

Group Fitness Classes

Schedule is also online at:
evergreenrecreation.com

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45AM			Mid-Week Sunrise Yoga WRC 6:45 – 7:45am Sandy				
7:00AM							
8:00AM	Pound BPRC 8:00-9:00am Adrienne						
9:00AM	PiYo BPRC 9:15-10:15am Laura Fitness Fusion Indoor Cycling BPRC 9:15-10:15am Stacey	Turbo Kick BPRC 9:15-10:15am Laura Pure Strength Pinnacle BPRC 9:15 – 10:15am Mary Anne	Zumba BPRC 9:15-10:15am Regan Indoor Cycling BPRC 9:15-10:15am Stacey	BodyBarre WRC 8:00 – 9:00am Cherie Pure Strength BPRC 9:15 – 10:15am Mary Anne	Zumba BPRC 9:15-10:15am Laura	BodyBarre BPRC 9:15 – 10:15am Cherie Indoor Cycling BPRC 9:15-10:15am John	
10:30AM	REB3L BPRC 10:30-11:30am Rachel TRX Suspension Training WRC 11:30am – 12:15am Kathy		Pound BPRC 10:30-11:30am Adrienne	Iyengar Yoga BPRC 10:30-11:30am Leslie D			
5:30pm				Indoor Cycling BPRC 5:30-6:30pm John			

Indoor Cycling/Fitness Classes

Fitness Classes
 Unlimited Pass
 10 Punch Card

Adult

\$14 DR / \$18 NDR
 \$105 DR / \$131 NDR
 \$115 DR / \$144 NDR

Senior

\$13 DR / \$16 NDR
 \$95 DR / \$114 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



Buchanan Park Recreation Center

32003 Ellingwood Trail
Evergreen, CO 80439
720.880.1100

Evergreen Lake House

29612 Upper Bear Creek
Evergreen, CO 80439
720.880.1300

Wulf Recreation Center

5300 S. Olive Road
Evergreen, CO 80439
720.880.1200

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.

Fitness Fusion - This 60 minute class fuses a high energy, 30 minute cardio workout on the spin bike followed by a 25 minute weight training session. All levels are welcome!

Mid-Week Sunrise 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.

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

POUND - Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels.

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.

REB3L Groove/Strength – Groove uses hard hitting choreography with HIIT mechanics and powerful music, resulting in a high intensity, badass, bootcamp style dance fitness format. Strength is choreographed toning routines set to powerful music. It creates sculpted bodies and builds physical strength using body weight, minimal equipment, and low-impact/high repetition training. Break out of your gym routine. Strong is sexy...redefined.

TRX Suspension Training - The All Fitness Levels TRX Suspension training includes 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. All exercise selection as well as work intervals will be decided by the instructor at the time of the class based on the experience of the attendees. 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.

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

Iyengar Yoga - A mixed level class for students new to yoga and for yoga students of all levels focusing on strength, flexibility and balance. Precise instructions (meditation in action) guide students with correct actions needed in each posture to better align the body so that weaker areas of the body become stronger and stiffer areas learn to relax.

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