

# MARCH | GROUP FITNESS SCHEDULE

<b>Monday</b>	6:00-6:45am	Total Body Express	Carolyn
	7:45-8:45am	Functional Yoga	Denise
	9:00-9:45	Barre	Shauni
	10:00-11:00am	ZUMBA®	Michiko
	11:30am-12:15pm	SilverSneakers® Yoga	Katie
	1:00-2:30pm	Tai Chi/Qi Gong	Diana
	2:45-3:30pm	Cycle Class	Erica
	4:30-5:30pm	Shape Up	Ann
<b>Tuesday</b>	5:45-6:45pm	Yoga Stretch	Ann
	6:00-6:45am	Pilates	Ashley
	9:00-10:00am	Cycle & Abs	Tracy
	9:30-10:30am	They See Me Strollin' (Basketball Court)	Kathy
	10:15-11:15am	Pilates	Ashley
	11:30am-12:15pm	SilverSneakers® Circuit	Mary
	1:15-2:00pm	SilverSneakers® Classic	Kimber
	3:30-7:00pm	<b>Closed for Youth Dance Classes</b>	
<b>Wednesday</b>	6:00-6:45am	Gentle Yoga	Ashley
	7:00-7:30am	Full Sprint Cycle	Tracy
	7:45-8:45am	Weightlifting Fundamentals	Krista
	9:00-10:00am	Yoga	Erika
	10:30-11:15am	Low Impact Cardio & Strength	Carolyn
	11:30am-12:30pm	Meditation	Bill
	1:00-2:30pm	Tai Chi/ Qi Gong	Diana
	4:30-5:30pm	Tabata Biking	Ann
<b>Thursday</b>	5:45-6:45pm	Yoga Stretch	Ann
	6:00-6:45am	Total Body Express	Dawn
	9:00-10:00am	Cycle & Abs	Tracy
	9:30-10:30am	They See Me Strollin' (Basketball Court)	Kathy
	10:15-11:15am	ZUMBA®	Michiko
	11:30-12:15pm	SilverSneakers® Circuit	Mary
	1:15-2:00pm	SilverSneakers® Classic	Tiffany
	4:30-5:30pm	Shape Up	Ann
<b>Friday</b>	6:00-6:45am	Cycle & Tone	Dawn
	7:45-8:45am	Functional Fitness	Krista
	9:00-10:00am	Cycle & Strength	Tracy
	11:30-12:30pm	SilverSneakers® Yoga	Mary
	1:00-2:30pm	Tai Chi/ Qi Gong	Diana
	4:30-5:30pm	Shape Up	Ann
<b>Saturday</b>	8:00-9:00am	Yoga	Kristi 2,16,30; Sylvia 9,23
	10:00-11:00am	Step Up and Dance	
<b>Sunday</b>	1:00-1:45pm	Pilates (March 3 & 17)	Kristy
	3:00-4:00pm	Meditation	Bill

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



**FRUITA**  
COLORADO  
PARKS & RECREATION

**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.

**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.

**Gentle Yoga** 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.

**Full Sprint Cycle** 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.

**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.

**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.