

GROUP FITNESS SCHEDULE

MONDAY

Cycle ^{CC}
8:15-9:15 AM | FunPlex Cycle Studio

SilverSneakers® BOOM MOVE™ ^{CC}
9-9:45 AM | FunPlex Studio

SilverSneakers® Classic ^{CC}
10-10:45 AM | FunPlex Studio

SilverSneakers® Classic
10:15-11 AM | Active Adult Center

Barre Fitness & Dance ^{CC}
11 AM-12 PM | FunPlex Studio

Zumba®
12:15-1 PM | Rec Center Studio

Barre Fitness & Dance ^{CC}
5-6 PM | FunPlex Studio

Cycle Circuit ^{CC}
6-6:45 PM | FunPlex Cycle Studio

Enlighten Yoga ^{CC}
6:15-7:15 PM | FunPlex Studio

TUESDAY

Cycle
5:15-6:15 AM | FunPlex Cycle Studio

Circuit ^{CC}
8-9 AM | FunPlex FitZone

Stability and Balance ^{CC}
8:30-9:15 AM | FunPlex Studio

Aqua-Fit
9:30-10:30 AM | FunPlex Lap Pool

SilverSneakers® Circuit ^{CC}
10-10:45 AM | FunPlex Studio

SilverSneakers® Yoga ^{CC}
11 AM-12 PM | FunPlex Studio

Circuit
12:15-1 PM | Rec Center Studio

Cycle
5:15-6 PM | Rec Center Cycle Studio

Circuit ^{CC}
5:30-6:15 PM | FunPlex FitZone

Zumba® ^{CC}
6-7 PM | FunPlex Studio

WEDNESDAY

Cycle ^{CC}
8:15-9:15 AM | FunPlex Cycle Studio

Water Aerobics ^{CC}
9:30-10:30 AM | FunPlex Activity Pool

SilverSneakers® BOOM MOVE™ ^{CC}
9-9:45 AM | FunPlex Studio

SilverSneakers® Classic ^{CC}
10-10:45 AM | FunPlex Studio

SilverSneakers® Classic
10:15-11 AM | Active Adult Center

Barre Fitness & Dance ^{CC}
11 AM-12 PM | FunPlex Studio

TRXtra
12:15-1 PM | Rec Center Studio

Barre Fitness & Dance ^{CC}
5-6 PM | FunPlex Studio

Zumba®
5:30-6:30 PM | Rec Center Dance Studio A

Vinyasa Yoga ^{CC}
6:15-7:15 PM | FunPlex Studio

THURSDAY

Cycle
5:15-6:15 AM | FunPlex Cycle Studio

Circuit ^{CC}
8-9 AM | FunPlex FitZone

Yoga Foundations ^{CC}
8:30-9:15 AM | FunPlex Studio

Zumba® Gold ^{CC}
9:30-10:30 AM | FunPlex Studio

SilverSneakers® Circuit
10-10:45 AM | Rec Center Studio

SilverSneakers® Yoga
11 AM-12 PM | Rec Center Studio

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

Cycle
5:15-6 PM | Rec Center Cycle Studio

Circuit ^{CC}
5:30-6:15 PM | FunPlex FitZone

Enlighten Yoga ^{CC}
6-7 PM | FunPlex Studio

FRIDAY

Zumba® ^{CC}
8:30-9:30 AM | FunPlex Studio

Water Aerobics
9-10 AM | Rec Center Activity Pool

SilverSneakers® Circuit ^{CC}
10-10:45 AM | FunPlex Studio

SilverSneakers® Classic
10:15-11 AM | Active Adult Center

SATURDAY

Cycle Circuit ^{CC}
8:15-9 AM | FunPlex Cycle Studio

Zumba® ^{CC}
8:30-9:30 AM | FunPlex Studio

Mat Pilates ^{CC}
10-11 AM | FunPlex Studio

CC = Child Care Available

Fitness Class Descriptions

Aqua-Fit

Low-impact aerobics and resistance movements in the deep or shallow part of the pool. May include various aquatic equipment. All fitness levels are welcome! (60 min)

Barre Fitness & Dance

Engage in a toning, strengthening & balancing workout using the ballet barre while learning about dance movement and technique. Workouts will be accompanied by various genres of music. All levels welcome! (60 min)

Circuit

This class includes stations that will challenge your strength and cardio. You can expect to use a variety of functional equipment such as the battle rope, Assault Airbike, SkiErg, slam balls, and more! All levels are welcome! (45/60 min)

Cycle

Ride your way through rolling hills, steep climbs, false flats, sprints, and much more! (45/60 min)

Cycle Circuit

Cycle and circuit your way through challenging, creative workouts to help keep your heart rate up, boost metabolism and burn fat! Utilizes bikes, free weights and other functional equipment. (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 the 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. (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. (45 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. (45 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)

Stability and Balance

Engage in strength, conditioning, and agility exercises to improve stability. Learn how to posture, body alignment, and core strength can enhance balance. May include chair movements. (45 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)

TRXtra

The TRX® suspension training system leverages gravity and your body weight to provide a full-body workout. Other functional equipment may be included. This class welcomes all levels and abilities. (45 min)

Vinyasa Yoga

This style of yoga links your breath to movement with the goal of attaining balance in the mind and body. May incorporate athletic poses. (60 min)

Water Aerobics

Join us in the pool for a full-body water workout! You can expect a variety of exercises and the use of various equipment. Class will take place primarily in shallow water. All levels are welcome! (60 min)

Yoga Foundations

This beginner hybrid yoga class incorporates the use of a chair and yoga mat to increase flexibility, core strength, balance, and range of motion. Floor exercises and shoes are optional. (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. (45/60 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)



► **Greeley Active Adult Center**
1010 6th Street | 970.350-9440
GreeleyActiveAdultCenter.com

► **Greeley Family FunPlex**
1501 65th Avenue | 970-350-9401
FamilyFunPlex.com

► **Greeley Recreation Center**
651 10th Avenue | 970-350-9400
GreeleyRecCenter.com