

Group Fitness Classes

Schedule is also online at:
evergreenrecreation.com

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM							
7:00AM							
8:00AM							
9:00AM	Zumba Tone <i>(BPRC or Zoom)</i> 9:15-10:15am Regiane	Turbo Kick <i>(BPRC or Zoom)</i> 9:15-10:15am Laura	Zumba <i>(BPRC or Zoom)</i> 9:15-10:15am Regan	BodyBarre <i>(BPRC or Zoom)</i> 9:15 – 10:15am Cherie Pure Strength <i>Pinnacle</i> <i>(BPRC)</i> 9:15 – 10:15am Mary Anne	Zumba <i>(BPRC or Zoom)</i> 9:15-10:15am Laura	Kickboxing & Strength <i>(BPRC or Zoom)</i> 9:15-10:15am Regan	
10:30AM	PiYo <i>(BPRC or Zoom)</i> 10:30-11:30am Laura						
6:00pm	Vinyasa Yoga <i>(BPRC or Zoom)</i> 6:00-7:00pm Hannah						

EFFECTIVE SEPTEMBER 1, 2021

COVID-19 Notice (ZOOM ONLY):

Zoom only fees are \$16 DR/\$20 NDR for the week OR just do a drop-in for \$8 DR/ \$10 NDR per class. These can be done online from the comfort of your home.

- Registration required for Zoom classes. Contact the front desk 720-880-1100
- *Instructors & classes are subject to change.*

Indoor Cycling/Fitness Classes (IN PERSON)

	Adult	Senior
<i>Fitness Classes</i>	\$14 DR / \$18 NDR	\$13 DR / \$16 NDR
<i>Unlimited Pass</i>	\$105 DR / \$131 NDR	\$95 DR / \$114 NDR
<i>10 Punch Card</i>	\$115 DR / \$144 NDR	\$105 DR / \$131 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

BODYBARRE – High-energy flow of ballet-inspired choreography, pilates-based exercises and a focus on breath with movement. Designed to keep heart rate up and muscles working hard with zero impact.

KICKBOXING & STRENGTH – Easy to follow kickboxing segments for cardio, combined with weight segments to develop strength and core. A great way to kickstart your weekend!

PiYo - Burn Excess Fat And Strengthen Your Core With This Combination Of Pilates And Yoga

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.

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

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.

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

ZUMBA TONE™ – Those who want to party, but put extra emphasis on toning and sculpting to define those muscles. How it works. The challenge of adding resistance by using toning sticks or light weights, helps you focus on specific muscle groups, so you (and your muscles) stay engaged.

SUNRISE YOGA/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!

YOGA SCULPT - Yoga Sculpt is a class that incorporates hand weights and high-intensity cardio bursts for a maximum calorie-burning effect. ... The hand weights add a new challenge to traditional yoga classes. Yoga Sculpt also incorporates cardio exercises to get your heart pumping and your blood flowing.

VINYASA YOGA - Vinyasa yoga classes move one breath per movement. They unify the mind, body, and breath with poses that challenge strength, flexibility, and balance. These classes offer pose options and pose modifications for all experience levels and body types. Each class begins and ends with breathwork and meditation.

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.

Call Kendra Head to sign up:
720.880.1226



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

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