



Evergreen Park & Recreation District
Fitness/Indoor Cycling
Class Schedule
NOVEMBER 2013
 Updated 10/29/13

♥ The Playschool is open for childcare!

Indoor Cycling Classes held at Buchanan Rec Center
Fitness classes held at Wulf Recreation Center
Fitness classes held at The Lake House
Fitness classes held at Buchanan Recreation Center

Questions? Contact:
 Kendra Hinkson
 Recreation Supervisor – Programs
 (720) 880-1226

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 – 7:30a Adult Fitness Susan		6:30 – 7:30a Adult Fitness Susan		6:30 – 7:30a Adult Fitness Susan		
8:00 – 9:00a Adult Fitness Susan	8:00-9:00a Ashtanga/Vinyasa Yoga Griffin	8:00 – 9:00a Adult Fitness Susan	8:00 – 9:00a Vinyasa I Yoga Susan	8:00 – 9:00a Adult Fitness Susan	8:00 – 9:00a Outdoor BOOTCAMP** John	
♥9:15 – 10:15a Adult Fitness Susan	8:15 – 9:15a Pilates Kathy		8:15 – 9:15a Pilates Kathy		♥9:15 – 10:15a Traditional Hatha Yoga Griffin	
♥9:15 – 10:15a ZUMBA Mary Ann					♥9:15-10:15a ZUMBA Leslie NEW INSTRUCTOR	
9:15 – 10:15a Mid-Tempo Marty	♥9:15 – 10:15a Total Body Fusion Lindsay		9:15 – 10:15a Mid-Tempo Marty			
♥9:15 – 10:15a Indoor Cycling Lindsay	♥9:15 – 10:15a Indoor Cyling Yesim	♥9:15 – 10:15a Indoor Cycling Suzezy	♥9:15 – 10:15a Indoor Cycling Spinyasa Susan	♥9:15 – 10:15a Indoor Cycling Yesim	♥9:00 – 10:00a Indoor Cycling Al	
		♥9:15 – 10:15a Muscle Max Missy	♥9:20 – 10:20a Interval Training Yesim	♥9:15 – 10:15a Tabata Body Blitz Lindsay		
♥10:20 – 11:20a Indoor Cycling Lindsay	♥11:15 – 12:15p Beginner Tai Chi Mary	♥10:20 – 11:20a Hip Hop Hustle Leslie NEW INSTRUCTOR	♥10:15 – 11:15a Indoor Cycling (Intro to Spin-1 st Thursday of each month) Susan	♥10:20 – 11:20a PiYo Strength Leslie NEW INSTRUCTOR		♥10:15 – 11:15a Indoor Cycling Cheryl
	12:15 – 1:15p Intermediate Tai Chi Mary				**Outdoor Boot Camp class will meet in the Multi Purpose room for the beginning of class.	
	3:00 – 4:00p Adult Modern/Jazz Dance Liz	12:00 – 1:00p Indoor Cycling Tabata Missy	12:00 – 1:00p Indoor Cycling Yesim		NEW classes taught by Leslie are FREE the week of November 1st – 7th	
6:00-7:00p Beginning Belly Dance Julie	6:00 – 7:00p Indoor Cycling Suzezy	6:00 – 7:00p Indoor Cycling Al	♥6:00 – 7:00p ZUMBA Leslie NEW INSTRUCTOR		Both WRC/BPRC will be closed on Thursday, Nov. 28th!	
	6:00 – 7:00p Yoga Stretch Susan					

Fitness Class Prices

	Adult	Senior
Fitness Classes	\$10DR/\$13NDR	\$9DR/\$11NDR
Unlimited Pass	\$65DR/\$78NDR	\$55DR/\$66NDR
10 Punch Card	\$90DR/\$108NDR	\$80DR/\$96NDR

Indoor Cycling Prices

	Adult
Drop-In	\$7 DR/\$9 NDR
10 Punch Card	\$60 DR / \$72 NDR

PLEASE NOTE: Youth 13-15 years of age are permitted to attend Fitness and Indoor Cycling ONLY if an adult over 18 attends the class with them.

⇒**Indoor Cycling Punch card holders may call in the day before after 8 pm (Monday – Friday) and 6pm (Saturday and Sunday) for all classes held the next day! Day of class drop-ins are WELCOME!**

- **To reserve a bike call: (720) 880-1100 – reservations must be made with a live person!**
- Paid bikes with no shows will be resold 5 minutes into class to waiting participants. Reserved bikes from punch cards will **NOT** be credited back if cancelled within the 2 hour cancellation policy.
- If you are waiting, you must be present, ready to pay and take the open bike.
- Drop-ins may sign in and pay prior to class.

