

Silverthorne Recreation Center

July

Fitness Schedule 2019



All classes are FREE to passholders and included in daily admission

If you are attending a deep water fitness or yoga class, please pick up a card prior to the class from the front desk.

Cards can be picked up 30 minutes before class begins. Classes can fill up quickly

Classes & Instructors are subject to change or be cancelled without notice

A min of 4 participants are needed or the class will be cancelled

Please contact the Silverthorne Recreation Center Fitness & Wellness Coordinator

(970) 262-7374 or reneerogers@silverthorne.org with any questions or comments

Monday			Tuesday		
7:30a-8:45a	Yoga	Lauren	6:15a-7:00a	Boot Camp-OUTSIDE	Linzee
8:00a-9:00a	Water Fitness (Deep)	Staff	8:00a-9:00a	Water Fitness (Shallow)	Staff
9:00a-10:00a	Muscle Madness	Claudine	9:00a-10:00a	Cardio Abs Plus	Renee
10:15a-11:00a	Zumba Gold	Debbie	10:15a-11:00a	Silversneakers® CLASSIC	Afsi
6:00p-6:30p	Muscle Madness Xpress	Linzee	12:15p-1:15p	Power Walking+ OUTSIDE	Hattit
6:00p-7:15p	Gentle Yoga	Afsi	Thursday		
6:35p-7:05p	HIIT Xpress -OUTSIDE	Linzee			

Wednesday			Thursday		
7:30a-8:45a	Yoga	Afsi	6:15a-7:00a	Quick & Effective	Lisa
8:00a-9:00a	Water Fitness (Deep)	Staff	8:00a-9:00a	Water Fitness (Shallow)	Staff
9:00a-10:00a	Pilates	Hattit	9:00a-10:00a	Muscle Madness/Cardio abs(rotate)	Hattit
12:45p-1:30p	Zumba Gold	Debbie	10:15a-11:00a	Silversneakers Circuit	Staff
6:00p-6:30p	POUND®	Lisa	12:15p-1:15p	Pilates	Debbie
6:00p-7:15p	Yoga	Allison	Saturday		

			8:15a-9:15a	Muscle Madness	Staff
			9:30a-10:45a	Yoga	Ghanay

Friday		
6:15a-7:00a	Muscle Madness Xpress	Lisa
7:30a-8:45a	Yoga	Jenni
8:00a-9:00a	Water Fitness (Deep)	Staff
9:00a-10:00a	Muscle Madness	Renee
9:00a-10:00a	Gentle Yoga	Jenni
10:15a-11:00a	Silversneakers® CLASSIC	Staff

July

CLOSED July 4th

Enjoy the Holiday and many festivities in the County, including the FREE NRO concert on July 4th and the ART on the Blue River weekend July 5 & 6 in Silverthorne!

Hours of Operation

Facility: Monday-Friday 6a-9p, Saturday 7a-8p, Sunday 8a-8p

Pool: Monday-Friday 6a-8:30p, Saturday 8a-7:30p, Sunday 9a-7:30p

CLOSED ON THURSDAY JULY 4th

Enjoy the Holiday!

website: www.silverthorne.org

Front Desk: (970) 262-7370

Check out more fitness options in the pastimes brochure! Including: xtrain, aerial yoga & Intro to Weight Training.