

SUMMER 2020 FITNESS SCHEDULE

Registration is required for individual classes, as spots are limited to 12 people/class. Physical distancing guidelines will be observed in classes and any additional regulations will follow current CDC guidelines. Masks are required.

For safety, late entries to class will not be permitted and your spot may be forfeited. Come ready to work out.

Locker rooms, showers, and child care services will not be available at this time. Ages 12+.

Class times and offerings are subject to change.

Members and guests should check-in at the Guest Services desk upon arrival to the facility to check-in or pay the daily admission fee before attending class.

Registration for group fitness classes: signupgenius.com/go/familyfunplexfitness

Questions: 970-350-9423 / greeleyrec.com

MONDAY

Cycle Express (Mike)
6:15-7:00AM Spin Studio

SilverSneakers®
BOOM™ MOVE (Denise)
10:15-11:15AM
Fitness Studio

Cycle (Mike)
6:15-7:15PM Spin Studio

Enlighten Yoga (Eddie)
6:15-7:15PM Fitness Studio

TUESDAY

SilverSneakers®
Classic (Maddie)
10:15-11:15AM
Fitness Studio

Zumba® (Mary)
6:15-7:15PM Fitness Studio

WEDNESDAY

Cycle Express (Mike)
6:15-7:00AM Spin Studio

SilverSneakers®
BOOM™ MOVE (Denise)
10:15-11:15AM
Fitness Studio

Mat Pilates (Heather)
6:15-7:15PM
Fitness Studio

THURSDAY

SilverSneakers®
Classic (Maddie)
10:15-11:15AM
Fitness Studio

Zumba® (Kihra)
6:15-7:15PM Fitness Studio

Cycle (Mike)
6:15-7:15PM Spin Studio

FRIDAY

SilverSneakers®
Circuit (Heather)
10:15-11:15AM
Fitness Studio

Summer 2020

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)

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)

SilverSneakers® BOOM™ MOVE

This fun, dance-inspired workout improves your cardio fitness with easy-to-follow moves set to energizing music. (60 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)

Summer Shred

This class is a great way to jump back or get started on your fitness routine! This quick, 45-minute full-body workout can be modified for all fitness levels. We will focus on bodyweight strength, conditioning, and have fun with our community in an outdoor setting. Class subject to modification due to weather. (45 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)