

Fitness Classes Schedule



Schedule posted at www.evergreenrecreation.com and at the Rec Centers

Schedule Effective: December 1st

Version 1.3 - December 1, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM							
7:30 AM							
8:00 AM	Ski Conditioning BPRC 8:15-9:15 AM <i>Michelle</i>		Gentle Flow WRC 8:00-9:00 AM <i>Sandy/Eliza</i>		Ski Conditioning WRC 8:15-9:15 AM Michelle		
9:00 AM	PIYO BPRC 9:15-10:15 AM <i>Laura</i> Indoor Cycling BPRC 9:15-10:15 AM <i>John</i>	Turbo Kick BPRC 9:15-10:15 AM <i>Laura</i> Pure Strength BPRC 9:15-10:15 AM <i>Mary Anne</i> Indoor Cycling BPRC 9:15-10:15 AM Stacey	Zumba BPRC 9:15-10:15 AM <i>Regan</i> Fitness Fusion BPRC 9:15-10:30 AM Stacey	Pure Strength BPRC 9:15-10:15 AM <i>Mary Anne</i> Indoor Cycling BPRC 9:15-10:15 AM John	Zumba BPRC 9:15-10:15 AM Laura	Strong BPRC 9:00-10:00 AM <i>Marina</i> Indoor Cycling BPRC 9:15-10:15 AM John	
9:30 AM							
10:30 AM					Circl Mobility BPRC 10:30-11:30 AM Marina	Combat Circuit BPRC 10:00-11:00AM Melissa	

Cycling/Fitness Class Fees:	ADULT	SENIOR	Locations & Contact:		
Fitness Classes	\$15 DR / \$19 NDR	\$14 DR / \$17 NDR	BPRC: 32003 Ellingwood Trail Evergreen, CO 80439 ph: 720.880.1100	WRC: 5300 S. Olive Road Evergreen, CO 80439 ph: 720.880.1200	Evergreen Lake House: 29612 Upper Bear Creek Rd. Evergreen, CO 80439 ph: 720.880.1300
Unlimited Pass	\$113 DR / \$141 NDR	\$103 DR / \$129 NDR			
10-Punch Card	\$125 DR / \$156 NDR	\$115 DR / \$144 NDR			
SPECIAL NOTES:					
1) Youth 13-15 years of age are permitted to attend Fitness and Indoor Cycling ONLY if a paid adult over 18 attends the class with them.					
2) Instructors and classes are subject to change.					

GROUP FITNESS CLASS DESCRIPTIONS

FITNESS FUSION:

This class fuses a high energy, 30 minute cardio workout on the spin bike followed by a 25 minute weight training session. All levels are welcome!

PIYO:

PiYo is a hybrid, athletic workout, which combines the mind/body practices of yoga and Pilates, as well as the principles of stretch, strength training, conditioning and dynamic movement. We crank up the music, the speed, and the fun to give you an intense, yet low-impact workout.

PURE STRENGTH:

The ultimate Cardio, Glute and Core class: tighten, firm, tone and strengthen low back, glutes, obliques and abdominal muscles. BOSU will be added for balance and complete core work.

POUND:

Become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels.

TURBO KICK:

The ultimate cardio-kickboxing experience. Perfect for the beginner and elite fitness enthusiast alike! This fat-burning workout combines cardio kickboxing with body-sculpting HIIT moves choreographed to the hottest music mixes.

ZUMBA:

Ditch the workout, join the party! Zumba is a Latin dance based cardio class that will have you wondering where the time went.

CIRCL MOBILITY:

Based on the science of functional movement, Circl Mobility focuses on flexibility, breath work, and mobility exercises. This class will help you release stiffness and tension, restore your range of motion to speed recovery while improving balance and focus, and renew your ability to enhance muscle activation and circulation.

SKI CONDITIONING:

Come get ready to hit the slopes this season with the newest ski conditioning class. We will focus on strength, cardio, balance and power to up your ski game. Exercises will be targeting legs, core and upper body strength.

GENTLE FLOW:

This yoga is for you if you're ready to wake up and gently move. The class will include meditation, breath work and yoga postures designed to free your joints and strengthen muscles while including standing and balance poses designed to rejuvenate you. This is a great way to start your day. No prior yoga experience required - everyone is welcome

COMBAT CIRCUIT:

Experience a full-body workout that combines HIIT with martial arts-inspired moves and functional circuits. You'll push your strength and endurance as you transition between dynamic punching and kicking drills, precision focused strikes and overall endurance focused flows.

(Suitable for all levels with a willingness to push yourself and have fun)

STRONG:

Improve your strength, fitness and overall conditioning.