

# WINTER FITNESS SCHEDULE

## FACILITY

### FORT COLLINS SENIOR CENTER

1200 Raintree 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 Winter Recreator are offered from November 29 to January 31.

Note: No fitness classes will be held on December 24, 25, and January 1

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.

**T'ai Chi Chih classes are offered by session not pay per class.**

Updated: 11/19/2021



## Monday

### CrossTrain

6:15-7:15 AM | 109502-01

### Circuit SilverSneakers

10-10:45 AM | 109424-01\*

### Chair Pilates

11 AM-12 PM | 109403-01\*

### Yoga, Advanced Beginner

4:30-5:30 PM | 109413-01\*

### Zumba

5:30-6:30 PM | 109404-01\*

### Slow Flow Hatha Yoga

5:45-6:45 PM | 109409-01\*

## Tuesday

### Boomer Blast

8-9 AM | 109414-01\*

### Functional Strength

9:30-10:15 AM | 109401-01\*

### Classic SilverSneakers

10:30-11:15 AM | 109423-01\*

### Yoga SilverSneakers

11:30am-12:15 PM | 109427-01\*

### T'ai Chi Chih Beginner 1

12:30-1:45 PM | 109431-01

### T'ai Chi Chih Beginner 2

2-3:15 PM | 109431-02

### Yoga, Beginner

2:45-3:45 PM | 109412-01\*

### Yoga, Beginner

5:15-6:15 PM | 109412-02\*

## Wednesday

### CrossTrain

6:15-7:15 AM | 109502-01

### Zumba Gold

9:00-9:45 AM | 109430-01\*

### Circuit SilverSneakers

10-10:45 AM | 109424-01\*

### Yoga, Beginner

Noon-1:00 PM | 109412-03\*

### T'ai Chi Chih Advanced

10-11:15 AM | 109433-01

## Wednesday (Continued)

### T'ai Chi Chih Intermediate

11:30 AM-12:45 PM | 109432-01

### Pilates Mat, Beginner/Intermediate

3-4 PM | 109402-01\*

### Yoga, Advanced Beginner

4:30-5:30 PM | 109413-01\*

### Zumba

5:30-6:30 PM | 109404-01\*

### Slow Flow Hatha Yoga

5:45-6:45 PM | 109409-01\*

## Thursday

### Boomer Blast

8-9 AM | 109414-01\*

### Functional Strength

9:30-10:15 AM | 109401-01\*

### Classic SilverSneakers

10:30-11:15 AM | 109423-01\*

### Yoga SilverSneakers

11:30am-12:15 PM | 109427-01\*

### Focus on Balance

1:30-2:30 PM | 109415-01\*

### Swiss Theraball

3:00-4:00 PM | 109416-01

### Yoga, Beginner

2:45-3:45 PM | 109412-01\*

### Yoga, Beginner

5:15-6:15 PM | 109412-02\*

## Friday

### CrossTrain

6:15-7:15 AM | 109502-01

### Zumba Gold

9:00-9:45 AM | 109430-01\*

### Pilates Mat, Beginner

3-4 PM | 109402-02\*

## Saturday

### Zumba (Virtual Only)

9-10 AM | 109404-2A