



Silverthorne Recreation Center

March

Fitness Schedule 2020

All classes are FREE to passholders and included in daily admission

If you are attending a cycling 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		
6:15a-7:00a	Quick & Effective	Rachel	6:15a-7:00a	Sunrise Yoga	Afsi
7:30a-8:45a	Yoga	Lauren	8:00a-9:00a	Water Fitness (Shallow)	Staff
8:00a-9:00a	Water Fitness (Deep)	Staff	9:00a-10:00a	Cardio Abs Plus	Renee
9:00a-10:00a	Muscle Madness	Claudine	10:15a-11:00a	Silversneakers® CLASSIC	Afsi
10:15a-11:00a	Zumba Gold	Sisley	12:15p-1:15p	Muscle Madness	Hattit
10:15a-11:00a	Cycling	Lisa	6:00p-7:00p	Cycling	Jules
6:00p-6:45p	Pilates	Hattit	Thursday		
6:00p-7:00p	Gentle Yoga	Staff			
Wednesday			6:15a-7:00a	Quick & Effective	Debbie
6:15a-7:00a	Cycling	Jules	8:00a-9:00a	Water Fitness (Deep)	Staff
7:30a-8:45a	Yoga	Allison	9:00a-10:00a	Muscle Madness/Cardio abs(rotate)	Hattit
9:00a-10:00a	Pilates	Hattit	10:15a-11:00a	Silversneakers Circuit	Ellie
10:15a-11:00a	Zumba Gold	Debbie	12:15p-1:15p	Pilates	Debbie
10:15a-11:00a	Cycling	Lisa	6:00p-7:00p	Cycling	Danny
6:00p-6:45p	POUND®	Lisa	Saturday		
6:00p-7:15p	Yoga	Juli			
Friday			8:15a-9:15a	Muscle Madness	Hattit/Lisa
6:15a-7:00a	Pilates	Debbie	9:30a-10:15a	POUND®	Debbie
7:30a-8:45a	Yoga	Jenni	9:30a-10:45a	Yoga	Ghanay
8:00a-9:00a	Water Fitness (shallow)	Ellie/Darla	<p align="center">March Events</p> <p>6 First Friday-Rail Jam</p> <p>7 Angler Mountain Snowshoe Hike</p> <p>13 Country Western Dance-Pavilion</p>		
9:00a-10:00a	Muscle Madness	Claudine			
9:00a-10:00a	Gentle Yoga	Jenni			
10:15a-11:00a	Silversneakers® CLASSIC	Ellie			
6:00p-7:00p	Gentle Yoga	Andi			

Hours of Operation

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

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

website: www.silverthorne.org

Front Desk: (970) 262-7370

Check out more fitness options
in the pastimes brochure!