


June

# Fitness Schedule

2023

<b>Paid Session Classes</b>			Monday	6:00-6:45am 9:00-9:45am 9:15-10:00am 10:00-10:40am 10:00- 10:45am 11:00-11:30am 12:10- 12:50pm 5:30-6:00pm 6:15-7:00pm 7:15-8:00pm	Hit the weights (functional training)- Kacy Silver Sneakers Classic- Helen Tough as a Mother -Mandy (weight Room) Story & Stretch - Ages 0-5 Helen Tabata- Maribel (bilingual) Cycle and Core -Lacie Legs for Days -Lacie Total Body Express -Crystal (meet on the loft) Butts and Guts -Crystal Reb3I Groove -Yessenia (dance fitness)
<b>BOOT CAMP AT THE FITNESS COURT:</b> Monday/Wednesday 6:00-7:00am \$45.00 starts June 5th Monday/Wednesday 6:00-7:00am \$35.00 starts July 10th SIGN UP AT THE FRONT DESK TODAY!					
<b>YOUTH FIT MOVES 5-9 years old</b> Tue/Thur 10:00-11:00am \$45.00 starts June 6th Tue/Thur 10:00-11:00am \$35.00 starts July 11th					
<b>PRE-TEEN GYM DAYS 10-13 YEARS OLD</b> Tue/Thur 10:00-11:00am \$45.00 starts June 6th Tue/Thur 10:00-11:00am \$35.00 starts July 11th					
<b>TEEN TRAINING IN THE WEIGHT ROOM 13-16</b> Monday/Wednesday 4:00-5:00pm \$45.00 Starts June 5th Monday/Wednesday 4:00-5:00pm \$35.00 Starts July 10th					
<b>Youth Climbing Classes June-\$30/July-\$24</b> Fridays 9:30-10:30am Ages 5-9 years old Fridays 10:30-11:30am Ages 10-13 year old					
<b>Personal Training</b>					
<b>30 minute Training Sessions</b>					
1 session \$24.00					
3 sessions \$ 60.00					
5 sessions \$ 90.00					
10 sessions \$ 160.00					
<b>1 hour Training Sessions</b>					
1 session \$40.00					
3 sessions \$104.00					
5 sessions \$160.00					
10 Sessions \$290.00					
<b>Group Training Sessions (1 hour)</b>					
1 session \$25.00					
3 sessions \$72.00					
5 sessions \$ 110.00					
10 sessions \$180.00					
<b>WATER CLASSES: Free with membership or drop in fee</b>					
Mon	8:00-8:45am	Water Fitness			
Tue	5:30-6:15am	Advanced Aqua fitness			
	8:00-8:45am	Aqua Fitness			
Wed	6:00-6:45pm	Water Fitness			
	8:00-8:45am	Water Fitness			
Thurs.	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			
			Tuesday	5:30- 6:15 am	Cycle and More-Orra
				9:00- 10:00am	Yoga- Helen
			Wednesday	9:15-10:00am	HIIT -Mandy (Meet in the gym)
				10:00-10:45am	Barbell Blast - Maribel
			Thursday	11:00-11:30am	Back-Bi's-Tri's -Lacie
				12:10-12:50pm	Cycle and Upper Body Tone -Jakkii (bilingual)
			Friday	5:30-6:15pm	Circuit Training -Orra
				6:15-7:00pm	Cycle and Barbell's -Maribel (bilingual)
			Saturday	7:15-8:15pm	Candle Light Restore -Heather
				5:30-6:15am	Stretch and Restore Heather
			Sunday	9:00-9:45 am	Silver Sneakers Classic- Lacie
				9:15-10:00am	Core and More -Mandy (Teen room)
				10:00-10:45am	Treadmill hills/intervals -Maribel (bilingual)
				11:00-11:30am	Legs for days -Lacie
				12:10:12:50pm	Full Body Tabata -Lacie
				5:30-6:00pm	Butts and Guts -Crystal
				6:15-7:00pm	Arms and Abs -Crystal
				7:15-8:00pm	Reb3I Strength- Yessenia (dance fitness)
				5:30-6:15 am	Cycle and More-Orra
				9:00-9:45am	Seniors on Weights -Lacie
				9:15-10:00am	Tighten & Tone-Mandy (Areobics Room)
				10:00-10:45am	Cycle Tone -Maribel (bilingual)
				11:00-11:30am	Cardio Queen -Lacie
				12:10- 12:50pm	For the love of Cycling -Kacy
				5:30-6:15pm	Circuit Training -Kacy
				6:15-7:00pm	Love to Cycle - Jakkii (bilingual)
				7:00 -7:30pm	Hard Core Abs -Jakkii (bilingual)
				6:00-6:30am	Core and Restore -Kacy
				9:00-10:00am	Silver Sneakers Yoga- Helen
				10:00-11:00am	Deep Stretch -Helen
				10:00-11:00 am	Weight Room Workout -Maribel
				11:00-11:30am	Full Body Tabata -Lacie
				6:15-7:00pm	Reb3I Strength- Yessenia (dance fitness) NEW!
				9:00-10:00am	Yoga with Heather
				10:15-11:00am	Tabata Tone -Jakkii (bilingual)
				11:15-12:00pm	Reb3I Groove Dance Fitness -Yessenia
				8:15-9:00am	Love to Cycle- Kacy

For more information, please call or email Lacie at (720) 466-6171 or lreckard@fortluptonco.gov