

November

Fitness Schedule

2023

Paid Sessions					
Nutrition/Weight Management Specialist Want to lose weight? Maintain healthy weight? Retrain your brain with new eating and cooking habits. Learn to plan meals, meal prep, and grocery shop to maintain a healthy lifestyle. We can help provide you with these tools and more to assist you on your fitness journey.			Monday	6:00-6:45am	Hit the weights (functional training)- Kacy
				9:00-9:45am	Silver Sneakers Classic- Helen
				10:00- 10:45am	Tabata- Maribel (bilingual)
				11:00- 11:30am	Cycle Express -Mandy
				12:10-12:50pm	Legs for Days -Lacie
				5:30-6:15pm	Full Body Stations -Crystal
				6:15-7:00pm	Butts and Guts -Crystal
Certified Nutrition Specialist Rates: For 1 month weekly sessions \$160.00				7:15-8:15pm	Candle Light Restore- Heather
Week 1 - Calories in/out			Tuesday	5:30- 6:15 am	Cycle and More-Orra
Week 2 - Label Reading				9:00- 10:00am	Yoga- Helen
Week 3 - Meal Planning				10:00-10:45am	Barbell Blast- Maribel (bilingual)
Week 4 - Shopping				12:10-12:50pm	Arms and Abs -Crystal
Weight Management-Specialist Rates: For 1 month weekly sessions \$160.00				5:15-6:00pm	Circuit Training -Mandy
Week 1 - Lifestyle Assessment				6:00-6:45pm	POUND *NEW* KACY
Week 2 - Food Intake				6:45-7:30pm	Cycle & Weights- Maribel
Week 3 - Dial in			Wednesday	7:30-8:15pm	Reb3I Combo -Yessenia
Week 4- Set up for success				5:30-6:15am	Stretch and Restore Heather
Personal Training				9:00-9:45 am	Silver Sneakers Classic- Lacie
30 minute Training Sessions				10:00-10:45am	Treadmill Intervals -Lacie
1 session \$24.00				11:00-11:30am	Total Body HIIT -Mandy
3 sessions \$ 60.00				12:10-12:50pm	Lower Body Tone -Mandy
5 sessions \$ 90.00				5:30-6:15pm	Butts and Guts -Crystal
10 sessions \$ 160.00			Thursday	6:15-7:00pm	Arms and Abs - Crystal
1 hour Training Sessions				7:15-8:00pm	Barbell Blast -Maribel (bilingual)
1 session \$40.00				5:30-6:15am	Cycle and More-Orra
3 sessions \$104.00				9:00-9:45am	Rebel Strength for Seniors -Yessenia
5 sessions \$160.00				10:00-10:45am	Cycle Tone -Maribel (bilingual)
10 Sessions \$290.00				12:10- 12:50pm	Upper Body Tone -Lacie
Group Training Sessions (1 hour)				5:15-6:00pm	Circuit Training -Mandy
1 session \$25.00			Friday	6:00-6:45pm	Barre with Pilates -Ashley *NEW*
3 sessions \$72.00				6:45-7:30pm	Cycle & Weights- Jakkii
5 sessions \$ 110.00				7:30-8:15pm	Reb3I Dance -Yessenia
10 sessions \$180.00				6:00-6:30am	Core and Restore -Kacy
WATER CLASSES: Free with membership or drop in fee				9:00-10:00am	Silver Sneakers Yoga- Helen
Mon	8:00-8:45am	Silver Sneakers Splash-Helen		10:00-11:00am	Deep Stretch -Helen
Tue	5:30-6:15am	Adv. Water Fitness-Crystal		10:00-11:00 am	Weight Room Workout -Maribel (bilingual)
	8:00-8:45am	Aqua fitness-Susan	11:15-11:45	Full Body Tabata -Crystal	
	6:00-6:45pm	Water Fitness- Jakkii	12:10-12:50	Vinyasa Flow -Heather	
Wed	8:00-8:45am	Water Fitness-Mandy	Saturday	6:15-7:00pm	Reb3I Strength- Yessenia (dance fitness)
Thurs.	8:00-8:45am	Aqua fitness-Susan		8:30-9:00am	Hardcore -Mandy *NEW*
Fri	5:30-6:15am	Adv. Water Fitness-Crystal		9:00-10:00am	Yoga with Heather
	8:00-8:45am	Silver Sneakers Splash-Helen		10:15-11:00am	Tabata Tone -Jakkii (bilingual)
			Sunday	11:15-12:00pm	Reb3I Groove Dance Fitness -Yessenia
				8:15-9:00am	Love to Cycle- Kacy
			\$ paid session classes please pay at the front desk		



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