

City Park Fitness Center

GENERAL FITNESS



General Fitness Classes*

The classes listed below are included with a general admission fee, as well as City of Westminster, Renew Active, and SilverSneakers® passes.

• = All levels •• = Intermediate/Advanced

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Studio Cycle • Gail 5:45–6:30 a.m.	Body Flex • Dawn 5:45–6:30 a.m.	Studio Cycle • Al 5:45–6:30 a.m. Fit & Focus • Monica 5:45–6:45 a.m.	Total Body Remix • Dawn 5:45–6:30 a.m.	Tabata •• Amanda 5:45–6:30 a.m. Studio Cycle • Lea 5:45–6:30 a.m.	Studio Cycle • Al 7:15–8:15 a.m.
Cardio Plus • Dawn 8:00–8:45 a.m. Boot Camp •• Melissa Indoor/Outdoor 8:45–9:45 a.m.	SilverSneakers® Circuit • Sandra 8–8:45 a.m. Cycle Fusion • Becky 8:45–9:45 a.m.	Body Flex • Al 8–8:45 a.m. Boot Camp •• Melissa Indoor/Outdoor 8:45–9:45 a.m.	SilverSneakers® Circuit • Marybeth 8–8:45 a.m. Cycle Fusion • Amanda 8:45–9:45 a.m.	Cardio Plus • Sandra 8–8:45 a.m. Boot Camp •• Russ Indoor/Outdoor 8:45–9:45 a.m.	Total Body Remix • Dawn 8–9 a.m.
Body Flex • Becky 9–10 a.m.	Tabata •• Marybeth 9–10 a.m.	Total Body Remix • Kirsten 9–10 a.m.	Tabata •• Marybeth 9–10 a.m.	Body Flex • Sandra 9–10 a.m.	Meditation • Irene 9–10 a.m. TRX® •• Matt 9:15–10:15 a.m.
Pedaling for Parkinson's • Kelly 10:15–11:15 a.m. SilverSneakers® Classic • Fiona 10:30–11:30 a.m.	TRX® •• Matt 10:15–11:15 a.m.	Pedaling for Parkinson's • Kelly 10:15–11:15 a.m. SilverSneakers® Classic • Sandra 10:15–11:15 a.m. Tai Chi • Bud 10:30–11:30 a.m.	TRX® •• Matt 10:15–11:15 a.m.	Pedaling for Parkinson's • Kelly 10:15–11:15 a.m. SilverSneakers® Yoga • Irene 10:15–11:15 a.m.	
Balance, Core & More • Amanda 11:30 a.m.–12:30 p.m.	Qi Gong • Sheryl 11:30 a.m.–12:30 p.m.		Qi Gong • Sheryl 11:30 a.m.–12:30 p.m.	SilverSneakers® Classic • Jennifer 11:30 a.m.–12:30 p.m.	
Lunch Time Blitz • Kirsten 11:45 a.m.–12:30 p.m.	Body Flex • Sandra 11:45 a.m.–12:45 p.m.	Lunch Time Blitz • Kelly 11:45 a.m.–12:30 p.m.			
Tai Chi • Bud 12:45–1:45 p.m.	SilverSneakers® Yoga • Trudi 2–3 p.m.		SilverSneakers® Yoga • Kathleen 2–3 p.m.	Tai Chi • Bud 12:45–1:45 p.m.	
TRX® •• Matt 4:30–5:30 p.m. Total Body Remix •• Russ 5:30–6:30 p.m.	Studio Cycle • Lea 5:45–6:45 p.m.	TRX® •• Matt 4:30–5:30 p.m. Total Body Remix •• Heather 5:30–6:30 p.m.	Body Flex • Cathy 5:30–6:30 p.m. Studio Cycle • Colleen S 5:45–6:45 p.m.		
Butts and Guts • Cathy 7–7:45 p.m.		Butts and Guts • Cathy 7–7:45 p.m.			

*Updated 2/27/26

*All classes listed are subject to change or cancellation.

City Park Fitness Center

SPECIALTY FITNESS



Specialty Fitness Classes*

The classes listed below are included with your All-Facility, CPFC and SilverSneakers® passes.

