

# Silverthorne Recreation Center

## March Fitness Class Schedule 2010

- ☛ All classes are FREE to pass-holders and included in Daily admission
- ☛ If you are attending Yoga or Cycling, please pick up a card prior to the class from the front desk. Cards can be picked up 30 minutes before class begins.
- ☛ Classes & Instructors are subject to change or be cancelled without notice. A min. of 4 participants needed or the class will be cancelled.
- ☛ Please arrive 10 min. early if you are new to cycling
- ☛ Please contact the Silverthorne Recreation Center's Fitness Coordinator @ (970) 262-7374 with any questions/comments.

### MONDAY

|               |                                |            |
|---------------|--------------------------------|------------|
| 6:15a-7:00a   | Cycling                        | Oriana     |
| 7:30a-8:45a   | Yoga                           | Gina       |
| 8:00a-9:00a   | Water Fitness (DEEP)           | Staff      |
| K9:00a-10:00a | Muscle Madness                 | Lorelei    |
| K10:15a-11a   | SilverSneakers® Cardio Circuit | Staff      |
| 12:00p-12:45p | Cycling                        | Renee/Lisa |
| K5:30p-6:45p  | Yoga                           | Staff      |
| K6:00p-7:00p  | Cardio Madness                 | Hattit     |

### TUESDAY

|                |                         |         |
|----------------|-------------------------|---------|
| 8:00a-9:00a    | Water Fitness (SHALLOW) |         |
| K9:00a-10:00a  | Cardio Abs              | Renee   |
| K10:15a-11a    | SilverSneakers® MSROM   | Staff   |
| K10:15a-11:15a | Cycling                 | Susan   |
| 12:00p-1:00p   | Muscle Madness          | Hattit  |
| K6:00p-7:00p   | Kickboxing              | Teri    |
| K6:00p-7:00p   | Cycling                 | Sue     |
| 7:05p-8:00p    | Pilates                 | Bridget |

### WEDNESDAY

|               |                |          |
|---------------|----------------|----------|
| 6:15a-7:00a   | Cycling        | Lisa     |
| 7:30a-8:45a   | Yoga           | Gina     |
| K9:00a-10:00a | Pilates        | Jennifer |
| 12:00p-12:45p | Cycling        | Susan    |
| K5:30p-6:45p  | Yoga           | Allison  |
| K6:00p-7:00p  | Muscle Madness | Lorelei  |

### THURSDAY

|                |                                |          |
|----------------|--------------------------------|----------|
| 8:00a-9:00a    | Water Fitness (SHALLOW)        |          |
| K9:00a-10:00a  | Cardio Abs                     | Hattit   |
| K10:15a-11:15a | SilverSneakers® Cardio Circuit | Staff    |
| K10:15a-11:15a | Cycling                        | Leslie   |
| 12:15p-1:15p   | Pilates                        | Jennifer |
| K6:00p-7:00p   | Cycling                        | Dennis   |

### FRIDAY

|                |                       |       |
|----------------|-----------------------|-------|
| 6:15a-7:00a    | Cycling               | Danny |
| 7:30a-8:45a    | Yoga                  | Jenni |
| 8:00a-9:00a    | Water Fitness (DEEP)  | Staff |
| K9:00am-10:00a | Muscle Madness        | Renee |
| K10:15a-11a    | SilverSneakers® MSROM | Staff |
| 5:30p-6:45p    | Yoga                  | Gina  |

### SATURDAY

|                |                |       |
|----------------|----------------|-------|
| 7:30a-8:30a    | Cycling        | Staff |
| 8:15a-9:15a    | Muscle Madness | Staff |
| K9:30a-10:45 a | Yoga           | Staff |

[www.silverthorne.org](http://www.silverthorne.org)

K=Kids Korner Available



**Hours of Operation: Facility: Monday-Friday 6a-9p,  
Sat 7a-9p, Sun 8a-9p**

**Pool: Mon-Fri 6a-8:30p Sat 9a-8:30p Sun 9a-8:30pm**