

Monday

6:00-6:45am  
7:45-8:45am  
8:00-8:45  
9:00-9:45  
10:00-11:00am  
11:30am-12:15pm  
1:00-2:30pm  
2:45-3:30pm  
4:30-5:30pm  
5:45-6:45pm

Total Body Express  
Functional Yoga  
Bodyweight Bootcamp **(Class Will Be Outside)**  
Barre  
ZUMBA®  
SilverSneakers® Yoga  
Tai Chi/Qi Gong  
Cycle Class  
Shape Up  
Yoga Stretch

Shauna  
Denise  
Shauna  
Shauni  
Adriana  
Katie  
Diana  
Erica  
Ann  
Ann

Tuesday

6:00-6:45am  
8:00-8:45am  
9:00-10:00am  
9:30-10:30am  
10:15-11:15am  
11:30am-12:15pm  
12:45-1:30pm  
3:30-7:00pm

Power Pilates  
F.I.T. Interval Training  
Cycle & Abs  
They See Me Strollin' **(Class Will Be Outside)**  
Classic Pilates  
SilverSneakers® Circuit  
SilverSneakers® Classic  
**Closed for Youth Dance Classes**

Ashley  
Shauna  
Tracy  
Kathy  
Ashley  
Mary  
Kimber

Wednesday

6:00-6:45am  
7:00-7:30am  
7:45-8:45am  
9:00-10:00am  
10:30-11:15am  
11:30am-12:30pm  
1:00-2:30pm  
4:30-5:30pm  
5:45-6:45pm

Restorative Stretch  
Full Sprint Cycle  
Weightlifting Fundamentals  
Yoga  
Low Impact Cardio & Strength  
Meditation  
Tai Chi/ Qi Gong  
Tabata Biking  
Yoga Stretch

Ashley  
Tracy  
Krista  
Erika  
Kimber  
Bill  
Diana  
Ann  
Ann

Thursday

6:00-6:45am  
8:00-8:45am  
9:00-10:00am  
9:30-10:30am  
10:15-11:15am  
11:30-12:15pm  
12:45-1:30pm  
4:30-5:30pm  
6:00-7:00pm  
7:00-8:00pm  
8:15-9:00pm

Total Body Express  
F.I.T. Interval Training  
Cycle & Abs  
They See Me Strollin' **(Class Will Be Outside)**  
ZUMBA®  
SilverSneakers® Circuit  
SilverSneakers® Classic  
Strength and Stretch  
Beginning LineDance\***Payment Required**  
Intermediate Line Dance\*  
Hip Hop Fitness **(July 11th & 25th)**

Dawn  
Shauna  
Tracy  
Kathy  
Adriana  
Mary  
Tiffany  
Ann  
Debbie  
Debbie  
Nicole

Friday

6:00-6:45am  
7:45-8:45am  
9:00-10:00am  
10:15-11:15  
11:30-12:30pm  
1:00-2:30pm  
5:45-6:45pm

Cycle & Tone  
Functional Fitness  
Cycle & Strength  
Barre + Mat  
SilverSneakers® Yoga  
Tai Chi/ Qi Gong  
Family Fitness Kickboxing **(July 12th & 19th)**

Dawn  
Krista  
Tracy  
Shauni  
Mary  
Diana  
Shauna

Saturday

8:00-9:00am  
10:00-11:00am

Yoga  
Step Up and Dance

Denise 6, Kristi13, Sylvia 20 & 27  
Christine

Sunday

1:00-1:45pm  
2:00-3:00pm

Pilates **(July 7th & 21st)**  
Meditation

Kristy  
Bill

JULY | GROUP FITNESS SCHEDULE

Class schedule is subject to changes throughout the month, please check in with front desk for updates.



**FRUITA**  
COLORADO  
PARKS & RECREATION

The logo features a stylized dumbbell icon at the top left, followed by the text "Group Fitness Class Descriptions" written vertically in a white, sans-serif font against a dark purple background.

# Group Fitness Class Descriptions

**Barre** is a rigorous workout that blends elements derived from exercise styles including ballet, Pilates, and yoga that engages and targets muscle groups to fine-tune your body.

**Barre + Mat** offers the same intensity as Barre with an extra 15 minutes of floor work at the end of class.

**Bodyweight Bootcamp** is an intermediate high intensity, bodyweight circuit that will include strength and cardio conditioning. Be prepared to run, squat, lunge, jump, push-up, plank, sit-up and burpee your way to a conditioned, stronger body in this boot camp.

