



Evergreen Park & Recreation District Fitness/Indoor Cycling Class Schedule Buchanan Park Recreation Center

WINTER UPDATED 01/05/2019

Questions? Call Susan Wescott Fitness Specialist 720.880.1112
Playschool Open Monday - Saturday 8:15AM-1:00PM

MONDAY

6:30-7:30AM	INDOOR CYCLING	Cycling Room	STACEY
8:00-9:00AM	STRENGTH CAMP	Pinnacle	COURTNEY
9:15-10:15AM	ZUMBA	Bergen Peak Room	REGIANNE
9:15-10:15AM	INDOOR CYCLING	Cycling Room	COURTNEY
9:15-10:15AM	PIYO LIVE	Evergreen Room	LESLIE

TUESDAY

7:00-8:00AM	SUNRISE VINYASA YOGA	Evergreen Room	BRENDA
9:15-10:15AM	HATHA YOGA	Miller House	KELLY
9:15-10:15AM	INDOOR CYCLING	Cycling Room	YESIM
9:15-10:15AM	TOTAL BODY FUSION	Bergen Peak Room	MARY ANNE
10:30-11:30AM	MINDFULNESS AND MEDITATION	Miller House	JULIE
10:30-11:30AM	BEGINNER SPINNER	Cycling Room	STACEY
6:00-7:00PM	INDOOR CYCLING	Cycling Room	SUZEY

WEDNESDAY

6:30-7:30AM	STRENGTH CAMP	Pinnacle	SUSAN
8:00-9:00AM	STRENGTH CAMP	Pinnacle	SUSAN
9:15-10:15AM	STRONG	Bergen Peak Room	REGAN
9:15-10:15AM	INDOOR CYCLING	Cycling Room	SUZEY
6:30-7:30 PM	YOGA FOR VETERANS	Bergen Peak Room	KELLY

THURSDAY

7:00-8:00AM	SUNRISE VINYASA YOGA	Evergreen Room	BRENDA
9:15-10:15AM	YIN YOGA	Miller House	KELLY
9:15-10:15AM	INDOOR CYCLING	Cycling Room	STACEY
9:15-10:15AM	PURE STRENGTH	Bergen Peak Room	MARY ANNE
10:30-11:30AM	P90X	Bergen Peak Room	YESIM
10:30-11:30AM	BEGINNER SPINNER	Cycling Room	STACEY
6:00-7:00PM	INDOOR CYCLING	Cycling Room	SUZEY

FRIDAY

6:30-7:30AM	STRENGTH CAMP	Pinnacle	SUSAN
8:00-9:00AM	STRENGTH CAMP	Pinnacle	SUSAN
9:15-10:15AM	INDOOR CYCLING	Cycling Room	YESIM
9:15-10:15AM	ZUMBA	Bergen Peak Room	REGAN
9:15-10:15AM	POWER HOUR	Evergreen Room	LESLIE

SATURDAY

8:15-9:15AM	CONDITIONING/CORE	Bergen Peak Room	GABE
9:15 -10:15AM	INDOOR CYCLING	Cycling Room	STACEY
9:30-10:30AM	ZUMBA TONING	Bergen Peak Room	REGIANNE

SUNDAY

9:15-10:15AM	INDOOR CYCLING	Cycling Room	NINA
9:15-10:15	P90X	Bergen Peak Room	YESIM

Fitness / Indoor Cycling Class Prices

	Adult	Senior
Fitness Indoor Cycling Classes	\$11 DR / \$14 NDR	\$10 DR / \$13 NDR
Unlimited Pass	\$105 DR / \$121 NDR	\$95 DR / \$114 NDR
10 Punch Card	\$100 DR / \$120 NDR	\$90 DR / \$108 NDR

PLEASE NOTE: 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.

