

New Lift and Tone Group Fitness Class Begins Wednesday, February 3rd @ 9:00am

Join Personal Trainer and Group Fitness Instructor Veronica for an advanced level weight lifting class that utilizes heavy and light weights in conjunction with bodyweight movements to build strength and tone muscle.

This class is recommended for more advanced participants without movement restrictions or limitations.

Class is on Wednesday morning at 9am in the Blue Gymnasium.

Class will run February through March dependent on ongoing participation rates. 20 participants maximum.

Please place a reservation beginning at 8am the day prior to class in order to guarantee your spot.

Please bring your own exercise mat. All other equipment will be provided.

Drop-ins will be accepted if not all class spaces are reserved.

Class is included with membership or a day pass to the CRC!



*Thank You,
MRD Staff*

(970) 249-7705
www.montroserec.com



MRD Group Fitness Classes – Updated 1/1/2021

MRD's classes take place on the blue gymnasium court or at a limited capacity (20 participants) and in the Fit Zone (10 participants) to maximize physical distancing and participant safety.

Please review the following schedule for class times:

MONDAY

9:15am-10:00am – SilverSneakers Yoga with Kathy in Gym (Blue Court) (20 participants max)

10:30am-11:30am – Body Sculpting with Kim in Gym (Blue Court) (20 participants max)

11:00am-12:00pm – Tai Chi with Jan in the Fit Zone (10 participants max)

TUESDAY

10:00am-11:00am – Barre with Rebecca in Gymnasium (Blue Court) (20 participants max)

WEDNESDAY

9:30am-10:30am – All Levels Yoga/Pilates/Tai Chi with Stanlee in the Fit Zone (10 participants max) (Chairs optional for those with movement restrictions)

THURSDAY

10:00am-11:00am – Barre with Rebecca in Gym (Blue Court) (20 participants max)

11:00am-12:00pm – Yoga with Jan in the Fit Zone (10 participants max)

FRIDAY

9:15am-10:00am – SilverSneakers Yoga with Kathy in Gym (Blue Court) (20 participants max)

10:30am-11:30am – Body Sculpting with Kim in Gym (Blue Court) (20 participants max)

Important Information – Please Read Prior to Attending

- All classes are reservation based.
- You can place a reservation for class the day prior to class any time after 8:00am (please call the CRC front desk on Fridays or Saturdays to place a reservation for classes on Mondays. Reservations for Monday classes are open at 8:00am the previous Friday)
- Reservations can be made online, by phone, or in-person at the CRC.
- Class sizes are limited to the first 10 or 20 participants that place a reservation. Walk-ins will be accepted if not all class spots are full.
- Participants need to bring their own mats for all classes that are not chair based.

- Participants need to bring their own props for yoga classes if they intend to use yoga blocks or stretching straps.
- Participants must have an active pass or purchase a day pass to participate in classes.
- Class participants will not be allowed on the courts or in the Fit Zone early. Participants with an active pass may utilize other fitness areas within the facility before or after class, but are not able to put belongings on the court or Fit Zone floors until 15-minutes prior to class start times.
- Participants need to maintain at least 6-feet of space between themselves and other participants and remain at least 12-feet from the instructor's stage.
- Participants are required to wear a mask during all classes and at all times when in the facility.
- Participants must maintain physical distancing at all times when collecting equipment for class and when returning equipment to designated cleaning areas.
- Please bring a filled water bottle for class. Drinking fountains are off throughout the facility. Water bottle filling stations are available.
- Classes that lack adequate participation numbers will be cancelled so MRD can be fiscally responsible with membership fees. Be sure to attend classes that you enjoy so we can keep them on the schedule.