

City of Fort Lupton

RECREATION

Guide



Cover picture by

Brianne Glover
photography
303.710.9041

Fitness

Spring Fitness Schedule & Descriptions

The Winter/Spring 2019 Fitness Schedule runs from January through May and is available online. Please check out the current up-to-date group fitness schedule online at www.fortlupton.org or at the recreation center front desk to see who is teaching a class that interests you!

Weight Room Orientation

Free with membership! Please sign up at the front desk for an orientation. We will set up a time that works best for your schedule. This will teach you how to use our weight equipment in a safe and effective format. Each orientation will take one hour. Please come prepared to workout.

Personal Training

Maximize your fitness potential while minimizing potential for injury, over training and burn out. Whether you want to train for an event or everyday life, our personal trainers are experienced in a range of fitness programming and can give you the information and guidance you need to accomplish your fitness goals.

Number of Sessions	Time	Fee
1	1 hour	\$35
3	1 hour	\$90
6	1 hour	\$165
10 (2-4 people)	1 hour	\$300 / group
10	30 minutes	\$200

Mandy Rife is NOW a Fitness Instructor! Here is her story...



Remember me? I was member of the month about a year ago, losing over 85 pounds and so proud of myself, and so grateful to the rec center and all of the support of the staff. Well, here I am a year later and now a fitness instructor myself. I am so excited to become a part of the fitness team, and to be able to help people on their own fitness journey! Whatever your goals are, the Fort Lupton Rec Center can help! Join me when I head up the aqua boot camp, tabata, or hardcore classes. If none of those are your style, we have a variety of other choices— maybe you love dancing but have never tried a Zumba class. Or maybe you can only exercise quickly on a lunch break. You can become the best version of yourself if you dig deep enough. Whatever it is, it's in you already; I've got your back, and there's a whole community of people here at the rec center ready to cheer you on!

Kacy Simper

I decided to become a personal trainer for many reasons. One of those reasons is because I love people and love to help them. Another reason is I have struggled with my weight all of my life and had a lot of misconceptions about how to lose weight, I am constantly researching through the best books the proper and safe way to get fit and healthy. I want to help people to get fit and stay fit. I believe everyone is already beautiful, I just want to get them healthy.

Certifications:

AFAA Group Fitness
AAAI for Personal Trainer
CPR/AED, First Aid



Jeremy Quattlebaum

Fitness and exercise should be a part of everyone's life. As a personal trainer, I will help you realize your physical goals. I provide motivation and support, and create enjoyable workouts that allow for results.

Certifications:

ACSM Certified
BA in Kinesiology - Sports & Exercise Science
CPR/AED, First Aid



Anna Bader

Looking good is always great, but FEELING good is what I help others work to achieve. After playing many sports throughout high school and college, the gym became my second home. I became a trainer to not only help people achieve their goals, but also to push them harder and further than they imagined they could go. There is no limit to your success whether it's weight loss, building muscle, or just becoming the best YOU possible. Let me help you get there.

Certifications:

Graduate of National Personal Training Institute
NASM-CPT
CPR/AED, First Aid



Personal Training Special!

January 2 - January 31

Buy 6 sessions get 1 free!!

*Decide. Commit. Succeed.
Train with a Trainer for faster results!*



Nutrition

Stephanie Ashby

I have been interested in nutrition my whole life, but really started it about 9 years ago when I got sick. It has become my passion and most favorite thing to talk about with people. It is ever evolving and I love continuing to learn and grow my knowledge of how it helps to heal the body. I have a B.S. in Psychology from USU. Have a CNTP (certified nutrition Therapy Practitioner) and I am nearing the end of my MNT (masters of Nutrition Therapy) from NTI in Denver.



Nutrition Classes

Code	Date	Class	Time	Fee
13909	1/8	New Year, New Cooking	6:30pm	\$5
13910	2/12	Cooking Class	6:30pm	\$5
13911	3/12	Clean your Gut	6:30pm	\$5
13912	4/9	Cooking Class	6:30pm	\$5
13913	5/7	Healthy Snacks	6:30pm	\$5

Individual Packages for Nutrition Therapy

Includes

- Initial visit – go over intake form, food diary, goals, basic nutrition for the individual’s needs (1-2 hours)
- Grocery store visit – spend time going through the aisles to make shopping less confusing when it comes to what is healthy and what claims to be healthy! (1 hour)
- 2 visits to go over nutrition and working on how to make short term goals turn into long term goals! Answering questions you might have. Setting up meal plans that will work for you and your family. (1 hour each)

Fee: \$360; 4 visits

Separate visits at your convenience

Initial visit - Go over intake form, food diary, goals, basic nutrition for the individual’s needs.

Fee: \$144; 1-2 hours

Single visits to discuss whatever you want to focus on: (Health issues such as personal nutrition for diabetes, heart health, autoimmune disorders, meal planning, etc...)

Fee: \$94



See **Silver Sneakers®** Schedule on Page 10.

BOOTCAMP

Every day will be a new challenge and a great workout. We will do all the homework for you, just show up and sweat! A certified personal trainer will guide you through it all in a small group atmosphere.

