



# Silverthorne Recreation Center

## August

### 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

| <b>Monday</b>        |                         |               | <b>Tuesday</b>  |                                   |        |
|----------------------|-------------------------|---------------|---|-----------------------------------|--------|
| 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              | <b>Sisley</b> | 10:15a-11:00a   | Silversneakers® CLASSIC           | Afsi   |
| 6:00p-6:30p          | Muscle Madness Xpress   | Linzee        | <b>Thursday</b>   |                                   |        |
| 6:00p-7:15p          | Gentle Yoga             | Afsi          |   |                                   |        |
| 6:35p-7:05p          | HIIT Xpress -OUTSIDE    | Linzee        |   |                                   |        |
| <b>Wednesday</b>     |                         |               | 6:15a-7:00a   | Quick & Effective                 | Lisa   |
| 7:30a-8:45a          | Yoga                    | Afsi          | 8:00a-9:00a   | Water Fitness (Shallow)           | Staff  |
| 8:00a-9:00a          | Water Fitness (Deep)    | Staff         | 9:00a-10:00a  | Muscle Madness/Cardio abs(rotate) | Hattit |
| 9:00a-10:00a         | Pilates                 | Hattit        | 10:15a-11:00a   | Silversneakers Circuit            | Staff  |
| <b>10:15a-11:00a</b> | Zumba Gold              | Debbie        | 12:15p-1:15p  | Pilates                           | Debbie |
| 6:00p-6:30p          | POUND®                  | Lisa          | <b>Saturday</b>   |                                   |        |
| 6:00p-7:15p          | Yoga                    | Allison       | 8:15a-9:15a   | Muscle Madness                    | Staff  |
| <b>Friday</b>        |                         |               | 9:30a-10:45a  | Yoga                              | Ghanay |
| 6:15a-7:00a          | Muscle Madness Xpress   | Lisa          | <b>August</b>   |                                   |        |
| 7:30a-8:45a          | Yoga                    | Jenni         | <b>Aerobics room closure</b>  |                                   |        |
| 8:00a-9:00a          | Water Fitness (Deep)    | Staff         | <b>August 24th-September 2nd</b>  |                                   |        |
| 9:00a-10:00a         | Muscle Madness          | Renee         | NO muscle madness, silversneakers,<br>pilates or outdoor fitness classes during this time |                                   |        |
| 9:00a-10:00a         | Gentle Yoga             | Jenni         | We will have yoga and water fitness classes   |                                   |        |
| 10:15a-11:00a        | Silversneakers® CLASSIC | Staff         |   |                                   |        |

#### 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

Pool Closure

September 3-September 15

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