



ESTES VALLEY
COMMUNITY CENTER
Estes Valley Recreation & Park District



Estes Park **SPORTS & FITNESS EXPO**

Demo Schedule • Saturday, March 2, 2019 10 a.m. to 5 p.m.

TIME	DESCRIPTION	LOCATION
9 a.m. - 12 p.m.	Intro to Essential Oils - Laurie W.	Conference Room
10 - 10:20 a.m.	BOCA Yoga - Stacy F.	Lap Pool
10:30 - 10:50 a.m.	POP Pilates - Vicky J.	Upper Fitness
11 - 11:20 a.m.	Cardio Bag Training - Julie B.	Upper Fitness
	Pickleball Demo - Dennis G.	Gym
	Aquanastics - Barb H.	Lap Pool
11:30 - 11:50 a.m.	Cycle - Ryan H.	Lower Fitness
12 - 12:20 p.m.	CrossFit Kids - Eric A.	Lower Fitness
12:30 - 12:50 p.m.	Core Fusion - Megan H.	Upper Fitness
	Line Dancing - Jan T.	Lower Fitness
1 - 1:20 p.m.	HIIT - Megan H.	Upper Fitness
1:30 - 1:50 p.m.	Boot Camp - Bethany M.	Lower Fitness
2 - 2:20 p.m.	Karate - Eric A.	Lower Fitness
2:30 - 2:50 p.m.	EP Acupuncture - Melissa R.	Upper Fitness
	Efficient Run Form - Terry C.	Lower Fitness
3 - 3:20 p.m.	Zumba - Caprissa F.	Lower Fitness
3:30 - 3:50 p.m.	STRONG Zumba - Caprissa F.	Upper Fitness
4 - 4:20 p.m.	Self-Defense - Eric A.	Upper Fitness
	Step - Christy F.	Lower Fitness
4:30 - 4:50 p.m.	Cycle - Christy F.	Lower Fitness



Exhibits in the Community Room 10 a.m. to 5 p.m.

Sign-up sheet in the Lower Level Classroom for Thai Massage from 10 a.m. to 5 p.m.

FREE CAKE!

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