

November Fitness Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FACILITIES/LOCATIONS FORT COLLINS SENIOR CENTER 1300 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 with Instructor Name Start & End Time Activity Number Click on the class title, then click on the link that appears to be taken to the registration page for that class. Session-based class. Not available for drop-in as classes build from one class to the next. For dates & prices click link that appears when clicking class name. Fitness classes after 2pm will not be held on: Wednesday, November 27 All Fitness classes will not be held on: Thursday, November 28 Fitness classes at the Senior Center & Foothills Activity Center will not be held on Friday, 11/29 & Saturday, 11/30 Fitness Class Descriptions can be found at fcgov.com/fitness .	FORT COLLINS SENIOR CENTER Circuit SilverSneakers w/Rheannon 10-10:45 AM 409424-01 Chair Pilates w/Michele 11 AM-12 PM 409403-01 CIRCL Mobility w/Tracy 12:45-1:45 PM 409408-01 Boomer Cardio & Strength w/Carrl 2-3 PM 409420-01 Yoga, Advanced Beginner w/Carrl 3:15-4:15 PM 409413-01 Yoga, Advanced Beginner w/Sara 4:30-5:30 PM 409413-02 Zumba w/Tracy 5:30-6:30 PM 409404-01 FOOTHILLS ACTIVITY CENTER Zumba w/Carla 9-10 AM 409112-01 Zumba Gold w/Cathy Lee 10-11 AM 409705-01 Hatha Flow Yoga w/Jessica 2:30-3:30 PM 409707-01 NORTHSIDE AZTLAN COMMUNITY CENTER Strength & Cardio Fitness w/Beca 6:15-7:15 AM 409502-01 Pilates Fusion w/Carol 10:30-11:30 AM 409505-02 Restorative Yoga w/Nancy 12-1 PM 409523-01 Strength & Cardio Fitness w/Stacy 12-1 PM 409502-02 Slow Flow Hatha Yoga w/Samantha 4-5 PM 409520-01 Vinyasa Flow Yoga w/Alley 5:15-6:15 PM 409521-01 Evening Spin w/Ion 5:30-6:15 PM 409503-01	FORT COLLINS SENIOR CENTER Zumba Gold 7:24-8:45 AM 409439-03 Boomer Blast w/Debra 8-9 AM 409414-01 Functional Strength w/Debra 9:15-10:15 AM 409401-01 Classic SilverSneakers w/Debra 10:30-11:15 AM 409423-01 Yoga SilverSneakers w/Debra 11:30am-12:15 PM 409427-01 Slow Flow Hatha Yoga w/Cassie 12-1 PM 409418-01 T'ai Chi Chih, Beginner w/Marie 12:30-1:45 PM 409431 T'ai Chi Chih, Beginner II w/Marie 2-3:15 PM 409431 Yoga, Beginner w/Sam 2:45-3:45 PM 409412-01 Restorative Yoga & Meditation w/Sam 4-5 PM 409409-01 Yoga, Beginner w/Ellen 5:15-6:15 PM 409412-02 FOOTHILLS ACTIVITY CENTER Pilates Fusion w/Carol 9-10 AM 409702-01 Slow Flow Hatha Yoga w/Alley 12-1 PM 409708-01 Qula w/Alexa 5:30-6:30 PM 409704-01 NORTHSIDE AZTLAN COMMUNITY CENTER Strength & Cardio Fitness w/Rheannon 6:15-7:15 AM 409502-01 Morning Spin 6:30-7:15 AM 409506-03 Yoga & Meditation w/Cassandra 9-10 AM 409522-01 Strength & Stretch w/Betsy 10:30-11:30 AM 409504 Pilates Fusion w/Carol 12-1 PM 409505-01 Slow Flow Hatha Yoga w/Renee 5-6 PM 409520-02 Total Body Training w/Stacy 5:30-6:30 PM 409511-01	FORT COLLINS SENIOR CENTER Men - Loosen Up! w/Jennie 8-8:45 AM 409405-01 Zumba Gold w/Carla 9-9:45 AM 409430-02 Men - Loosen Up! w/Jennie 9-9:45 AM 409405-02 Circuit SilverSneakers w/Rheannon 10-10:45 AM 409424-01 T'ai Chi Chih, Advanced w/Marie 11-11:45 AM 409433-01 Chair Yoga w/Jennie 11-11:45 AM 409410-01 T'ai Chi Chih, Intermediate w/Marie 11:30 AM-12:45 PM 409432-01 Yoga, Beginner w/Jennie 12-1 PM 409412-03 Chair Pilates w/Michele 1:30-2:30 PM 409403-02 Pilates Mat, Beginner/Intermediate 3-4 PM 409402-01 w/Michele Yoga, Advanced