



# FITNESS SCHEDULE

## January - March

Effective  
January 2, 2019

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

**Building Hours:**

Monday-Thursday 5:00am-9:30pm

Friday 5:00am-8:00pm

Saturday 8:00am-5:00pm

Sunday 12:00pm-5:00pm

**Child Care Hours: Morning**

Monday -Thursday 8:30am- 12:00pm

Friday 8:30am-11:00am

*Evening*

Monday - Thursday 5:00pm-8:30pm

Ages: 6months- 7years

Fee: \$3 an hour per child

*Free for members with Memberships*

**Water Classes**

Mon	8:45-9:30am	Aqua Fit-Cori
	7:00-7:45pm	Aqua Circuit-Crystal
Tue	8:15-9:00am	S.S. Splash-Katy
	9:00-9:45am	Water Logged-Katy
Wed	6:30-7:15pm	Adv. Aqua Fit-Peggy
	8:45-9:30am	Aqua Fit-Susan
Thur	7:00-7:45pm	Aqua Circuit-Crystal
	8:15-9:00am	S.S. Splash-Katy
Fri	9:00-9:45am	Water Logged-Katy
	6:30-7:15pm	Adv. Aqua Fit-Peggy
	8:45-9:30am	Aqua Circuit-Katy

Key: Most classes are FREE with daily admission or membership.

(\$) - Additional Fee Required

*\*Schedule is subject to change at any time*

For more information call or email Lacie  
303-857-4200 ext. 6171 / lreckard@fortluptonco.gov



**Land Classes**

Monday	5:30-6:15am	Tabata-Lacie
	9:00-9:45am	Silver Sneakers Classic-Ashley
	10:00-10:45am	Total Body-Maribel (In Spanish)
	11:00-11:45am	Itsy Bitsy yoga-Izzy (new born and up)
	12:15-12:50pm	H2O Boot Camp-Mandy
	3:45-4:30pm	\$ Teens on Weights- Mario
	4:30-5:15pm	Sporting Around-Mario 7-12year olds
	6:30-7:30pm	\$ Boot Camp-Anna
Tuesday	7:30-8:30pm	Zumba-Monica
	5:30-6:15am	Cardio Intervals-Kacy
	9:00-10:00am	Silver Sneakers Yoga-Helen
	9:00-9:45am	Hard Core Cardio-Lacie
	10:15-11:00am	Music & Movement for kids-Helen
	12:10-12:50pm	Align & Burn Yoga-Helen
	4:30-5:15pm	After School Yoga for Kids-Izzy
	5:30-6:15pm	Beginner Yoga-Izzy
Wednesday	6:30-7:15pm	Tabata -Mandy
	7:15-8:00pm	Hard Core Intervals-Mandy
	5:30-6:15am	Strong-Kacy
	9:00-9:45am	Silver Sneakers Classic-Ashley
	10:00-10:45am	Total Body-Maribel (In Spanish)
	12:10-12:50pm	Tabata-Lacie/Mandy
	3:45-4:30pm	\$Teens on Weights-Mario (Bilingual)
	4:30-5:15pm	Sporting Around-Mario 7-12year olds
Thursday	5:30-6:15pm	BARRE-Ashley
	6:30-7:30pm	\$ Boot Camp-Anna
	7:15-8:15pm	Strength Building Yoga-Izzy
	5:30-6:15am	HIIT N Roll-Kacy
	9:00-9:45am	Seniors on Weights-Ashley
	9:00-9:45am	Hard Core Cardio-Lacie
	10:00-11:00am	BARRE-Ashley
	12:10-12:50pm	Butts & Guts-Lacie
Friday	4:30-5:15pm	After School Yoga for Kids-Helen
	5:30-6:30pm	Vinyasa Yoga-Helen
	6:30-7:15pm	Tabata Tone-Mandy
	7:15-8:00pm	Kickboxing- Mario (Bilingual)
	5:30-6:15am	Strong-Kacy
	9:00-10:00am	Silver Sneakers Yoga-Helen
	10:15-11:15am	Vinyasa Yoga-Helen
	12:10-12:50pm	Core and Recover-Helen
Saturday	9:00-9:45am	1st Saturday Total Body-Mandy
		2nd Saturday Zumba-Monica
		3rd Saturday Vinyasa Yoga-Helen
		4th Saturday Barbell Blast-Anna

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

[www.fortlupton.org](http://www.fortlupton.org)

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