

**Fort Lupton Recreation Center**  
203 South Harrison Ave- 303.857.4200

### Building Hours

Monday -Thursday 5:00am-9:00pm  
Friday- 5:00am-8:00pm  
Saturday & Sunday- 8:00am- 5:00pm



**ITS HERE! YOUR TIME-YOUR CHOICE-YOUR CLASS**  
with over 1000 classes to choose from  
**FITNESS ON DEMAND**  
LOCATED IN AREOBICS STUDIO

### DROP IN CHILD CARE IS NOW OPENED!!

DAYS: Monday/Wednesday (9:00am-11:00am)

Tuesday/Thursday (5:00pm-7:00pm)

COST: Free with FLRC Membership

Or \$3.00 per hour/child for drop ins

AGE: 6 months -7 years (max 8 kids)

LOCATION: Teen Room

### ROCK WALL IS NOW OPEN!

OPEN CLIMB:

Sundays: 12:00-2:00pm

Tuesdays: 6:00-8:00pm

Wednesdays: 6:30-8:30pm

*\*must have 2 or more participants in order to run the class*

WATER CLASSES:		
Mon	8:00-8:45am	Splash Fitness
Tue	5:30-6:15am	Advanced Aqua fitness
	8:00-8:45am	Aqua Fitness
Wed	6:00-6:45pm	Water Fitness
	8:00-9:45am	Splash Fitness
Thur	8:00-8:45am	Aqua Fitness
	6:00-6:45pm	Water Fitness
Fri	5:30-6:15am	Advanced Aqua fitness
	8:00-8:45am	Aqua Fitness

### Land Classes:

Monday	5:30- 6:15am	Strong -Kacy
	7:30-8:30am	Active Aging -Fod
	9:00-9:45am	Silver Sneakers Classic- Helen
	10:00- 10:45am	Tabata Tone- Maribel
	12:10- 12:50pm	Legs for days -Lacie
	1:00-4:00pm	<i>Fitness on Demand- Your choice (aerobics studio)</i>
	5:45-6:15pm	Cardio & Core - Crystal
Tuesday	6:30-7:30pm	<i>\$Boot Camp -Crystal</i>
	5:30- 6:15 am	Love to Cycle- Orra
	9:00- 10:00 am	Yoga- Helen
	10:00-10:45am	Barbell Blast -Maribel
	12:10-12:50pm	Tabata Tone -Jackii
	1:00-5:00pm	<i>Fitness on Demand- Your choice (aerobics studio)</i>
	5:30-6:15pm	Cycle/Tone -Maribel
Wednesday	6:30-7:30pm	Cardio Flow Yoga -Heather
	5:30-6:15 am	Stretch and Restore -Heather
	9:00-9:45 am	Silver Sneakers Classic- Lacie
	9:00-9:45am	Treadmill Sprints/intervals -Maribel
	10:00-10:45am	Treadmill hills/intervals -Lacie
	12:10:12:50pm	Upperbody Intervals -Lacie
	1:00-5:00pm	<i>Fitness on Demand- Your choice (aerobics studio)</i>
Thursday	5:45-6:15PM	Abs & More -Crystal
	6:30-7:30pm	<i>\$Boot Camp -Crystal</i>
	5:30-6:15 am	Cycle and More -Orra
	7:30-8:30am	Active Aging -FOD
	10:00-10:45am	Cycle Tone -Maribel
	12:10- 12:50pm	Cycle and More- Kacy
	1:00-5:00pm	<i>Fitness on Demand- Your choice (aerobics studio)</i>
Friday	5:30-6:15pm	Circuit Training 365 -Lacie
	6:15-7:00 pm	Tabata Tone -Lacie
	7:00 -7:30pm	Stretch and Foam Roll -Lacie
	5:30-6:15 am	Strong Intervals -Kacy
	9:00-9:45 am	Silver Sneakers Yoga- Helen
	9:00-9:45am	Treamill Hills/intervals -Lacie
	10:00-11:00 am	Yoga Flow-Helen
Saturday	10:00-10:45 am	Women on Weights -Maribel
	12:10-12:45pm	Vinysa Yoga -Helen
	9:00-10:00am	Yoga with Heather

[www.fortluptonco.gov](http://www.fortluptonco.gov)

For more information call or email Lacie 720-466-6171 or [lreckard@fortluptonco.gov](mailto:lreckard@fortluptonco.gov)