Morning Circuit

Get up and get moving! Working out before work will keep you energized all day long. Tone up and get strong on Mondays and Wednesdays. Stacy will wake up your muscles and get you moving in the right direction!

Instructor: Stacy

Location: Weight Room

Time: 5:30-6:15 am M & W

Weightlifting

This class challenges all your major muscle groups by using the best weight room exercises! With focus on safety and proper lifting techniques, you will gain a working knowledge of weight training exercises that will leave you feeling confident lifting in class or on your own. This class caps out at 16, please arrive early to ensure your spot!

Instructor: Alli

Location: Weight Room

Time: 9-10 am M, W, & F

Group Power

Join Janelu for a one hour cutting edge strength training workout! Using adjustable barbells, weights, a step, and your body weight, we combine traditional strength training with innovative movements to create something fun and new!  Heart-pounding music and an expert coach will lead you to the next level of fitness!

Instructor: Janelu

Place: Fitness Gym

Time: 9-10 am M & W

Zumba

If you haven’t joined us yet, you’re missing out!  It’s a fun effective and easy to follow Latin dance party!  All levels welcome! Join Janelu and get that workout done without even knowing it’s a workout!

Instructor: Janelu

Place: Fitness Gym

Time: 10-10:45 am M, W, & F

Tai Chi

Tai chi is a beautiful martial art that has been around since ancient times, but contemporary scientific research has shown that it can improve cardiovascular health, enhance balance, flexibility, boost cognitive function, reduce anxiety, and even support quality sleep patterns.  This class will be the calm center of your turbulent modern existence.

Instructor: Nickolas

Place: Fitness Gym

Time: 11-11:30 am M & W

Lunch Lift

Lift weights and your spirits during this action-packed lunch hour! Fun, scientifically designed workouts will leave you tired yet hungry for more.

Instructor: Nickolas

Location: Weight Room

Time: 12:10-12:50 pm M & W

Pickleball

Come de-stress and burn some calories! There is no instructor for this activity

Group Therapy

Times: 1:30-2:30 pm M & W

5-6:15 am T & TH

6-8 pm Tuesday

10-11 am Friday

Flexibility Training

What if you took your flexibility training as seriously as you did your strength training? Gaining flexibility is not about struggling to reach your toes or holding an uncomfortable stretch for endless periods of time. It’s about sets, reps, and using special equipment to help you progress, much like in the weight room. It’s also about consistency. At the beginning, middle and end of the season, we will take a day to track our starting points and progress through physical assessments, much like you would with a personal trainer. If you’ve always wanted to increase your flexibility, now is the time to start! All levels are welcome!!

Instructor: Renee

Place: Fitness Gym

Time: 10-1045am tues/thurs 1030-1115am friday

Fun & Functional

You can’t spell functional without fun! Groove to cool tunes while exploring activities that stimulate balance, hand/eye coordination, mobility, and strength. All ability levels and ages welcome!

Instructor: Nickolas

Place: Fitness Gym

Time: 11-1145 am Tuesday

Gentle Stretch

This class is designed for a series of gentle stretches in a chair or standing.  Ease tension and relax with friends. Perfect for all levels.

Instructor: Amie

Place: Fitness gym

Time: 11-11:45 Thursday

Senior Strength

This senior focused strength class combines low impact exercises to improve functional strength, improve balance, and increase mobility fueling a fueling a active vibrant lifestyle at any age!

Instructor: Amie

Location: Weight Room

Time 1-2 pm T & TH

Uplifting Evening

Hit the gym for a little pick me up after work.  This periodized approach to full body resistance training is perfect for people who need to get a lot done in a short amount of time!

Instructor: Nickolas

Place: Weight room

Time: 5:15-6 pm T & TH

Cathartic Cardio

Balance aggression and meditation in this kickboxing cardio class.  Build confidence and release negative emotions in a safe environment open to all fitness and experience levels. Take heart and kick butt!!

Instructor: Nickolas

Place: Fitness Gym

Time: 6:15-7 pm T & TH

Lookout for Metcon Pop ups later in the fall along with Wednesday Evening Stretch.  Wet Vest TBD

CPRD’s Kiddie Korner

CPRD’s Nursery offers a safe, fun, and nurturing environment for your babies and kids while you get your work out. We have toys for playtime and other fun activities. We require immunization records to be on file to keep everyone healthy. Work out worry-free with us!

Staff: Sierra, Kim, Macie, Kori, Callie, Mckenzie, and Addi

Mornings

Monday-Thursday 9-12pm

Friday 9-11:30 am

Evenings Tuesday & Thursdays 5-7pm

\*\*\*Open for Monday Night Volleyball\*\*\*