

# Silverthorne Recreation Center

## December 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 reenerogers@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	<b>Lauren</b>	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	<b>9:00a-10:00a</b>	<b>Muscle Madness/Cardio abs<sub>(rotate)</sub></b>	<b>Hattit</b>
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	<b>Jackie/Lisa</b>	<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
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](http://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 ends 1/2**

### Holiday Hours

December 24th      7am-6pm  
 December 25th      CLOSED  
 December 31st      7am-6pm  
 January 1st          10am-6pm

### December

1st-31st Commit to Be Fit Challenge  
 3rd Holiday Bazaar-Silverthorne Pavilion  
 16th Country Western Dance-Pavilion  
 No classes 12/24, 12/25 & 12/26  
 No classes 1/1