

SPRING FITNESS SCHEDULE

FACILITIES

FORT COLLINS SENIOR CENTER

1200 Raintree Drive

FOOTHILLS ACTIVITY CENTER

241 E. Foothills Parkway

NORTHSIDE AZTLAN COMMUNITY CENTER

112 E. Willow Street

CLUB TICO

1599 City Park Drive

FITNESS CLASS SCHEDULE KEY

Title of Class

Begin & End Time | Activity Number

Classes marked with an * are offered virtually in addition to in-person.

Fitness classes for the Spring Recreator are offered from February 1 to May 31.

Note: Fitness classes will not be held on April 17 and May 30.

Note: Fitness classes are now set up as pay per class, meaning you will need to select each day you'd like to attend class during registration.

For more information visit fcgov.com/fitness

Updated: 2/1/2022

Monday

FORT COLLINS SENIOR CENTER

Circuit SilverSneakers

10-10:45 AM | 209424-01*

Chair Pilates

11 AM-12 PM | 209403-01*

Yoga, Advanced Beginner

4:30-5:30 PM | 209413-01

Zumba

5:30-6:30 PM | 209404-01*

FOOTHILLS ACTIVITY CENTER

Hatha Flow Yoga

2:30-3:30 PM | 209707-01

Core Performance

5:30-6:30 PM | 209701-01*

NORTHSIDE AZTLAN COMMUNITY CENTER

CrossTrain

6:15-7:15 AM | 209502-01

Restorative Yoga

12-1 PM | 209523-01

CrossTrain

12:30-1:30 PM | 209502-02

Slow Flow Hatha Yoga

4-5 PM | 209520-01*

Vinyasa Flow Yoga

5:15-6:15 PM | 209521-01*

CLUB TICO

Zumba

9-10 AM | 209112-01*

Tuesday

FORT COLLINS SENIOR CENTER

Boomer Blast

8-9 AM | 209414-01*

Functional Strength

9:30-10:15 AM | 209401-01*

Classic SilverSneakers

10:30-11:15 AM | 209423-01*

Yoga SilverSneakers

11:30am-12:15 PM | 209427-01*

Yoga, Beginner

2:45-3:45 PM | 209412-01*

Yoga, Beginner

5:15-6:15 PM | 209412-02*

FOOTHILLS ACTIVITY CENTER

Pilates Fusion

9-10 AM | 209702-01*

NORTHSIDE AZTLAN COMMUNITY CENTER

Morning Spin

6:30-7:30 AM | 209504-01

Yoga & Meditation

9-10 AM | 209522-01*

Pilates Fusion

12-1 PM | 209505-01*

Slow Flow Hatha Yoga

5-6 PM | 209520-02*

TRX Body Blast

5:30-6:30 PM | 209511-01

Wednesday

FORT COLLINS SENIOR CENTER

Zumba Gold

9:00-9:45 AM | 209430-01

Circuit SilverSneakers

10-10:45 AM | 209424-01*

T'ai Chi Chih Advanced

10-11:15 AM | 209433-01

T'ai Chi Chih Intermediate

11:30 AM-12:45 PM | 209432-01

Yoga, Beginner

Noon-1:00 PM | 209412-03

Pilates Mat, Beginner/Intermediate

3-4 PM | 209402-01*

Yoga, Advanced Beginner

4:30-5:30 PM | 209413-01

Zumba

5:30-6:30 PM | 209404-01*

FOOTHILLS ACTIVITY CENTER

Hatha Flow Yoga

2:30-3:30 PM | 209707-01

Core Performance

5:30-6:30 PM | 209701-01*

NORTHSIDE AZTLAN COMMUNITY CENTER

CrossTrain

6:15-7:15 AM | 209502-01

Restorative Yoga

12-1 PM | 209523-01

CrossTrain

12:30-1:30 PM | 209502-02

Slow Flow Hatha Yoga

4-5 PM | 209520-01*

Zumba

6-7 PM | 209512-02

CLUB TICO

Zumba

9-10 AM | 209112-01*

Thursday

FORT COLLINS SENIOR CENTER

Boomer Blast

8-9 AM | 209414-01*

Functional Strength

9:30-10:15 AM | 209401-01*

Classic SilverSneakers

10:30-11:15 AM | 209423-01*

Yoga SilverSneakers

11:30am-12:15 PM | 209427-01*

Focus on Balance

1:30-2:30 PM | 209415-01*

Yoga, Beginner

2:45-3:45 PM | 209412-01*

Yoga, Beginner

5:15-6:15 PM | 209412-02*

FOOTHILLS ACTIVITY CENTER

Pilates Fusion

9-10 AM | 209702-01*

NORTHSIDE AZTLAN COMMUNITY CENTER

Morning Spin

6:30-7:30 AM | 209504-01

Yoga & Meditation

9-10 AM | 209522-01*

Pilates Fusion

12-1 PM | 209505-01*

Slow Flow Hatha Yoga

5-6 PM | 209520-02*

TRX Body Blast

5:30-6:30 PM | 209511-01

Friday

FORT COLLINS SENIOR CENTER

Zumba Gold

9:00-9:45 AM | 209404-02*

Pilates Mat, Beginner

3-4 PM | 209402-02*

FOOTHILLS ACTIVITY CENTER

n/a

NORTHSIDE AZTLAN COMMUNITY CENTER

CrossTrain

6:15-7:15 AM | 209502-01

CrossTrain

12:30-1:30 PM | 209502-02

CLUB TICO

Zumba

9-10 AM | 209112-01*

Saturday

FORT COLLINS SENIOR CENTER

Zumba

9-10 AM | 209404-2A*

FOOTHILLS ACTIVITY CENTER

Intro to Oula

9-10 AM | 209704-02*

NORTHSIDE AZTLAN COMMUNITY CENTER

Vinyasa Flow Yoga

8:15-9:15 AM | 209521-02*

TRX Body Blast

8:15-9:15 AM | 209511-02