

SUMMER HOURS

Monday-Thursday 6am-9pm
 Friday 6am-7pm
 Saturday 9am-2pm
 Sunday 10am-4pm

JULY

WEST GYM ACTIVITY ROOM
 EAST GYM
 FULL GYM **SPECIALTY CLASS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Zumba 10-11am NIA 11-12pm	2 Yin Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Interval Training 5:30-6pm	3 Core Cardio 8:30-9:30am Chair Yoga 10-11am Hatha Yoga 5:30-6:30pm **Taekwondo 6:30-8pm	4 CLOSED IN OBSERVANCE OF 4TH OF JULY	5 Core Cardio 8:30-9:30am Chair Yoga 10-11am Hatha Yoga 5:30-6:30pm **Taekwondo 6:30-8pm	6 Foam Rolling 7-8am Hatha Yoga 8-9am Silver Sneakers 9:15-10:30am Tai Chi 11am-12pm	7
8 NIA 11-12pm	9 Yin Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Interval Training 5:30-6pm	10 Summit Amped 6-6:45am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Amped 12-12:45pm Hatha Yoga 5:30-6:30pm **Taekwondo 6:30-8pm	11 Hatha Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Zumba 11am-12pm Interval Training 5:30-6pm	12 Summit Amped 6-6:45am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Amped 12-12:45pm Hatha Yoga 5:30-6:30pm **Taekwondo 6:30-8pm	13 Foam Rolling 7-8am Hatha Yoga 8-9am Silver Sneakers 9:15-10:30am Tai Chi 11am-12pm	14
15 NIA 11-12pm	16 Yin Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Interval Training 5:30-6pm	17 Summit Amped 6-6:45am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Amped 12-12:45pm Hatha Yoga 5:30-6:30pm **Taekwondo 6:30-8pm	18 Hatha Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Zumba 11am-12pm Interval Training 5:30-6pm	19 Summit Amped 6-6:45am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Amped 12-12:45pm Hatha Yoga 5:30-6:30pm **Taekwondo 6:30-8pm	20 Foam Rolling 7-8am Hatha Yoga 8-9am Silver Sneakers 9:15-10:30am Tai Chi 11am-12pm	21
22 NIA 11-12pm	23 Yin Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Interval Training 5:30-6pm	24 Summit Amped 6-6:45am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Amped 12-12:45pm Hatha Yoga 5:30-6:30pm **Taekwondo 6:30-8pm	25 Hatha Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Zumba 11am-12pm Interval Training 5:30-6pm	26 Summit Amped 6-6:45am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Amped 12-12:45pm Hatha Yoga 5:30-6:30pm **Taekwondo 6:30-8pm	27 Foam Rolling 7-8am Hatha Yoga 8-9am Silver Sneakers 9:15-10:30am Tai Chi 11am-12pm	28
29 NIA 11-12pm	30 Yin Yoga 7:30-8:30am Silver Sneakers 9:15-10:30am Interval Training 5:30-6pm	31 Summit Amped 6-6:45am Core Cardio 8:30-9:30am Chair Yoga 10-11am Summit Amped 12-12:45pm Hatha Yoga 5:30-6:30pm **Taekwondo 6:30-8pm				30

EVENTS!

July 4th: 4th of July Parade & Pool Party
July 6th: 18th Annual "Mt. Sopris Music Fest"
July 8th: Summer Park Concert Series
July 27-29th: 47th Annual Carbondale Mountain Fair

Class Descriptions

Zumba *Wed/Sun (Andrea)*

A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility.

Nia *Sunday (Sana)*

Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind.

Yin Yoga *Mon (Joanne)*

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

SilverSneakers Classic *(MWF (Margaret, Laurie, Sharon)*

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

Interval Training *Mon/Wed (Audrey)*

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

Summit AMPED *Tues/Thurs (Jonelle)*

Same class as Summit Conditioning but faster paced!

Our most advanced class. Don't be late!

Core Cardio *Tues/Thurs (Kerri)*

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

Chair Yoga *Tues/Thurs (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.

Hatha Yoga *Tues/Thurs PM (Sana) Wed/Fri AM (Joanne)*

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

Foam Rolling *Fridays (Judy)*

The poor man's massage! Keep your muscles in shape for all your summer activities.

Tai Chi *Fridays (John)*

Active postures/movements combine with mental focus, breathing, and relaxation to promote balance and stability.

All classes listed above are included in any day drop in and memberships!

Personal Training

Our personal trainers are certified strength and conditioning specialists. Personal trainers can provide fitness goal setting, nutritional guidance, 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 years old

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.

JULY

Fitness Classes and Personal Training



Carbondale Recreation & Community Center

567 Colorado Ave
Carbondale, CO 81623

970-510-1290