

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
			1 6-6:45am Summit Conditioning 7-7:30am HardCORE 10-11am Chair Yoga 12-1pm Pilates 1-2pm Summit Conditioning Open Gym 8:30-10am, 2-7pm	2 7:30-8:30am Hatha Yoga 10-11am Zumba 11-12:30pm Preschool Friday Frenzy Restorative Yoga 1-2 Activity Room Open Gym 6:30-7:30am, 8:30-10am, 12:30-7pm	3 Open Gym 8am-5pm	4 Open Gym 10am-4pm
5 7:30-8:30am Yin Yoga 9-10am SilverSneakers Boom 10:30-11:30am Silver Sneakers Classic 1-3:30pm Majjong 4:30-5:30pm Zumba Open Gym 1pm-4:30, 5:30-9pm *Pool opens	6 10-11am Chair Yoga 12-1pm Pilates Open Gym 6-10am, 2-9p	7 7:30-8:30am Hatha Yoga 9-10am SilverSneakers Boom 10:30-11:30am Silver Sneakers Classic Blood Mobile 10am-3pm Open Gym 6-7:30, 1-9pm	8 10-11am Chair Yoga 12-1pm Pilates Open Gym 6-10am, 2-7pm	9 7:30-8:30am Hatha Yoga 10-11am Zumba 11-12:30pm Preschool Friday Frenzy Restorative Yoga 1-2 Activity Room Open Gym 6:30-7:30am, 8:30-10am, 12:30-7pm	10 Open Gym 8am-5pm	11 Open Gym 10am-4pm
12 7:30-8:30am Yin Yoga 9-10am SilverSneakers Boom 10:30-11:30am Silver Sneakers Classic 12-1pm CrusHITT 1-3:30pm Majjong 4-5pm Kids Art Class (Activity Room) 4:30-5:30pm Zumba Open Gym 1pm-4:30, 5:30-9pm	13 7-7:30am HardCORE 10-11am Chair Yoga 12-1pm Pilates 1-2 pm Summit Conditioning Open Gym 8:30-10am, 2-9pm	14 7:30-8:30am Hatha Yoga 9-10am SilverSneakers Boom 10:30-11:30am Silver Sneakers Classic 12-1pm CrusHITT 4-5pm Kids Art Class (Activity Room) Open Gym 6-7:30, 1-9pm	15 6-6:45am Summit Conditioning 7-7:30am HardCORE 10-11am Chair Yoga 12-1pm Pilates 1-2pm Summit Conditioning Open Gym 8:30-10am, 2-7pm	16 7:30-8:30am Hatha Yoga 10-11am Zumba 11-12:30pm Preschool Friday Frenzy Restorative Yoga 1-2 Activity Room Open Gym 6:30-7:30am, 8:30-10am, 12:30-7pm	17 Open Gym 8am-5pm	18 Open Gym 10am-4pm
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26 7:30-8:30am Yin Yoga 9-10am SilverSneakers Boom 10:30-11:30am Silver Sneakers Classic 12-1pm CrusHITT 1-3:30pm Majjong 4:30-5:30pm Zumba Open Gym 1pm-4:30, 5:30-9pm	27 6-6:45am Summit Conditioning 7-7:30am HardCORE 7:30am Cycling 10-11am Chair Yoga 12-1pm Pilates 1-2 pm Summit Conditioning Open Gym 8:30-10am, 2-9pm	28 7:30-8:30am Hatha Yoga 9-10am SilverSneakers Boom 10:30-11:30am Silver Sneakers Classic 12-1pm CrusHITT Open Gym 6-7:30, 1-9pm	29 6-6:45am Summit Conditioning 7-7:30am HardCORE 10-11am Chair Yoga 12-1pm Pilates 1-2pm Summit Conditioning Open Gym 8:30-10am, 2-7pm	30 7:30-8:30am Hatha Yoga 10-11am Zumba 11-12:30pm Preschool Friday Frenzy 1-2pm Adult Restorative Yoga (Activity Room) Open Gym 6:30-7:30am, 8:30-10am, 12:30-7pm		

Class Descriptions

Yoga *Monday-Yin, Wednesday & Friday-Hatha (Joanne)*
Slow-paced with postures/asanas that are held for longer periods of time to increase circulation in joints and improve flexibility.

SilverSneakers Boom *Monday & Wednesday (Lia)*
Fast-paced challenging workouts designed to increase muscular strength, range of movement and activity for daily living.

SilverSneakers Classic *Monday & Wednesday (Lia)*
A variety of exercises designed to increase muscular strength, range of movement and activity for daily living.

CrushHIIT *Monday & Wednesday (Jonelle)*
CrushHiit will provide strength training and high intensity interval training necessary to counter the physiological changes that naturally accompany shifting hormones.
All exercises and movements can be modified. This class can meet you where you are and then help you reach a healthier, more confident, and stronger self.

HardCORE *Tuesday & Thursday (Jonelle)*
Focuses on developing a stable, strong, and good-looking core. You will get 20min ab & back strengthening exercises.

Chair Yoga *Tuesday & Thursday (Fran)*
Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely increase flexibility, balance and range of movement.

Pilates Mat Class *Tuesday & Thursday (Sana)*
A regimen designed to develop efficiency and ease of movement throughout the whole body while building your core strength and balance. Great class for beginners and advanced alike.

Summit Conditioning *Tues & Thurs (Jonelle)*
The focus will be full body functional movements that relate to injury prevention, strength and endurance training for when you're out in the mountains. Class can be modified to a certain degree. Seasonally based on outdoor activities.

Zumba *Friday (Sana) / Monday (Andrea)*
Mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Restorative Flow *Fridays (Ashlee)*
This nurturing class combines the beautiful qualities of slow flow yoga with the calming benefits of restorative yoga. Class will begin with a slow & intentional flow practice to move energy & open the body gently.

Ongoing Programs Pre-Registration Required

Taekwondo

Tues & Thurs 6-7p Sat 10-11a (Cedar Rose)

Martial Arts classes for children & adults. Improve your balance, strength, coordination, and flexibility. Integrate body, mind, and spirit using the Taekwondo tenets: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. Sahn Taekwondo classes are taught by Nationally and Internationally certified instructors: Ms. Cedar Rose Guelberth, 3rd Dan, & Grand Master Richard Hodder, 9th Dan. Six-month pre-registration discounts available.



CARBONDALE RECREATION & COMMUNITY CENTER

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CARBONDALE, CO 81623

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RECREATION CENTER HOURS

MONDAY - THURSDAY 6AM-9PM

FRIDAY 6AM-7PM

SATURDAY 8AM-5PM

SUNDAY 10AM-4PM

Drop In Schedules

Basketball:

Thursdays 7-9pm

***NO PERSONAL AMPLIFIED MUSIC**