

Fitness Schedule: August 19th – 30th

All classes held at the Community **Art Center**
unless otherwise stated

601 E. 6th Street (Just west of Yampa Vapor Caves)

Monday:

- Step w/ Laurie @ 8:30am
- PowerTone w/ Laurie @ 9:30am (strength class)
- Barre w/ Jess @ 12:00pm
- Barre w/ Jess @ 5:30pm

Tuesday:

- HIIT w/ Sharma @ 6:15am at **Two Rivers Park**
- HIGHfitness w/ Sharma @ 8:30am
- Barre w/ Jess @ 9:30am
- Power Yoga w/ Jess @ 5:30pm

Wednesday:

- PiYo w/ Tiff @ 6:15am (flow fusion of Pilates and Yoga – fast paced)
- POUND w/ Tiff @ 9:00am (cardio workout with drumsticks)
- PiYo w/ Tiff @ 12:00pm

Thursday:

- HIIT Circuit w/ Sharma @ 6:15am at **Glenwood Springs High School**
- PiYo w/ Tiff @ 9:00 (Only August 22nd)
- Step w/ Laurie @ 8:30am (Only August 29th)
- Yoga w/ Laurie @ 9:30am (Only August 29th)
- Bootcamp w/ Jess @ 4:30pm
- Power Yoga w/ Jess @ 5:30pm

Friday:

- Salsa Dance w/ Ricardo @ 7:00 – 8:00

Tuesday, August 27th:

Village Smithy Bike Ride to Carbondale and back beginning at 8:00(ish) at the Rec.

Must preregister online.