JULY CLASSES

Live, Outdoor & Virtual Exercise (LOVE)

Monday
Energize Yoga . 7am (V)
Fitness Club M/W . 9am (V/L)
SilverSneakers Classic M/W . 10:15am (V)
Tai Chi Yoga Fusion . 4pm (V)
Body Weight Boot Camp . 5:30pm (V/L)
Belly Dance Fitness . 6pm (V)
Zumba . 6:35pm (V/L)

Tuesday
Total Body Fitness T/TH . 8:30am (V)
Light Yoga Tu/F . 8:45am (V/L)
SilverSneakers Classic T/TH . 9:45am (V)
Gentle Yoga . 10:30am (V)
Chair Yoga T/TH . 11am (V)
Pop Pilates . 5:30pm (V/L)

Wednesday
Walk For Fitness . 9am (O)
Line Dance . 9am (O)
Hatha Yoga . 4pm (V)
Zumba Toning . 5:30pm (V/L)
Indoor Cycling . 5:30pm (L)
Essentrics . 6pm (V)
Foundations Yoga . 6:45pm (L)

Thursday
Therapeutic Tai Chi . 10am (O)
Barre Sculpt . 12:15pm (O)
Fit Body Express . 5:45pm (V/L)
Indoor Cycling . 6:35pm (L)

Friday
Chair Yoga . 8:30am (V)

Saturday
Pop Pilates . 8:05am (V/L)
Barre Sculpt . 9am (O)
Fitness Fusion . 9:10am (V/L)
Core Yoga . 9:15am (V/L)
Parkinson’s, MS, & More . 10:45am (V)

L - Live
O - Outdoor
V - Virtual
Exercise and more!

Fees associated: Premier Pass & WIP (SilverSneakers, Renew Active) member benefits available.

Visit: englewoodco.gov for details.

Register NOW!