⇒ **Indoor Cycling/TRX Punch card holders may call in the day before after 7pm (Monday - Friday), 5pm (Saturday) and 5pm (Sunday) for all classes held the next day!**

⇒ **Day of class drop-ins are WELCOME!**

- **To reserve a bike call @ BUCHANAN: (720) 880-1100 – reservations must be made with a live person!**
- Paid bikes/TRX with no shows will be resold 5 minutes into class to waiting participants. Reserved bikes from punch cards will **NOT** be credited back if cancelled within the 2-hour cancellation policy.
- If you are waiting, you must be present, ready to pay and take the open bike.

⇒ The drop in or punch card fees for Fitness/Indoor Cycling classes **DO NOT** include facility admission.

⇒ Punch cards cannot be shared.



PiYo Live is a combination of Pilates and mind/body practices of yoga. It consists of an athletic workout that includes stretching, conditioning and dynamic movements. It is a pre-designed class that includes a constant flow of moves to upbeat empowering music. It will definitely get your heart rate going with the benefits of deep breathing, balance, stretching, strengthening and relaxation. Come sweat and get your blood pumping with some invigorating PiYo Strength!

POX Get fit FAST and have fun doing P90X! This fitness program is one of the most effective training styles on the planet. All fitness levels welcome!



Introducing music-led interval training. With most workout programs, music is an afterthought, but the music in **STRONG by Zumba™** was crafted to drive the intensity in a challenging progression that provides a total-body workout. **This is NOT a dance class!**



You've seen the smiles, you've felt the energy, Zumba! This workout combines high energy and motivating music with simple synchronized dance movements designed for any fitness level. The routines feature aerobic fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. No dance experience necessary.

Beginner Spinner - Are you new to Indoor Cycling? Are you anxious about giving spin a try? Are you recovering from an injury? Do you want a gentle spin cycle? Then this class is for YOU!

Conditioning & Core - This is a whole-body workout that can improve your overall fitness. A combination of weighted and resistance-based exercises, sculpting and toning-based exercises followed by core strength training is sure to deliver all-round benefits from head to toe. You'll be better toned and physically fitter and you'll probably feel like a "better you"!

Hatha Yoga - Hatha Yoga is a general category that includes most yoga styles. It is an old system that includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation.

Mindfulness and Meditation – Come explore a variety of mindfulness meditation techniques as well as moving meditation. Find out for yourself the amazing physical and mental benefits of a meditation practice. A mindfulness practice can reduce stress, depression and anxiety. It can improve attention, mental clarity, pain management and overall health. This class is a great way to calm your mind and sharpen your focus.

Power Hour - A variety of resistance and conditioning circuits interspersed with plyometric intervals for a challenging and fun total body workout. All levels welcome.

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.

Strength Camp - a total body 60-minute class incorporating all aspects of fitness, strength training, cardio, core and balance. This class will give you more energy, more muscle, more strength and leave you feeling great!

Total Body Fusion - This class will keep you on the move! Combining resistance training, cardio, and core exercises that create a total body transformation. All levels welcome!

Yin Yoga - Yin Yoga is a slow-paced style of yoga with postures, or asanas, that are held for longer periods of time - for beginners, it may range from 45 seconds to two minutes; more advanced practitioners may stay in one posture for five minutes. All levels welcome!

Yoga For Veterans - **This FREE yoga meditation class is OPEN to ANY VETERAN or ACTIVE DUTY military member. It is designed to address the special concerns that our military personnel encounter through their service. The goal of this class is to provide more comfort in the body and ease in the mind. It can often provide a better night's sleep, relief from chronic pain and depression, and challenges of PTSD. Each class will typically consist of 5 minutes of breath work, 45 minutes spent in physical poses of yoga and 10 minutes of guided meditation.**

Yoga Sunrise / Vinyasa - these are all-levels classes that work on strength, flexibility, and stress relief. The poses have options for beginners and advanced students and connects movement to breath (pranayama). Each class ends with a short meditation. Improve body and mind!

Zumba Toning – A Zumba party with extra emphasis on toning and sculpting to define those muscles. The challenge of adding resistance by using Zumba Toning Sticks (or light weights) helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Works arms, core and lower body!