

Silverthorne Recreation Center

November Fitness Schedule 2016

All classes are FREE to passholders and included in daily admission

If you are attending a cycling or yoga class, please pick up a card prior to the class from the front desk.

Cards can be picked up 30 minutes before class begins. Classes can fill up quickly

Classes & Instructors are subject to change or be cancelled without notice

A min of 4 participants are needed or the class will be cancelled

Please contact the Silverthorne Recreation Center Fitness Coordinator

(970) 262-7374 or reneerogers@silverthorne.org with any questions or comments

<u>Monday</u>			<u>Tuesday</u>		
6:15a-7:00a	Cycling	Oriana	6:15a-7:00a	Quick & Effective	Jackie
8:00a-9:00a	Water Fitness (Deep)	Staff	8:00a-9:00a	Water Fitness (Shallow)	Staff
9:00a-10:00a	Muscle Madness	Claudine	9:00a-10:00a	Cardio Abs Plus	Renee
10:15a-11:00a	Recess 65+	Claudine	10:15a-11:00a	Silversneakers® CLASSIC	Teri
6:00p-6:45p	Pilates Xpress	Hattit	12:15p-1:15p	Muscle Madness	Hattit
6:00p-7:15p	Yoga	Staff	6:00p-7:00p	Cycling	Lisa
<u>Wednesday</u>			<u>Thursday</u>		
6:15a-7:00a	Cycling	Oriana	6:15a-7:00a	Quick & Effective	Jackie
7:30a-8:45a	Yoga	Mia	8:00a-9:00a	Water Fitness (Deep)	Staff
9:00a-10:00a	Pilates	Hattit	9:00a-10:15a	Yoga (last class 11/17)	Mary Pat
6:00p-7:00p	Muscle Madness	Lisa	10:15a-11:00a	Silversneakers Circuit	Ellie/Teri
6:00p-7:15p	Yoga	Allison	12:15p-1:15p	Pilates	Hattit
<u>Friday</u>			6:00p-7:00p	Cycling	Danny
6:15a-7:00a	Muscle Madness Xpress	Lisa	<u>Saturday</u>		
7:30a-8:45a	Yoga	Jenni	8:00a-9:00a	Cycling	Amy
8:00a-9:00a	Water Fitness (Shallow)	Staff	8:15a-9:15a	Muscle Madness	Staff/Hattit
9:00a-10:00a	Muscle Madness	Renee	8:15a-9:15a	Yoga	Erin
10:15a-11:00a	Silversneakers® CLASSIC	Staff	9:30a-10:45a	Yoga	Erin
6:00p-7:00p	Gentle Yoga	Andi			



Hours of Operation

website: www.silverthorne.org

Facility: Monday-Friday 6a-9p, Saturday 7a-9p, Sunday 8a-9p

Pool: Monday-Friday 6a-8:30p, Saturday 8a-8:30p, Sunday 9a-8:30p

Front Desk: (970) 262-7370

PANTS

Holiday Trimmings

STARTS Nov 23

Sign up for this fun team

challenge to maintain your weight throughout the holidays!

November

No pm classes Nov 23

CLOSED Thanksgiving

NO classes Nov 24

No yoga Nov 25