

# Group Fitness Classes

Schedule is also online at:  
[evergreenrecreation.com](http://evergreenrecreation.com)

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM	<b>Cycling</b> (BPRC) 6:30-7:30am Stacey		<b>Strength Camp</b> (BPRC) 6:30-7:30am Susan	<b>Cycling</b> (BPRC) 6:30-7:30am Stacey	<b>Strength Camp</b> (BPRC) 6:30-7:30am Susan		
7:00AM		<b>Sunrise Vinyasa Yoga</b> Miller House 7:00-8:00am Brenda		<b>Sunrise Vinyasa Yoga</b> Miller House 7:00-8:00am Brenda			
8:00AM	<b>Strength Camp</b> (BPRC) 8:00-9:00am Courtney		<b>Strength Camp</b> (BPRC) 8:00-9:00am Susan <b>TRX</b> (WRC) 8:00-9:00am Yesim		<b>Strength Camp</b> (BPRC) 8:00-9:00am Susan	<b>Conditioning &amp; Core</b> (BPRC) 8:15-9:15am Gabe	<b>P90X</b> (BPRC) 8:30-9:30am Yesim
9:15AM	<b>Cycling</b> (BPRC) 9:15-10:15am Courtney <b>Zumba Toning</b> (BPRC) 9:15-10:15am Regianne <b>PiYo Live</b> (BPRC) 9:15-10:15am Leslie <b>Cycling/TRX</b> (WRC) 9:15-10:30am Yesim	<b>Cycling</b> (BPRC) 9:15-10:15am Yesim <b>Hatha Yoga</b> (Miller House) 9:15-10:15am Kelly <b>Total Body Fusion</b> (BPRC) 9:15-10:15am Mary Anne	<b>Beginner Spinner</b> (BPRC) 9:15-10:15am Stacey  <b>Strong</b> (BPRC) 9:15-10:15am Regan	<b>Cycling</b> (BPRC) 9:15-10:15am Stacey <b>Yin Yoga</b> (Miller House) 9:15-10:15am Kelly <b>Pure Strength</b> (BPRC) 9:15-10:15am Mary Anne	<b>Cycling</b> (BPRC) <b>9:15-10:15am</b> Yesim  <b>Zumba</b> (BPRC) 9:15-10:15am Reagan	<b>Cycling</b> (BPRC) 9:15-10:15am Stacey <b>Zumba</b> (BPRC) 9:30-10:30am Laura	
10:30AM		<b>Mindfulness &amp; Meditation</b> Miller House 10:30-11:30am Julie (starts 9/10/19) <b>Pilates</b> (WRC) 10:30-11:30am Leslie <b>Turbo Kick</b> (WRC) 10:30-11:30am Laura		<b>P90X</b> (BPRC) 10:30-11:30am Yesim (Starts 9/5/19)			
6:00PM			<b>Yoga for Veterans</b> (BPRC) 6:30-7:30pm Kelly				

**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	\$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.

# Group Fitness Class Descriptions

**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 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 is a general category that 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 such as meditation.

**MINDFULNESS & 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.

**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** - 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!



**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

Updated: 5/14/19

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**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!

**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.

**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 and Wulf 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 2<sup>nd</sup> Sat

1 - 2 PM

Wulf 3<sup>rd</sup> Wed

11:30 AM - 12:30 PM

Call the Front Desk to sign up:

BPRC 720.880.1100 / WRC 720.880.1200