am	Community Center Closed	
Gentle Yoga 9-10 am		
SilverSneakers Circuit 10:15-11:15 am		
Tai Chi Beginners 11:30-12:30 pm		



GET MOVING THIS FALL BREAK

FITNESS SCHEDULE

Want to burn off a few extra holiday calories?
Check out our *fitness schedule for Nov 25-27*

Fitness Classes At The Community Center

Wednesday 11/25	Thursday 11/26	Friday 11/27
All Levels Yoga Vinyasa 7:45-8:45 am	**Community Center Closed**	
Gentle Yoga 9-10 am		
SilverSneakers Circuit 10:15-11:15 am		
Tai Chi Beginners 11:30-12:30 pm		

Fitness Classes At The Rec Center

Wednesday 11/25	Thursday 11/26	Friday 11/27
Cycle to Strength 5:35-6:35 am	**Rec Center Closed**	**Cycle to Yoga Strength** 5:35-6:35 am
Aqua Tone 8-9 am		**River Circuit** 7:45-8:30 am
River Strength 9:15-10 am		**Aqua Tabata - Activity Pool** 9-10 am
***LesMills* BODYPUMP** 9:15-10:15 am		***LesMills* CORE** 9:15-10:15 am
Zumba 10:30-11:30 am		**Zumba** 10:30-11:30 am
Aqua Tabata 5:30-6:30 pm		
Barbell Strength 6-7 pm		
Gentle Yoga 7-8 pm		