Code	Date	Day	Time	Fee
13904	1/7 - 1/30	Mon/Wed	6:30 - 7:30pm	\$40
13905	2/4 - 2/27	Mon/Wed	6:30 - 7:30pm	\$40
13906	3/4 - 3/27	Mon/Wed	6:30 - 7:30pm	\$40
13907	4/1 - 4/24	Mon/Wed	6:30 - 7:30pm	\$40
13908	5/6 - 5/29	Mon/Wed	6:30 - 7:30pm	\$40

BIGGEST LOSER CHALLENGE

Join us on a six week health journey to start your year off right! Details: Individuals or groups can register. Singles will be placed on a team. You must attend a mandatory meeting on Monday, January 7 at 6:00pm at the recreation center. Facility membership is required or daily drop in fee applies.

Awards:

- Most total percent weight loss per team wins a one month extension on membership & free entry to the May Day 5k Run/Walk.
- Most total points accumulated for team workouts will win movie passes and free entry to the May Day 5K Run/Walk.
- Male & Female with most percent body weight loss will earn free entry to May Day 5k Run/Walk on May 4, 2019.
- Every week if the team earns 1500 points for that week their name gets put in a drawing for a prize!

Code	Date	Register By	Fee
13902	1/14/19 - 2/24/19	1/7/19	\$20

includes t-shirt

May Day 5K Run/Walk

Calling all runners & walkers!! Come join us for our annual May Day race that helps benefit the Fort Lupton Recreation Center Youth Programs. Your time from this event also qualifies you for the Bolder Boulder Run on Memorial Day. Whether you are an avid runner/walker or looking for a new challenge or just looking to exercise for the morning, this event is for you. Prizes are awarded to age divisions. Race will start/end at Railroad Park. Join in the fun and support this Recreation Center event.

Early Registration: by 4/26/19
 \$20 adults; \$15 youth/senior
Deadline: after 4/26/19
 \$25 adults; \$20 youth/senior

Code	Date	Day	Time	Fee
13992	5/4/19	Saturday	8:30am	below

(fee includes t-shirt, race bib and swag bag)

Fitness Class Description - Current Fitness Schedule available online

SATURDAY MORNINGS

Jump start your Saturday with a workout that pushes you according to your ability. Alternating instructors keep it fun and new every time. 1st Saturday is total body 2nd Saturday is Zumba, 3rd Saturday is Vinyasa Yoga, 4th Saturday Barbell Blast

H2O BOOT CAMP

This is no water aerobics class! This class will have you jumping in and out of the pool, squats, push-ups, lunges, and abs. So if you love the water and want a tougher class, this is the class for you.

ARMS & ABS

Training chest, back, shoulders, triceps, and biceps, to build muscle and burn fat all on your lunch break.

SENIORS ON WEIGHTS

Using the track and machines in the weight room through timed intervals that will get your heart rate up! Geared towards the seniors but all are welcomed.

SILVER SNEAKERS CLASSIC® ZOOM

Multi-level, equipment based, total body conditioning. Classes are designed to increase strength and flexibility. Participants move to the music through a variety of exercises for the upper and lower body, including skills for daily living activities.

SILVER SNEAKERS YOGA®

This class will move your whole body through a complete series of seated and standing Yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of motion.

TABATA/TONE

Timed intervals that are so effective, yet so brutal, that you'll thank me while hating me! A method of interval training where you alternate 20 seconds on 10 seconds off. For all fitness levels.

ZUMBA

Is a dance fitness program. Dance to great music, with great people and burn a ton of calories!

BARRE

A fusion of yoga, Pilates, strength training and ballet... This pattern of exercise helps to improve strength, balance, flexibility, and posture.

BUTTS & GUTS

Working those glutes to the core, with high intense abdominal exercises. Leg day just became my favorite day!! All fitness levels are welcomed!

AQUA FITNESS/ SILVER SNEAKERS SPLASH

A class for everyone, especially for those with joint limitations or injuries. Get fit with this challenging water workout, using your own body weight, and water resistance tools. Splash your way into improved strength, you'll leave the class feeling refreshed.

YOGA

Our yoga classes focus on balance, strength, breathing and total body conditioning. Classes are designed to meet the needs of all levels and ages.

BOOT CAMP

Paid session classes working with a certified personal trainer who will push you to your limits, for intermediate to advance only.

POP PILATES

Combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility advantages of yoga. We cranked up the speed though to deliver a true fat burning, low impact workout.

INTERVALS

Is a total body workout, with strength and cardio conditioning that helps you blast fat and build lean muscle. Our mix of cardio, lower strength, upper strength and core will help you push past your plateaus.

STRONG

This 45 minute class's priority is to burn calories, build lean muscle and boost metabolism for long term results. All fitness levels are welcome.

HARD CORE CARDIO/CARDIO ONLY INDOOR/OUTDOOR

This class will definitely count as your cardio day! Using the treadmill, the stairs, jump rope, and the bikes, anything that is going to get your heart up and keep it at a steady state. If you hate to do cardio on your own, this is the class for you. All fitness levels are welcome

CORE & RECOVER

A 45 minute class, working core and then foam rolling with deep stretching. Working on flexibility with deep massaging tight muscles and poor flexibility. Everyone should try this class and fit it into your workout schedule.

HIIT N ROLL

High intense interval training, is a timed series class with high intense reps of an exercise and an active recovery. This is a full body workout, including cardio, and only takes 45 minutes. For intermediate to advanced clients. Using the foam rollers for deep stretch after the HIIT workout.

BARBELL BLAST

This class will be using our awesome barbell system, where you can take weight off and add weight when needed. This is a full body weight training class. This class is for all fitness levels who are willing to lift some weights. Barbells are limited so get to class early to insure you get a barbell.