Beginner w/Sam 3:15-4:15 PM 409413-01 Yoga, Advanced Beginner w/Sara 4:30-5:30 PM 409413-02 Zumba w/Tracy 5:30-6:30 PM 409404-01 FOOTHILLS ACTIVITY CENTER Zumba w/Rachel 9-10 AM 409112-01 Zumba Gold-Toning w/Cathy Lee 10-11 AM 409703-01 Hatha Flow Yoga w/Jessica 2:30-3:30 PM 409707-01 NORTHSIDE AZTLAN COMMUNITY CENTER Strength & Cardio Fitness w/Beca 6:15-7:15 AM 409502-01 Intermediate-Yoga 7:30-8:30 AM 409517-03 Pilates Fusion w/Carol 10:30-11:30 AM 409505-02 Restorative Yoga w/Nancy 12-1 PM 409523-01 Strength & Cardio Fitness w/Stacy 12-1 PM 409502-02 Slow Flow Hatha Yoga w/Carol 4-5 PM 409520-01 Evening Spin w/Skyler 5:30-6:15 PM 409503-01 Zumba w/Alex 5:30-6:30 PM 409512-01	FORT COLLINS SENIOR CENTER Boomer Blast w/Debra 8-9 AM 409414-01 Men - Loosen Up! w/Jennie 8-8:45 AM 409405-01 Functional Strength w/Debra 9:15-10:15 AM 409401-01 Classic SilverSneakers w/Debra 10:30-11:15 AM 409423-01 Yoga SilverSneakers w/Debra 11:30am-12:15 PM 409427-01 Coordination, Balance, & Strength 12:30-1:15 PM 409407-01 w/Renee Focus on Balance w/Mary Elizabeth 1:30-2:30 PM 409415-01 Yoga, Beginner w/Sam 2:45-3:45 PM 409412-01 Swiss Theraball w/Mary Elizabeth 3-4 PM 409416-01 Yoga, Beginner w/Jennie 5:15-6:15 PM 409412-02 Zumba 5:30-6:30 PM 409404-01 FOOTHILLS ACTIVITY CENTER Pilates Fusion w/Carol 9-10 AM 409702-01 Zumba w/Lilith 12-1 PM 409701-01 Slow Flow Hatha Yoga w/Alley 5:30-6:30 PM 409708-02 NORTHSIDE AZTLAN COMMUNITY CENTER Strength & Cardio Fitness w/Rheannon 6:15-7:15 AM 409502-01 Morning Spin 6:30-7:15 AM 409506-03 Yoga & Meditation w/Cassandra 9-10 AM 409522-01 Strength & Stretch w/Betsy 10:30-11:30 AM 409504-01 Pilates Fusion w/Carol 12-1 PM 409505-01 Slow Flow Hatha Yoga w/Coco 5-6 PM 409520-02 Total Body Training w/Stacy 5:30-6:30 PM 409511-01	FORT COLLINS SENIOR CENTER Men - Loosen Up! w/Jennie 8-8:45 AM 409405-01 Zumba Gold w/Georgia 9-9:45 AM 409430-02 Men - Loosen Up! w/Jennie 9-9:45 AM 409405-02 Barre Gold w/Georgia 10-10:45 AM 409406-02 Chair Yoga w/Jennie 11-11:45 AM 409410-01 Restorative Yoga w/Nancy 12-1 PM 409411-01 CardioFit SilverSneakers w/Cathy Lee 2-2:50 PM 409425-01 Pilates Mat, Beginner w/Michele 3-4 PM 409402-02 NORTHSIDE AZTLAN COMMUNITY CENTER Strength & Cardio Fitness w/Beca 6:15-7:15 AM 409502-01 Pilates Fusion w/Carol 10:30-11:30 AM 409505-02 Strength & Cardio Fitness w/Stacy 12-1 PM 409502-02 CLUB TICO Zumba w/Kelly 9-10 AM 409112-01	FORT COLLINS SENIOR CENTER Zumba 6-10 AM 409404-02 FOOTHILLS ACTIVITY CENTER Qula w/Alexa 9-10 AM 409704-02 Tai Chi & QiGong w/John 11am-12 PM 409706 NORTHSIDE AZTLAN COMMUNITY CENTER All Levels Yoga Flow w/Candice 8:15-9:15 AM 409524-01 Zumba Toning w/Dana 9:30-10:30 AM 409513-01	NORTHSIDE AZTLAN COMMUNITY CENTER Mindfulness Yoga w/Sally 10-11 AM 409518-01 Meditation w/Sally 11:15am-12:15 PM 409519-01

December Fitness Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FACILITIES/LOCATIONS	FORT COLLINS SENIOR CENTER	FORT COLLINS SENIOR CENTER	FORT COLLINS SENIOR CENTER	FORT COLLINS SENIOR CENTER	FORT COLLINS SENIOR CENTER	FORT COLLINS SENIOR CENTER	NORTHSIDE AZTLAN COMMUNITY CENTER
