

Group Fitness Classes

Schedule is also online at:
evergreenrecreation.com

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM	Cycling (BPRC) 6:30-7:30am Stacey		Strength Camp (BPRC) 6:30-7:30am Susan	Cycling (BPRC) 6:30-7:30am Stacey	Strength Camp (BPRC) 6:30-7:30am Susan		
7:00AM		Sunrise Vinyasa Yoga (BPRC) 7:00-8:00am Brenda		Sunrise Vinyasa Yoga (BPRC) 7:00-8:00am Brenda			
8:00AM	Strength Camp (BPRC) 8:00-9:00am Courtney		Strength Camp (BPRC) 8:00-9:00am Susan TRX (WRC) 8:00-9:00am Yesim Zumba (WRC) 8:00-9:00am Regianne		Strength Camp (BPRC) 8:00-9:00am Susan	Conditioning & Core (BPRC) 8:15-9:15am Gabe	
9:15AM	Cycling (BPRC) 9:15-10:15am Courtney Zumba Toning (BPRC) 9:15-10:15am Regianne PiYo Live (BPRC) 9:15-10:15am Leslie Cycling/TRX (WRC) 9:15-10:30am Yesim	Cycling (BPRC) 9:15-10:15am Yesim Hatha Yoga (Miller House) 9:15-10:15am Kelly Total Body Fusion (BPRC) 9:15-10:15am Mary Anne	Cycling (BPRC) 9:15-10:15am Stacey Strong (BPRC) 9:15-10:15am Regan	Cycling (BPRC) 9:15-10:15am Stacey Yin Yoga (Miller House) 9:15-10:15am Kelly Pure Strength (BPRC) 9:15-10:15am Mary Anne	Cycling (BPRC) 9:15-10:15am Yesim Zumba (BPRC) 9:15-10:15am Regan Cardio Blast (BPRC) 9:15 - 10:15 am Mary Anne	Cycling (BPRC) 9:15-10:15am John Zumba (BPRC) 9:30-10:30am Laura Cycling (BPRC) 10:30-11:30am John (if 9:15 class fills)	P90X (BPRC) 9:15-10:15am Yesim
10:30AM		Mindfulness & Meditation Miller House 10:30-11:30am Julie Pilates Power (WRC) 10:30-11:30am Leslie Turbo Kick (WRC) 10:30-11:30am Laura					
6:00PM		Cycling (WRC) 5:30-6:30 John Cycling (BPRC) 6:00 - 7pm Suzey	Yoga for Veterans (BPRC) 6:30-7:30pm Kelly	Zumba (BPRC) 6:00-7:00 pm Regianne Cycling (BPRC) 6:00 - 7pm Mark			

Limited Space: Indoor Cycling/TRX Punch card holders may call in the day before after 7 PM (Mon - Fri), 5 PM (Sat and Sun) for all classes held the next day! Day of class drop-ins welcome!

- To reserve a bike call at Buchanan: 720.880.1100 or at Wulf: 720.880.1200 – 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.
- Instructors & classes are subject to change.

Fitness Class Prices

	Adult	Senior
Fitness Classes	\$14 DR / \$18 NDR	\$13 DR / \$16 NDR
Unlimited Pass	\$105 DR / \$121 NDR	\$95 DR / \$114 NDR
10 Punch Card	\$115 DR / \$132 NDR	\$105 DR / \$121 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.

Group Fitness Class Descriptions

CARDIO BLAST – 30 minutes of Tabata and HIT training! The cardio is followed by some serious strength work. It's a "Blast!"

CONDITIONING & CORE - This is a whole-body workout to improve your overall fitness. A combination of weighted and resistance-based be better toned and physically fitter and you'll probably feel like a "better you"!

CYCLING - A 60-minute ride focusing on cardiovascular fitness, endurance, and muscle strength; with stretching at the end of each class.

HATHA YOGA - Hatha Yoga includes most yoga styles such as 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.

MINDFULNESS & MEDITATION - Come explore a variety of mindfulness meditation techniques as well as moving meditation. 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.

P90X - 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!

PILATES POWER - Build and strengthen your core while improving flexibility & proper body alignment.

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 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 Live!

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.



Buchanan Park Recreation Center

32003 Ellingwood Trail
Evergreen, CO 80439
720.880.1100

Evergreen Lake House

29612 Upper Bear Creek
Evergreen, CO 80439

Wulf Recreation Center

5300 S. Olive Road
Evergreen, CO 80439
720.880.1200

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!

STRONG BY ZUMBA™ - 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!

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!

TRX SUSPENSION TRAINING - Is a 60-minute class including both a warm up and a stretch cool-down at the end. This class is open to both "newbies" and those familiar with suspension training. Attendees always have the choice to modify or "intensify" the exercises to better suit their fitness needs.

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.

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

Weight Room Orientation

Orientations are held at Buchanan Recreation Center for \$10.

Youth ages 13-15 who want to use the weight room without parent supervision MUST take a weight room orientation class.

Days/Hours:

Buchanan Park (1st Thu of the month) 4:30 – 5:30 PM

Call the Front Desk to sign up:
BPRC 720.880.1100