

Spring Hours


Monday-Friday 6am-9pm
 Saturday 8am-5pm
 Sunday 10am-5pm



APRIL



<u>Key</u>	
West Gym	East Gym
Full Gym	
Activity Room	
** Specialty Class (additional fees apply)	

Monday	Tuesday	Wednesday	Thursday	Friday	
3 Yin Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Happy Hour 12-1pm Interval Training 5:30-6pm	4 Summit AMPED 6-6:45am Yoga en Español 6:45am-7:45am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Conditioning 12-1pm Yoga 5:45-6:45pm **Taekwondo 6:30-8pm	5 Hatha Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Happy Hour 12-1pm Interval Training 5:30-6pm	6 Summit AMPED 6-6:45am Yoga en Español 6:45am-7:45am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Conditioning 12-1pm Yoga 5-6pm **Taekwondo 6-8:30pm	7 Hatha Yoga 8-9am SilverSneakers Classic 9:15-10:30am Tai Chi 11-12pm	
10 Yin Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Happy Hour 12-1pm Interval Training 5:30-6pm	11 Summit AMPED 6-6:45am Yoga en Español 6:45am-7:45am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Conditioning 12-1pm Yoga 5:45-6:45pm **Taekwondo 6:30-8pm	12 Hatha Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Happy Hour 12-1pm Interval Training 5:30-6pm	13 Summit AMPED 6-6:45am Yoga en Español 6:45am-7:45am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Conditioning 12-1pm Yoga 5-6pm **Taekwondo 6-8:30pm	14 Hatha Yoga 8-9am SilverSneakers Classic 9:15-10:30am Tai Chi 11-12pm	
17 Yin Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Happy Hour 12-1pm Interval Training 5:30-6pm	18 Summit AMPED 6-6:45am Yoga en Español 6:45am-7:45am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Conditioning 12-1pm Yoga 5:45-6:45pm **Taekwondo 6:30-8pm	19 Gym and Activity Room Closed April 19-23 for 5Point Film Festival No Fitness Classes 20 WHOLE FACILITY CLOSED AT 5PM 			21 WHOLE FACILITY CLOSED AT 5PM
24 Yin Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Happy Hour 12-1pm Interval Training 5:30-6pm	25 Summit AMPED 6-6:45am Yoga en Español 6:45am-7:45am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Conditioning 12-1pm Yoga 5:45-6:45pm **Taekwondo 6:30-8pm	26 Hatha Yoga 7:30-8:30am SilverSneakers Classic 9:15-10:30am Happy Hour 12-1pm Interval Training 5:30-6pm	27 Summit AMPED 6-6:45am Yoga en Español 6:45am-7:45am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Conditioning 12-1pm Yoga 5-6pm **Taekwondo 6-8:30pm	28 Hatha Yoga 8-9am SilverSneakers Classic 9:15-10:30am Tai Chi 11-12pm	

EVENTS IN APRIL: First Friday Spring Into Wellness Friday, April 7; Annual Easter Egg Hunt Saturday, April 15; Where My Peeps at Scavenger Hunt 5K/10K Race/Walk Saturday, April 15; 5Point Film Festival Thursday, April 20-Sunday, April 23

Fitness Classes

Yin Yoga

Slow-paced with postures/asanas that are held for longer periods of time to increase circulation in joints and improve flexibility.

Monday (Joanne)

SilverSneakers Classic

Move through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living.

M/W/F (Laurie, Margaret, Sharon)

Interval Training

This 30-minute class is designed to provide a great strength training/cardio workout in a minimum amount of time.

Monday and Wednesday (Audrey)

Yoga en Español

Empieza el día con vitalidad estirando, respirando, y vigorizando el cuerpo con posturas que da energía, relajación, y que son accesibles por todas personas.

Martes/Tuesday y Jueves/Thursday (Sarah)

Core Cardio

Great Combo workout starting with 30 minutes of cardio followed by 30 minutes of total body sculpting.

Tuesday & Thursday (Kerri)

Hatha Yoga

Classes will increase your range of motion, facilitate relaxation and release tension. For all fitness levels!

Wednesday/Friday Mornings and Tuesday Evenings (Joanne); Thursday Evenings (Sana)

Chair Yoga

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.

Tuesday & Thursday (Fran)

Summit AMPED

Same class as Summit Conditioning but faster paced! Our most advanced class. Don't be late!

Tuesday & Thursday Morning (Jonelle)

Summit Conditioning

These high intensity strength workouts will challenge you to push your overall fitness to new levels.

Tuesday & Thursday Noon (Jonelle)

Tai Chi

Active postures/movements combine with mental focus, breathing, and relaxation to promote balance and stability. Reduce knee and lower back pain and improve core and leg strength.

Friday (John)

Happy Hour Strength and Conditioning

Why wait for Happy Hour? Join us for a strength and conditioning class designed for all levels of fitness.

Monday and Wednesday (Margaret)

Personal Training

Our personal trainers are certified strength and conditioning specialists. Personal trainers can provide fitness goal setting, nutritional guidance, weight training outlines, sport specific training, balance and flexibility training. See the front desk for additional information. Personal Training sessions are 1 hour.

PERSONAL TRAINING FEES

3 Private Sessions: \$165

5 Private Sessions: \$250

10 Private Sessions: \$450

20 Private Sessions: \$800

3 Buddy Sessions: 2 person \$195 / 3 people \$225

5 Buddy Sessions: 2 person \$300 / 3 people \$350

10 Buddy Sessions: 2 person \$550 / 3 people \$650

20 Buddy Sessions: 2 person \$1,000 / 3 people \$1,200

Body Composition Testing: \$20

Body Composition Testing + Fitness Assessment: \$50

Body Comp Testing + Fitness Assessment + Fitness Plan: \$90

**Non-Member Personal Training Not Available*

Personal Trainer Cancellation & Late Policy

If you are more than 15 minutes late for a personal training session, your personal trainer is not required to wait & you will be charged a full session, unless you provide notice to the trainer 24 hours ahead of time. If you fail to show for a scheduled session without providing notice to the trainer 24 hours ahead of time, you will be charged for a full session. *Personal training sessions expire 1 year after purchase.*



Fitness Requirements for 11-15 year olds

Prior to participation, it is required that all 14-15 year olds complete a sports physical and provide a doctor's signed consent, as well as undergo one fitness orientation in order to workout in the fitness center. Children 11-13 years of age must complete all the above requirements and in addition have a parent present working out with them in the facility.

APRIL

Fitness Classes and Personal Training



Carbondale Recreation
&
Community Center

567 Colorado Ave
Carbondale CO 81623
970.510.1290