SEPTEMBER 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)
Pilates . 11am (L)
Tai Chi Yoga Fusion . 4pm (V)
Body Weight Boot Camp . 5:25pm (V)
Pilates . 5:30pm (L)
Belly Dance Fitness . 6:30pm (V)
Zumba . 6:35pm (V)

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

Wednesday
Walk For Fitness . 8:30am (O)
Line Dance . 9am (O)
Hatha Yoga . 4pm (V)
Zumba Toning . 5:30pm (V)
Essentrics . 6pm (V)
Foundations Yoga . 5:30pm (L)
Pilates . 5:30pm (L)

Thursday
Therapeutic Tai Chi . 9:30am (O)
Barre Sculpt . 9am (O)
Fit Body Express . 5:45pm (V)
Pilates . 11am (L)

Friday
Chair Yoga . 8:30am (V)

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

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

Visit: englewoodco.gov for details.

Register NOW!