

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.