FORT COLLINS SENIOR CENTER 1300 Raintree Drive FOOTHILLS ACTIVITY CENTER 241 E. Foothills Parkway NORTHSIDE AZTLAN COMMUNITY CENTER 112 E. Willow Street CLUB TICO 1599 City Park Drive	Circuit SilverSneakers w/Rheannon 10-10:45 AM 409424-01 Chair Pilates w/Michele 11 AM-12 PM 409403-01 CIRCL Mobility w/Tracy 12:45-1:45 PM 409408-01 Boomer Cardio & Strength w/Carli 2-3 PM 409420-01 Yoga Advanced Beginner w/Carli 3:15-4:15 PM 409413-01 Yoga Advanced Beginner w/Sara 4:30-5:30 PM 409413-02 Zumba w/Tracy 5:30-6:30 PM 409404-01	Zumba Gold 7:25-8:45 AM 409439-03 Boomer Blast w/Debra 8-9 AM 409414-01 Functional Strength w/Debra 9:15-10:15 AM 409401-01 Classic SilverSneakers w/Debra 10:30-11:15 AM 409423-01 Yoga SilverSneakers w/Debra 11:30am-12:15 PM 409427-01 Slow Flow Hatha Yoga w/Cassie 12-1 PM 409418-01 T'ai Chi Chih, Beginner w/Marie 12:30-1:45 PM 409431 T'ai Chi Chih, Beginner II w/Marie 2-3:15 PM 409431 Yoga, Beginner w/Sam 2:45-3:45 PM 409412-01 Restorative Yoga & Meditation w/Sam 4-5 PM 409409-01 Yoga, Beginner w/Ellen 5:15-6:15 PM 409412-02	Men - Loosen Up! w/Jennie 8-8:45 AM 409405-01 Zumba Gold w/Cara 9-9:45 AM 409430-02 Men - Loosen Up! w/Jennie 9-9:45 AM 409405-02 Circuit SilverSneakers w/Rheannon 10-10:45 AM 409424-01 T'ai Chi Chih, Advanced w/Marie 11-11:15 AM 409433-01 Chair Yoga w/Jennie 11-11:45 AM 409410-01 T'ai Chi Chih, Intermediate w/Marie 11:30 AM-12:45 PM 409432-01 Yoga, Beginner w/Jennie 12-1 PM 409412-03 Chair Pilates w/Michele 1:30-2:30 PM 409403-02 Pilates Mat, Beginner/Intermediate 3-4 PM 409402-01 w/Michele Yoga, Advanced Beginner w/Sam 3:15-4:15 PM 409413-01 Yoga, Advanced Beginner w/Sara 4:30-5:30 PM 409413-02 Zumba w/Tracy 5:30-6:30 PM 409404-01	Boomer Blast w/Debra 8-9 AM 409414-01 Men - Loosen Up! w/Jennie 8-8:45 AM 409405-01 Functional Strength w/Debra 9:15-10:15 AM 409401-01 Classic SilverSneakers w/Debra 10:30-11:15 AM 409423-01 Yoga SilverSneakers w/Debra 11:30am-12:15 PM 409427-01 Coordination, Balance, & Strength 12:30-1:15 PM 409407-01 w/Renee Focus on Balance w/Mary Elizabeth 1:30-2:30 PM 409415-01 Yoga, Beginner w/Sam 2:45-3:45 PM 409412-01 Swiss Theraball w/Mary Elizabeth 3-4 PM 409416-01 Yoga, Beginner w/Jennie 5:15-6:15 PM 409412-02 Zumba 5:30-6:30 PM 409404-01 FOOTHILLS ACTIVITY CENTER Pilates Fusion w/Carol 9-10 AM 409702-01 Zumba w/Lillith 12-1 PM 409701-01 Slow Flow Hatha Yoga w/Alley 5:30-6:30 PM 409708-02	Men - Loosen Up! w/Jennie 8-8:45 AM 409405-01 Zumba Gold w/Georgia 9-9:45 AM 409430-02 Men - Loosen Up! w/Jennie 9-9:45 AM 409405-02 Barre Gold w/Georgia 10-10:45 AM 409406-02 Chair Yoga w/Jennie 11-11:45 AM 409410-01 Restorative Yoga w/Nancy 12-1 PM 409411-01 CardioFit SilverSneakers w/Cathy Lee 2-2:50 PM 409425-01 Pilates Mat, Beginner w/Michele 3-4 PM 409402-02 NORTHSIDE AZTLAN COMMUNITY CENTER Strength & Cardio Fitness w/Beca 6:15-7:15 AM 409502-01 Pilates Fusion w/Carol 10:30-11:30 AM 409505-02 Strength & Cardio Fitness w/Stacy 12-1 PM 409502-02 CLUB TICO Zumba w/Kelly 9-10 AM 409112-01	Zumba 9-10 AM 409404-02 FOOTHILLS ACTIVITY CENTER Oula w/Alexa 9-10 AM 409704-02 11am-12 PM 409706 NORTHSIDE AZTLAN COMMUNITY CENTER All Levels Yoga Flow w/Candice 8:15-9:15 AM 409524-01 Zumba Toning w/Dana 9:30-10:30 AM 409513-01	NORTHSIDE AZTLAN COMMUNITY CENTER Mindfulness Yoga w/Sally 10-11 AM 409518-01 Meditation w/Sally 11:15am-12:15 PM 409519-01
FITNESS CLASS SCHEDULE KEY							
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Click on the class title, then click on the link that appears to be taken to the registration page for that class.							
