



Monday	Class	Room	Instr.
5:15am-6:15am	Cycling*	CR	Paul
5:15-6:15am	Muscle Madness	AR	Monica
8:15-9:15am	Muscle Madness*	AR	Jo Ellen
9:15-10:15am	Cardio Kickboxing	AR	Tammy
9:15-10:15am	Cycling*	CR	Deanna
9:45-10:45am	Zumba	Gym	Honey
9:30-10:30am	Splash	Pool	Calisse
10:15-11:15am	CSI (Cardio Strength Intervals)	AR	Brook
11:15-12:15pm	Beginner Yoga*	CR	Cathie
11:15-12:15pm	SilverSneakers Classic*	AR	Calisse
12:30-1:15pm	Gentle Yoga	AR	Sharon
1:30-2:30pm	SilverSneakers Classic	AR	Micki
4:45-5:45pm	Zumba	AR	Laura
5:30-6:30pm	Cycling*	CR	Mark
5:45-6:15pm	Step It Up*	AR	Karen
6:15-7:00pm	Muscle Madness*	AR	Karen
6:30-7:30pm	Vinyasa Yoga*	CR	Char
7:15-8:15pm	CSI (Cardio Strength Intervals)	AR	Terri

Tuesday	Class	Room	Instr.
5:15-6:15am	Cardio Core Conditioning	AR	Monica
5:15-6:15am	Cycling*	CR	Jeanie
8:30-9:30am	Cycling*	CR	Amy M.
8:30-9:30am	Hatha Yoga	WW	Melinda
9:00-9:45am	Muscle Madness	AR	Jody Lee
9:30-10:30am	Aqua Zumba	Pool	Melissa
9:45-10:15am	Amazing Abs & Core	AR	Jody Lee
9:45-10:45am	Pilates	CR	Amy M.
10:15-11:15am	Step It Up	AR	Jody Lee
11:00am-12pm	Cycling*	CR	Jo Ellen
11:15-12:15pm	SilverSneakers Circuit*	AR	Andrea
12:15-1:15pm	SilverSneakers Cardio	AR	Andrea
5:00-6:00pm	PiYo	AR	Amy P.
6:30-7:30pm	Pilates	CR	Kendra
6:00-7:15pm	Step It Up with Abs	AR	Terri
7:15-8:15pm	Zumba*	AR	Honey

Wednesday	Class	Room	Instr.
5:15-6:15am	Cycling*	CR	Jeanie
5:15-6:15am	Vinyasa Yoga	WW	Frieda
9:15-10:00am	Cardio Kickboxing	AR	Amey S.
9:15-10:15am	Cycling*	CR	Deanna
9:30-10:30am	Splash	Pool	Melinda
9:30-10:30am	Zumba	Gym	Laura
9:30-10:30am	Stretched & Balanced	WW	Jody Lee
10:00-11:00am	CSI (Cardio Strength Intervals)	AR	Nancy
11:15-12:15pm	Beginner Yoga*	WW	Cathie
11:15-12:15pm	SilverSneakers Classic*	AR	Melinda
12:30-1:30pm	Gentle Fitness	AR	Sharon
5:00-6:00pm	Muscle Madness	AR	Lise
5:30-6:30pm	Cycling*	CR	DeDee
6:30-7:30pm	Vinyasa Yoga	WW	Frieda
6:30-7:45pm	CSI (Cardio Strength Intervals)	AR	Karen



**8th Annual Trails Trek
5K Family Run/Walk**
Saturday, November 4, 2017
9:00 am Run & 9:15 am Walk

Piney Creek Hollow Park, 6140 S.

In memory of Karter Grey Hopkins, a portion of the proceeds will be donated to Parker Valley Hope & Aurora Youth Options.

Three ways to register: trailsrecreationcenter.org, at **The Trails Front Desk, or through **Runners Roost's** services at <https://www.athlinks.com/event/trails-trek-5k-runwalk-215300>**

A long sleeve t-shirt is provided, with door prizes & refreshments at the conclusion of the event. If you are unable to participate but would like to make a donation, please contact Gina at 303-269-8409.

Event Fee: \$25 by 11/1/17 or \$30 after 11/1/17
Registration Number 439



Thursday	Class	Room	Instr.
5:15-6:15am	CSI (Cardio Strength Intervals)	AR	Jeanie
7:30-8:30am	Muscle Madness	AR	Brook
8:30-9:30am	Cycling*	CR	Amy M.
8:30-9:30am	Hatha Yoga	WW	Melinda
9:00-10:00am	Muscle Madness	AR	Deanna
9:30-10:30am	Splash	Pool	Paula
9:45-10:45am	Pilates	CR	Amy M.
10:00-10:30am	Step It Up	AR	Jody Lee
10:30-11:15am	Sculpt	AR	Jody Lee
11:15-12:15pm	SilverSneakers Circuit*	AR	Andrea
5:00-6:00pm	Stretched & Balanced	AR	Sharon
6:00-7:00pm	CSI (Cardio Strength Intervals)	AR	Adriana
6:45-7:30pm	Splash	Pool	Calisse
7:00-8:00pm	Zumba	AR	Mary Ann

Friday	Class	Room	Instr.
5:15-6:00am	Cycling*	CR	Jody
5:15-6:15am	Strength Yoga	AR	Cynthia
8:30-9:45am	Muscle Madness	AR	Carla
9:15-10:45am	Long Ride*	CR	Jo Ellen
9:30-10:30am	Splash	Pool	Terri
9:30-10:30am	Zumba	Gym	Amy C.
10:00-11:00am	PiYo	AR	Amy S.
11:15-12:15pm	Beginner Yoga	AR	Cathie
12:30-1:30pm	Gentle Fitness	AR	Sharon
1:30-2:30pm	SilverSneakers Classic	AR	Micki
5:15-6:15pm	Butts & Guts Plus	AR	Karen
6:15-7:15pm	Zumba*	AR	Adriana

Saturday	Class	Room	Instr.
8:00-9:00am	CSI (Cardio Strength Intervals)	AR	Brook
8:30-9:30am	Stretched & Balanced*	WW	Emily
9:00-10:00am	Cycling*	CR	DeDee
9:00-10:00am	Cardio Kickboxing	AR	Amy S.
9:45-10:45am	Pilates	WW	Char
10:00-11:00am	Muscle Madness	AR	Amanda
10:15-11:15am	Strength Yoga	CR	Sharon
11am-12:00pm	Step It Up	AR	Amanda
12:00-1:00pm	Zumba*	AR	Amy C./ Laura

Changes from the previous month's schedule are indicated in bold/underline.

***Class Pass Required**– Pick up at Front Desk no earlier than 1 hour before the start of class.

Please hold on to your pass until the instructor collects them at the start of class.

As a courtesy to others, please consider giving up your pass if you are unable to stay the entire class.

All Yoga, Pilates and Stretched & Balanced classes will begin on time and the doors locked immediately to avoid disruption.

Room Legend -AR Aerobics Room, CR Cycling Room, WW Wagon Wheel, Pool, Gym

Infant Massage

Fridays, Oct. 20th & Oct. 27th

4:15-5:00 pm

Registration Number: 474

Class Fee: \$45

This class consists of two, 45 minute sessions taught by a Certified Infant Massage Instructor.

Pick up a flyer at the Front Desk to learn more.