

# Group Fitness Classes

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

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM							
7:00AM		<b>Sunrise Yoga</b> (BPRC or Zoom) 7:00-8:00am Brenda		<b>Sunrise Yoga</b> (BPRC or Zoom) 7:00-8:00am Brenda			
8:00AM				<b>Strong Nation</b> (Zoom only) 8:00-9:00am Regan			
9:00AM	<b>Zumba Tone</b> (BPRC or Zoom) 9:00-10:00am Regiane	<b>Turbo Kick</b> (Zoom only) 9:00-10:00am Laura	<b>Zumba</b> (BPRC or Zoom) 9:15-10:15am Regan	<b>BodyBarre</b> (BPRC or Zoom) 9:15 – 10:15am Cherie	<b>Zumba</b> (BPRC or Zoom) 9:00-10:00am Laura	<b>Kickboxing &amp; Strength</b> (BPRC or Zoom) 9:15-10:15am Regan	
10:30AM	<b>PiYo</b> (BPRC or Zoom) 10:15-11:15am Laura						
11:30AM							

**COVID-19 Notice:** Eight classes a week for \$15 DR/\$19 NDR or just do a drop-in for \$8 DR/ \$10 NDR per class. These can be done online from the comfort of your home or done in-person at BPRC.

- Registration required for Zoom classes. Contact Kendra Head at [khead@eprd.co](mailto:khead@eprd.co).
- *Instructors & classes are subject to change.*

# 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

**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!

## 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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