Session-based class. Not available for drop-in as classes build from one class to the next. For dates & prices click link that appears when clicking class name.							
All Fitness classes will not be held on: Tuesday, 12/24 & Wednesday, 12/25 Fitness classes after 2pm will not be held on: Wednesday, 12/31							
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Willow Street CLUB TICO 1599 City Park Drive	Circle SilverSneakers w/Rheannon 10-10:45 AM 409424-01 Chair Pilates w/Michele 11 AM-12 PM 409403-01 CIRCL Mobility w/Tracy 12:45-1:45 PM 409408-01 Boomer Cardio & Strength w/Carri 2-3 PM 409420-01 Yoga, Advanced Beginner w/Carri 3:15-4:15 PM 409413-01 Yoga, Advanced Beginner w/Sara 4:30-5:30 PM 409413-02 Zumba w/Tracy 5:30-6:30 PM 409404-01 FOOTHILLS ACTIVITY CENTER Zumba Gold w/Cathy Lee 10-11 AM 409705-01 Hatha Flow Yoga w/Jessica 12:30-3:30 PM 409707-01 NORTHSIDE AZTLAN COMMUNITY CENTER Strength & Cardio Fitness w/Beca 6:15-7:15 AM 409502-01 Pilates Fusion w/Carol 10-30-11:30 AM 409505-02 Restorative Yoga w/Nancy 12-1 PM 409523-01 Strength & Cardio Fitness w/Stacy 12-1 PM 409502-02 Slow Flow Hatha Yoga w/Samantha 4-5 PM 409520-01 Vinaya Flow Yoga w/Alley 5:15-6:15 PM 409521-01 Evening Spin w/Jon 5:30-6:15 PM 409503-01 CLUB TICO Zumba w/Caro 9-10 AM 409112-01	Zumba Gold 9-9:45 AM 409430-02 Boomer Blast w/Debra 9-9:45 AM 409414-01 Functional Strength w/Debra 9:15-10:15 AM 409401-01 Classic SilverSneakers w/Debra 10:30-11:15 AM 409423-01 Yoga SilverSneakers w/Debra 11:30am-12:15 PM 409427-01 Slow Flow Hatha Yoga w/Cassie 12-1 PM 409418-01 T'ai Chi Chih, Beginner I w/Marie 12:30-1:45 PM 409431 T'ai Chi Chih, Beginner II w/Marie 2-3:15 PM 409431 Yoga, Beginner w/Sam 2:45-3:45 PM 409412-01 Restorative Yoga & Meditation w/Sam 4-5 PM 409409-01 Yoga, Beginner w/Ellen 5:15-6:15 PM 409412-02 FOOTHILLS ACTIVITY CENTER Pilates Fusion w/Carol 9-10 AM 409702-01 Slow Flow Hatha Yoga w/Alley 12-1 PM 409708-01 Oula w/Alexa 5:30-6:30 PM 409704-01 NORTHSIDE AZTLAN COMMUNITY CENTER Strength & Cardio Fitness w/Rheannon 6:15-7:15 AM 409502-01 Morning Spin 6:30-7:15 AM 409506-01 Yoga & Meditation w/Cassandra 9-10 AM 409522-01 Strength & Stretch w/Betsy 10:30-11:30 AM 409504 Pilates Fusion w/Carol 12-1 PM 409505-01 Slow Flow Hatha Yoga w/Renee 5-6 PM 409520-02 Total Body Training w/Stacy 5:30-6:30 PM 409511-01	FORT COLLINS SENIOR CENTER Men - Loosen Up! 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