



GROUP FITNESS SCHEDULE

Register for virtual classes at fitness@greeleygov.com. Virtual classes are free for anyone and do not require a Greeley Recreation membership. The registration email will include access to class Zoom links.

MONDAY

Cycle
8:15-9:15AM
FunPlex Spin Studio

**SilverSneakers®
BOOM™ MOVE**
10:15-11AM
FunPlex Studio

SilverSneakers® Classic
12:15-1:15PM
Rec Center Studio

Cycle Circuit
6:15-7:15PM
FunPlex Spin Studio

Enlighten Yoga
6:15-7:15PM
FunPlex Studio

TUESDAY

SilverSneakers® Circuit
10:15-11:15AM
Rec Center Studio

Total Body Conditioning
12:15-1PM
Rec Center Studio

Yoga & Meditation
4:15-5:15PM
FunPlex Studio

Zumba®
6:15-7:15PM
FunPlex Studio

WEDNESDAY

Cycle
8:15-9:15AM
FunPlex Spin Studio

SilverSneakers® Classic
10:15-11:15AM
FunPlex Studio

Enlighten Yoga - VIRTUAL
5:30-6:15PM

THURSDAY

Zumba® Gold
10:15-11:15AM
FunPlex Studio

SilverSneakers® Yoga
12:15-1:15PM
Rec Center Studio

HIIT & Core - VIRTUAL
5:30-6:15PM

Yoga Flow
6:15-7:15PM
FunPlex Studio

FRIDAY

SilverSneakers® Circuit
10:15-11:15AM
FunPlex Studio

Zumba® - VIRTUAL
4:30-5:15PM

SATURDAY

Mat Pilates
10:15-11:15AM
FunPlex Studio



Questions: 970-350-9423 / greeleyrec.com

Register for an in-person class: greeleyrec.com/fitness-wellness/group-fitness



Fitness Class Descriptions

Cycle

Ride your way through rolling hills, steep climbs, false flats, sprints, and much more! (60 min)

Cycle Express

Cycle express is perfect for those who are in a hurry but still want an intense workout. This class will help build cardiovascular endurance and lower body strength in under an hour. (45 min)

Enlighten Yoga

A slow-paced yoga, with proper breathing techniques, classic poses, and deep relaxation. Modifications will be available. (60 min)

HIIT & Core

This is a full-body, interval training workout that incorporates strength, cardio plyometrics, and core exercises. Class is designed as a body weight workout that will require zero equipment, however, participants have the option to add resistance. (45 min)

Mat Pilates

This workout uses a series of exercises designed to increase core strength and improve posture and flexibility. Pilates is centered around breath and flowing through different postures in order to develop a strong, lean, healthy body! (60 min)

Power Yoga

These powerful sequences will wake up your body and get you sweating! This class will incorporate fun transitions and playful times of peak poses allowing plenty of time to practice poses such as inversions and balances. Be ready for a powerful practice appropriate for any level.

SilverSneakers® BOOM™ MOVE

This fun, dance-inspired workout improves your cardio fitness with easy-to-follow moves set to energizing music. (45 min)

SilverSneakers® Circuit

Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill. (60 min)

SilverSneakers® Classic

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level. (60 min)

SilverSneakers® Yoga

Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity. (60 min)

Total Body Conditioning

This class incorporates strength exercises and cardio segments using a variety of equipment for a total body workout. This class welcomes all levels and abilities. (45 min)

Yoga Flow

Yoga Flow connects breath, movement and music so individuals fluidly move from one pose to the next. This practice creates heat within the body and increase endurance, flexibility, and balance. (60 min)

Yoga & Meditation

This slow-paced yoga class allows you to move deeper into your connective tissues and build strength as you hold each pose. Yoga and meditation together help to align your physical and mental states through the practice of stillness and gentle movement. (60 min)

Zumba®

A combination of Latin and international rhythms, Zumba® creates exciting and effective fitness through dance routines. Shimmy and shake while utilizing interval training to maximize caloric output. (60 min)

Zumba Gold®

This class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. (60 min)