NON-PASSHOLDER OPTIONS:

- FlexFit 10-visit punch card: \$100
- Drop-in fee: \$12

• = All levels •• = Intermediate/Advanced

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yogalates • Monica 6:00-7:00 a.m.			Pilates Chair • Monica 5:45-6:45 a.m.		
Mindful Flow Yoga • Adrien 9-10 a.m.					Power Yoga •• Robyn 9:15-10:15 a.m.
	Barre • Becky 10-11 a.m. Zumba® • Charity 10:15-11:15 a.m.		Mountain Strength Yoga • Tammy 10-11 a.m. Cardio Dance • Becky 10:15-11:15 a.m.		Zumba® • Traci 10:30-11:30 a.m.
Barre • Kelly 11:45 a.m.-12:45 p.m.	Mindful Flow Yoga • Samantha 11:15 a.m.-12:15 p.m.	Zumba Gold • Maria 11:30 a.m.-12:30 p.m.	Pilates Mat • Bree 11:15 a.m.-12:15 p.m.	Barre • Becky 11:45 a.m.-12:45 p.m.	
Pilates Basic Chair • Trudi 1:15-2:15 p.m.		Hatha Yoga • Mandy 12:45-1:45 p.m. Pilates Basic Mat • Kelly 1:15-2:15 p.m.		Pilates Mat • Kelly 1:15-2:15 p.m.	SUNDAY Shine Dance Fitness • Solo 8:45-9:45 a.m. Hatha Yoga • Mandy/ Kirsten 10:30-11:30 a.m. Gentle Yoga • Adrien/ Leah 4:30-5:30 p.m.
Barre • Dawn 4:30-5:30 p.m.	Pilates Chair • Trudi 3:15-4:15 p.m. Pilates Mat • Bree 4:30-5:30 p.m.	Pilates Chair • Debbie 4:30-5:30 p.m.	Pilates Mat • Debbie 4:30-5:30 p.m.	Barre • Mandy 4:30-5:30 p.m.	
Kettlebell •• Matt 5:45-6:45 p.m.	Zumba • Theresa 5:45-6:45 p.m. Power Yoga • Samantha 5:45-6:45 p.m.	Barre • Elissa 5:45-6:45 p.m. Kettlebell •• Matt 5:45-6:45 p.m.	Power Yoga • Leesa 5:45-6:45 p.m.		
Zumba® • Traci 6:45-7:45 p.m.		Zumba® • Kasey 6:45-7:45 p.m.			
Hatha Yoga • Mandy 7-8 p.m.	Barre • Ari 7-7:45 p.m.	Hatha Yoga • Adrien 7-8 p.m.	Barre • Cindy 7-7:45 p.m.		

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WESTMINSTER
City Park
Fitness
Center
YOGA / MIND / BODY

Fitness classes are on a drop-in first-come, first-serve basis with capacity limits for each class.

General and Specialty fitness class reservations are free for SilverSneakers, Renew Active, and City of Westminster pass holders.

Non-pass holders will be required to pay a fee at the time of reservation.

All classes listed are subject to change or cancellation at any time.

• = All levels •• = Intermediate/Advanced

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yogalates • Monica 6:00-7:00 a.m.			Pilates Chair • Monica 5:45-6:45 a.m.		
Mindful Flow Yoga • Adrien 9-10 a.m.					
	Barre • Becky 10-11 a.m.	Tai Chi • Bud 10:30-11:30 a.m.	Mountain Strength Yoga • Tammy 10-11 a.m.	Silversneakers Yoga • Irene 10:15-11:15 a.m.	Meditation • Irene 9-10 a.m.
Barre • Kelly 11:45 a.m.-12:45 p.m.	Qi Gong • Sheryl 11:30 a.m.-12:30 p.m.		Qi Gong • Sheryl 11:30 a.m.-12:30 p.m.	Barre • Becky 11:45 a.m.-12:45 p.m.	Power Yoga •• Robyn 9:15-10:15 a.m.
Tai Chi • Bud 12:45-1:45 p.m.	Mindful Flow Yoga • 11:15 a.m.-12:15 p.m.	Hatha Yoga • Mandy 12:45-1:45 p.m.	Pilates Mat • Bree 11:15 a.m.-12:15 p.m.	Tai Chi • Bud 12:45-1:45 p.m.	SUNDAY Shine Dance Fitness • Solo 8:45-9 a.m. Hatha Yoga • Kirsten/ Mandy 10:30-11:30 a.m. Gentle Yoga • Adrien/ Leah 4:30-5:30 p.m.
Pilates Basic Chair • Trudi 1:15-2:15 p.m.	Silversneakers Yoga • Trudi 2-3 p.m.	Pilates Mat • Kelly 1:15-2:15 p.m.	Silversneakers Yoga • Kathleen 2-3 p.m.	Pilates Mat • Kelly 1:15-2:15 p.m.	
Barre • Dawn 4:30-5:30 p.m.	Pilates Mat • Bree 4:30-5:30 p.m.	Pilates Chair • Debbie 4:30-5:30 p.m.	Pilates Mat • Debbie 4:30-5:30 p.m.	Barre • Mandy 4:30-5:30 p.m.	
	Power Yoga • Samantha 5:45-6:45 p.m.	Barre • Elise 5:45-6:45 p.m.	Power Yoga • Leesa 5:45-6:45 p.m.		
Hatha Yoga • Mandy 7-8 p.m.		Hatha Yoga • Adrien 7-8 p.m.			