**Cycle & Abs** starts with 45 minutes of cycling and finish with a core sculpting ab workout.

**Cycle & Tone or Cycle & Strength** are 45-minute full body workouts that kick off with 25-30 minutes of cycling and finish with a 15 minute strength training that will leave you feeling energized for the day.

**Restorative Stretch** is an easier level, slower paced class that provides the body opportunities for stretch and balance, to add strength, and to find mindfulness. Props available for modifications. All levels welcome.

**F.I.T. (Functional Interval Training)** is a high intensity class that incorporates various types of weights and equipment to target upper body, lower body and core muscles. Each class will focus on 2-3 large muscle groups in a functional strength and conditioning interval circuit. Be prepared to work out hard from warm-up to cool down!

**Family Fitness Kickboxing** is a combination of cardio, body weight, core and basic kickboxing movements that may include; boxing gloves, heavy bags and focus mitts, plus a lot of fun! Bring a friend or your kids, everyone will enjoy this class! (Children 10 years+ welcome, with a responsible adult participant). \*Bare feet or grip socks required.

**Full Sprint Cycle** is a high energy, fast paced express cycle class with upbeat tunes to make you wanna pedal!

**Functional Fitness** is a dynamic class that incorporates equipment, games, and challenging movement that will strengthen your body in a variety of ways.

**Functional Yoga** is a fusion of yoga asana and functional mobility that enhances strength, flexibility, agility, and balance. Motor control and bio mechanics are improved with movements as is the continuity of muscles, joints, and connective tissue.

**Hip Hop Fitness** dance for all ages and levels. Come have fun learning choreographed hip hop moves.

**Meditation** is a process for transforming and cultivating a "new self" by unifying our mind, body and soul. Set aside time to reconnect with yourself. All levels and ages welcome.

**Low Impact Cardio & Strength** focuses on getting your heart rate up with low impact cardio and strength/balance training that provides a full body workout. Different modalities are used each class, including free weights, bands, body bar, balls, step, and body weight. All levels welcome.

**Pilates** mat exercises serve to straighten, strengthen, and stretch your body. Each routine is designed to help establish the four key elements of Pilates: Control, Centering, Precision, and Flow. All levels welcome.

**Shape Up** uses different props like bands, steps, Bosu, bikes & body weight for strength & cardio fitness.

**Strength and Stretch** uses different props like bands, steps, Bosu, bikes & body weight for strength & cardio fitness.

**SilverSneakers®CIRCUIT** combines fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength using hand-held weights, elastic tubing with handles, and a SilverSneakers® ball is alternated with low-impact aerobic choreography. A chair is available for standing support, stretching, and relaxation exercises.

**SilverSneakers®CLASSIC** focuses on having fun and moving to the music through a variety of exercises designed to increase muscular strength and range of movement to enable you to participate in the activities for daily living. A chair is used for seated and/or standing support.

**SilverSneakers®Yoga** is a fusion class that blends different styles of yoga to focus on improving flexibility, endurance and balance. This shoe-friendly class offers seated and standing pose positions.

**Step Up Dance** gets you moving and experiencing a total body workout with low impact aerobic choreography, basic steps, and a variety of strengthening and toning exercises. Dance yourself fit!

**Tabata Biking** is half cardio and half strength...100% fabulous!

**Tai-Chi/QiGong** is a traditional Chinese practice using slow and soft martial arts. Along with relaxing meditative techniques, benefits include improved flexibility, balance, strength, and coordination.

**They See Me Strollin'** Hey Mama! Grab your strollered kiddos and meet us on the basketball court or outside when the weather permits for a great workout no matter what stage of motherhood you are in!

**Total Body Express** targets major muscle groups using a variety of equipment as well as body weight within a concentrated time frame to maximize your workout.

**Yoga** is a system of exercises using special apparatus that are designed to improve physical strength, flexibility, posture, and the toning of core muscles while developing flexibility and improving balance.

**Yoga Stretch** is a practice that is all about slowing down and opening your body through passive stretching. Props, rather than your muscles, are used to support your body.

**ZUMBA®** is for everybody and every body! This fitness class gives you a full-body, cardio workout by combining Latin & International music with dance steps. Zumba will make you sweat with a smile and promote overall health and happiness.