



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

Tuesday	Class	Room	Instr.
5:15-6:15am	Cardio Core Conditioning	AR	Monica
8:30-9:30am	Hatha Yoga	WW	Melinda
9:15-10:15am	Muscle Madness	AR	Amey S.
9:30-10:30am	Aqua Zumba	Pool	Marla
9:45-10:45am	Pilates	CR	Amy M.
10:15-11:15am	Cardio Core Conditioning	AR	Jody Lee
11:15-12:15pm	SilverSneakers Circuit*	AR	Andrea
12:30-1:15pm	SilverSneakers Cardio	AR	Andrea
5:00-6:00pm	PiYo	AR	Laura
6:30-7:30pm	Pilates	CR	Char
6:00-7:00pm	Step It Up	AR	Terri
7:00-8:00pm	Zumba*	AR	Honey

Wednesday	Class	Room	Instr.
5:15-6:15am	Cycling*	CR	Jeanie
5:15-6:15am	Vinyasa Yoga	WW	Cynthia
8:30-9:30am	Deep Water Splash	Pool	Nancy
9:15-10:00am	Cardio Kickboxing	AR	Amey S.
9:15-10:15am	Cycling*	CR	Jo Ellen
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	Char
6:30-7:30pm	CSI (Cardio Strength Intervals)	AR	Karen

Trails 9th Annual Fitness & Wellness Fair Saturday, Sept 15th 9:00am-12:00

**PLEASE JOIN US FOR A FUN DAY OF
HEALTH, FITNESS, AND WELLNESS!**

- | | |
|---------------------------------|-------------------|
| Lotus Holistic Health & Spa | Juice Plus |
| EatLiveFit Nutritional Coaching | doTerra |
| Fit Physical Therapy | Kona Ice |
| Cozy Communications | Damsel In Defense |
| Lovett Family Chiropractic | Organo Gold |
| South Metro Fire Department | JioGrip |
| Cherry Creek Retirement Village | Body Fat Testing |
- Refreshments and MORE!

**Free to The Public!
Located at the Trails!**

Look for us on Facebook, Instagram,
and Twitter!

Trails Recreation Center





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
9:15-10:15am	Muscle Madness	AR	Jody Lee
9:30-10:30am	Splash	Pool	Paula
9:45-10:45am	Pilates	CR	Amy M.
10:15-11:15am	Step It Up	AR	Jody Lee
11:15-12:15pm	SilverSneakers Circuit*	AR	Andrea
6:00-7:00pm	CSI (Cardio Strength Intervals)	AR	Adriana
6:45-7:30pm	Splash	Pool	Calisse
7:00-8:00pm	Zumba	AR	Adriana

Friday	Class	Room	Instr.
5:15-6:15am	Cycling*	CR	Jody
8:30-9:30am	Muscle Madness	AR	Carla
9:15-10:15am	Cycling*	CR	Jo Ellen
9:30-10:30am	Splash	Pool	Terri
9:30-10:30am	Zumba	Gym	<u>Amy C.</u>
10:00-11:00am	PiYo	AR	Amey 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	<u>Amy C./ Laura</u>

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

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

POUND® with Amanda!

The world's first cardio jam session inspired by the infectious, energizing, & sweat-dripping fun of playing the drums! We use Ripstix®, which are lightly weighted drumsticks engineered specifically for exercising.

Sunday, September 30th

11am - 12pm

Event #435

Fee \$10