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WESTMINSTER
City Park
Fitness
Center
PILATES

Reformer classes - To ensure safety and effectiveness, completion of private or semi-private sessions with a Westminster Pilates Trainer is required prior to participating in group classes. Please note, several sessions are often required to ensure readiness for group classes. Completion of a City of Westminster Pilates Reformer 101 class is also accepted as readiness for group classes. If you are cleared to take Pilates Reformer group classes and you would like to register for a class please call 303-460-9691.

Pilates Chair and Mat classes will be on a reservation basis with capacity limits for each class. Specialty Fitness classes are included with your SilverSneakers, Renew Active, and City of Westminster passes. Non-pass holders will be required to pay a fee at the time of reservation.

All classes listed are subject to change or cancellation at any time.
 • = All levels •• = Intermediate/Advanced

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yogalates • Monica 6:00-7:00 a.m.			Pilates Chair • Monica 5:45-6:45 a.m.		
Reformer • Amanda 7:30-8:30 a.m.		Reformer • Trudi 7:30-8:30 a.m.			
	Reformer • Tara 8:30-9:30 a.m.	Reformer • Tara 9-10 a.m.	Reformer • Tara 8:30-9:30 a.m.	Reformer • Bree 9-10 a.m.	Reformer Restorative • Elise 10:15-11:15 a.m.
Reformer Restorative • Amanda 10:15-11:15 a.m.			Qi Gong • Sheryl 11:30 a.m.-12:30 p.m.	Reformer Restorative • Bree 10:15-11:15 a.m.	Reformer • Elise 11:30 a.m.-12:30 p.m.
	Reformer • Trudi 12:30-1:30 p.m.	Hatha Yoga • Mandy 12:45-1:45 p.m.	Pilates Mat • Bree 11:15 a.m.-12:15 p.m. Reformer • Bree 12:30-1:30 p.m.	Tai Chi • Bud 12:45-1:45 p.m.	SUNDAY
Pilates Basic Chair • Trudi 1:15-2:15 p.m.		Pilates Mat • Kelly 1:15-2:15 p.m.		Pilates Mat • Kelly 1:15-2:15 p.m.	
	Pilates Chair • Bree 3:15-4:15 p.m. Pilates Mat • Bree 4:30-5:30 p.m.	Pilates Chair • Debbie 4:30-5:30 p.m.	Pilates Mat • Debbie 4:30-5:30 p.m.	Barre • Mandy 4:30-5:30 p.m.	
Reformer • Elise 5:45-6:45 p.m.					

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City Park Fitness Center

ACTIVE ADULT

January-April 2026



General Active Adult Fitness Classes*

The classes listed below are included with a general admission fee, as well as City of Westminster, Renew Active, and SilverSneakers® passes.

• = All levels •• = Intermediate/Advanced

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SilverSneakers® Circuit • Sandra 8-8:45 a.m.		SilverSneakers® Circuit • Marybeth 8-8:45 a.m.	Cardio Plus • Sandra 8-8:45 a.m.	
					Meditation • Irene 9-10 a.m.
Pedaling for Parkinson's • Kelly 10:15-11:15 a.m. SilverSneakers® Classic • Fiona 10:30-11:30 a.m.		Pedaling for Parkinson's • Kelly 10:15-11:15 a.m. SilverSneakers® Classic • Sandra 10:15-11:15 a.m. Tai Chi • Bud 10:30-11:30 a.m.		Pedaling for Parkinson's • Kelly 10:15-11:15 a.m. SilverSneakers® Yoga • Irene 10:15-11:15 a.m.	
	Qi Gong • Sheryl 11:30 a.m.-12:30 p.m.		Qi Gong • Sheryl 11:30 a.m.-12:30 p.m.	SilverSneakers® Classic • Jennifer 11:30 a.m.-12:30 p.m.	
Tai Chi • Bud 12:45-1:45 p.m.				Tai Chi • Bud 12:45-1:45 p.m.	
	SilverSneakers® Yoga • Trudi 2-3 p.m.		SilverSneakers® Yoga • Kathleen 2-3 p.m.		

*Updated 2/27/26

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