

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	<p>PiYo (BPRC or Zoom) 9:15-10:15 AM Laura</p>	<p>Turbo Kick (BPRC or Zoom) 9:15-10:15 AM Laura</p>	<p>Zumba (BPRC or Zoom) 9:15-10:15 AM Regan</p> <p>HIIT (BPRC or Zoom) 9:30-10:30 AM Klaudia</p>	<p>BodyBarre (BPRC or Zoom) 9:15-10:15 AM Cherie</p> <p>Pure Strength Pinnacle (BPRC) 9:15-10:15 AM Mary Anne</p> <p>Indoor Cycling (BPRC) 9:15-10:15 AM John</p>	<p>Zumba (BPRC or Zoom) 9:15-10:15 AM Laura</p>	<p>BodyBarre (BPRC or Zoom) 9:15-10:15 AM Cherie</p> <p>Indoor Cycling (BPRC) 9:15-10:15 AM John</p>	
10:30AM			<p>Pilates/Yoga/ Spine Training (BPRC or Zoom) 10:30-11:30 AM Klaudia</p>				
6:00pm							

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

Fitness Classes

\$14 DR / \$18 NDR \$13 DR / \$16 NDR

Unlimited Pass

\$105 DR / \$131 NDR \$95 DR / \$114 NDR

10 Punch Card

\$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.

HIIT - HIIT is High Intensity Interval Training. This is one of the most popular training methods in recent years. A form of training in which high-intensity sections alternate with low-intensity sections. The length of time intervals may vary depending on the goal and training level, but it can be said that the harder sections are longer.

PILATES/YOGA/SPINE TRAINING - During training, we focus on the joints and increase the range of motion. The biggest mistake most people make is training with a narrow range of motion. The development of poor posture is highly dependent on the condition of the joints and muscles. The purpose of training is to regain range of motion and lubricate the joints.

Morning Yoga: Stretch, Balance Flow - Start your morning with a yoga class that will encompass breath work, stretching, & standing poses. A morning practice fosters clarity, creativity and peace of mind. This practice is an all levels class, gentle enough for beginners. Expect an awesome start to your day.

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

evergreenrecreation.com