



Monday	Class	Room	Instr.
5:15-6:15am	Muscle Madness	AR	Monica
8:15-9:15am	Muscle Madness*	AR	Jo Ellen
9:15-10:15am	Cardio Kickboxing	AR	Tammy
9:15-10:15am	Cycling*	CR	Deanna
9:45-10:45am	Zumba No class June 11 & 18	Gym	Honey
9:30-10:30am	Splash	Pool	Calisse
10:15-11:15am	CSI (Cardio Strength Intervals)	AR	Brook
11:15-12:15pm	Beginner Yoga*	CR	Cathie
11:15-12:15pm	SilverSneakers Classic*	AR	Calisse
12:30-1:30pm	Gentle Fitness	AR	Sharon
1:30-2:30pm	SilverSneakers Classic	AR	Micki
4:45-5:45pm	Zumba	AR	Amy C.
5:30-6:30pm	Cycling*	CR	Mark
6:00-6:30pm	Step It Up*	AR	Karen
6:30-7:15pm	Muscle Madness*	AR	Karen
6:30-7:30pm	Vinyasa Yoga*	CR	Char

Tuesday	Class	Room	Instr.
5:15-6:15am	Cardio Core Conditioning	AR	Monica
5:15-6:15am	Cycling*	CR	Jeanie
8:30-9:30am	Cycling*	CR	JoEllen
8:30-9:30am	Hatha Yoga	WW	Melinda
9:15-10:15am	Muscle Madness	AR	Deanna
9:30-10:30am	Aqua Zumba	Pool	<u>Marla/</u> <u>Melissa</u>
9:45-10:45am	Pilates	CR	Amy M.
10:15-11:15am	Cardio Core Conditioning	AR	Jody Lee
11:15-12:15pm	SilverSneakers Circuit*	AR	Andrea
12:30-1:15pm	SilverSneakers Cardio	AR	Andrea
5:00-6:00pm	PiYo	AR	Amy P.
6:30-7:30pm	Pilates	CR	<u>Char</u>
6:00-7:00pm	Step It Up	AR	Terri
7:00-8:00pm	Zumba*	AR	Honey

Wednesday	Class	Room	Instr.
5:15-6:15am	Cycling*	CR	Jeanie
5:15-6:15am	Vinyasa Yoga	WW	Frieda
8:30-9:30am	<u>Splash</u>	<u>Pool</u>	<u>Nancy</u>
9:15-10:00am	Cardio Kickboxing	AR	Amy S.
9:15-10:15am	Cycling*	CR	Deanna
9:30-10:30am	Zumba No class June 13 & 20	Gym	Amy C.
9:30-10:30am	Stretched & Balanced	WW	Jody Lee
10:00-11:00am	CSI (Cardio Strength Intervals)	AR	Nancy
11:15-12:15pm	Beginner Yoga*	WW	Cathie
11:15-12:15pm	SilverSneakers Classic*	AR	Melinda
12:30-1:30pm	Gentle Fitness	AR	Sharon
5:00-6:00pm	Muscle Madness	AR	<u>Adriana/</u> <u>Terri</u>
5:30-6:30pm	Cycling*	CR	DeDee
6:30-7:30pm	Vinyasa Yoga	WW	Frieda
6:30-7:30pm	CSI (Cardio Strength Intervals)	AR	Karen

9th Annual Golf Tournament

Four Person Scramble

Friday, July 20th

7:30am Start Time

6:30am Check in Time

Saddle Rock Golf Course

2705 E Arapahoe Rd.

The Trails is having their 9th golf tournament fundraiser. Fee includes: 18-holes of golf, riding cart for all participants, lunch, giveaways, and chances to win various prizes. Proper golf attire is required. No steel spikes are allowed on course.

Fee per team: \$480

All proceeds support our youth athletic programs!

Register at trailsrecreationcenter.org or at the Trails Front Desk!



Thursday	Class	Room	Instr.
5:15-6:15am	CSI (Cardio Strength Intervals)	AR	Jeanie
7:30-8:30am	Muscle Madness	AR	Brook
8:30-9:30am	Cycling*	CR	Amy M.
8:30-9:30am	Hatha Yoga	WW	Melinda
9:15-10:15am	Muscle Madness	AR	Jody Lee
9:30-10:30am	Splash	Pool	Paula
9:45-10:45am	Pilates	CR	Amy M.
10:15-11:15am	Step It Up	AR	Jody Lee
11:15-12:15pm	SilverSneakers Circuit*	AR	Andrea
6:00-7:00pm	CSI (Cardio Strength Intervals)	AR	Adriana
6:45-7:30pm	Splash	Pool	Calisse
7:00-8:00pm	Zumba	AR	Mary Ann

Friday	Class	Room	Instr.
5:15-6:15am	Cycling*	CR	Jody
8:30-9:30am	Muscle Madness	AR	Carla
9:15-10:15am	Cycling*	CR	Jo Ellen
9:30-10:30am	Splash	Pool	Terri
9:30-10:30am	Zumba	Gym	Honey/ Mary Ann
10:00-11:00am	PiYo	AR	Ameys S.
11:15-12:15pm	Beginner Yoga	AR	Cathie
12:30-1:30pm	Gentle Fitness	AR	Sharon
1:30-2:30pm	SilverSneakers Classic	AR	Micki
5:15-6:15pm	Butts & Guts Plus	AR	Karen
6:15-7:15pm	Zumba*	AR	Adriana

Saturday	Class	Room	Instr.
8:00-9:00am	CSI (Cardio Strength Intervals)	AR	Brook
8:30-9:30am	Stretched & Balanced*	WW	Shirl
9:00-10:00am	Cycling*	CR	DeDee
9:00-10:00am	Cardio Kickboxing	AR	Ameys S.
9:45-10:45am	Pilates	WW	<u>Brook</u>
10:00-11:00am	Muscle Madness	AR	Amanda
11am-12:00pm	Step It Up	AR	Amanda
12:00-1:00pm	Zumba*	AR	Amy C.

Changes from the previous month's schedule are indicated in bold/underline.

***Class Pass Required**– Pick up at Front Desk no earlier than 1 hour before the start of class.

Please hold on to your pass until the instructor collects them at the start of class.

As a courtesy to others, please consider giving up your pass if you are unable to stay the entire class.

All Yoga, Pilates and Stretched & Balanced classes will begin on time and the doors locked immediately to avoid disruption.

Room Legend -AR Aerobics Room, CR Cycling Room, WW Wagon Wheel, Pool, Gym

June Personal Training Special

10% off all Personal Training Packages of 5 or more sessions.

This includes Youth, Buddy, and Senior.

See Front Desk for rates.