⇒All Punch Cards are good for 12 months from date of purchase (this length takes in account that there are limited classes available during summer months.)

⇒The drop in or punch card fees for Fitness/Indoor Cycling classes **DO NOT** include facility admission.

⇒Punch cards cannot be shared.



You've seen the smiles, you've felt the energy, Zumba! This workout combines high energy and motivating music with simple synchronized dance movements designed for any fitness level. The routines feature aerobic fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. No dance experience necessary.

Adult Modern/Jazz Dance

This class will focus on posture, balance and coordination. A great workout with fun and easy to learn moves. Class is taught by professional dancer Liz Deville who currently competes in Country Ballroom Dance.

Beginning Belly Dance

Come and join this exciting, fun and unique class for women of all ages, shapes and sizes. We will explore some of the basic movements of belly dance that are appropriate for all styles; focusing on posture, range of motion, isolation, traveling, balance and coordination. Dress comfortably, bring a friend, take off your shoes and get ready to shimmy!

Tabata Body Blitz

Can you say high intensity? Turn your body into a fat burning super engine with this ultra effective time efficient workout. This 60-minute class combines high intensity cardiovascular exercise with an array of different resistance training intervals making it a workout your body will not soon forget.

Total Body Circuit Fusion

This class will keep you on the move! Combining resistance training, cardio, and core exercises that create a total body transformation. All levels welcome! Instructor: Lindsay Ingham

Adult Fitness

A total body 60-minute class focusing on all areas of fitness: cardiovascular, strength, core, and functional flexibility. Exercise and intensities will progress as your fitness levels progress. Takes place at the base of the pinnacle.

Interval Training

A one-hour conditioning class that alternates between high-intensity cardio work and strength training, targeting all major muscle groups. This class will increase general cardiorespiratory fitness, endurance and recovery as well as build sculpted, lean and effective muscles.

Mid Tempo

A total-body workout program for active individuals.

Muscle Max

This class is strictly strength training for the upper and lower body using dumbbells, body bars, bands and other forms of resistance equipment.

Outdoor Boot Camp

Want to have FUN while exercising outside? Get the optimal calorie burn, increase speed, improve coordination and stamina, and increase agility and strength? This all-inclusive class is a MUST for your overall fitness pursuits. All levels are welcome!!

Traditional Hatha Yoga

A varying sequence of static postures with a focus on structural alignment designed to work deeply in the muscles and all systems of the body. You will focus on building awareness and control of your body, increasing strength, flexibility, and overall well-being.

Ashtanga-Vinyasa Yoga

This challenging class combines a set sequence of postures with intense concentration and breath-work to create powerful results. A moderate level of fitness is recommended; this class may not be appropriate for those with serious injuries or chronic medical conditions. About the Instructor: Griffin combines traditional Yoga practice with deep study of anatomy to create safe and engaging classes

Vinyasa Yoga I

This class teaches the fundamentals of vinyasa yoga, including sun salutations, standing poses, balancing poses, balancing postures and core strengthening. Practice moving into and out of postures safely and with correct alignment. Use the breath, learn to quiet your mind to find peace and inner stillness.

Yoga Stretch

This 60-minute class will take participants through traditional yoga poses where we take additional time to lengthen, stretch and loosen muscles. A class that helps restore body alignment and posture. A deep release and restorative approach to our yoga practice.

Hip Hop Hustle

If you love to dance, but find most hip hop and dance workouts too complicated, then you have found your solution! Hip Hop HUSTLE? blends hip hop and dance moves, making them simple and easy to follow, so it is compatible for everyone! Burn fat and calories while having fun! NO DANCE EXPERIENCE REQUIRED. **NEW INSTRUCTOR!**

PiYo Strength

PiYo Strength is a combination of Pilates and mind/body practices of yoga. It consists of an athletic workout that includes stretching, conditioning and dynamic movements. It is a pre-designed class includes a constant flow of moves to upbeat empowering music. It will definitely get your heart rate going with the benefits of deep breathing, balance, stretching, strengthening and relaxation. Come sweat and get your blood pumping with some invigorating Piyo Strength! **NEW INSTRUCTOR!**

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