



FITNESS SCHEDULE

January - March

Effective
02/25/19

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:

Monday -Thursday	<i>Morning</i> 8:30am- 12:00pm
Friday	8:30am-11:00am

Evening

Monday - Thursday	5:00pm-8:30pm
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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)
	12:10-12:50	Kickboxing- Mario (Bilingual)
	12:15-12:50pm	H2O Boot Camp-Mandy
	3:45-4:30pm	\$ Teens on Weights- Mario (Bilingual)
	4:30-5:15pm	Sporting Around-Mario 7-12year olds
Tuesday	6:30-7:30pm	\$ Boot Camp-Anna
	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
Wednesday	4:30-5:15pm	Butts & Guts-Lacie
	5:30-6:30pm	Zumba- Priscila
	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)
Thursday	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
	5:30-6:15pm	BARRE-Ashley
	6:30-7:30pm	\$ Boot Camp-Anna
	7:30-8:30pm	Zumba- Priscila
	5:30-6:15am	HIIT N Roll-Kacy
Friday	9:00-9:45am	Seniors on Weights-Ashley
	9:00-9:45am	Hard Core Cardio-Lacie
	10:00-11:00am	Zumba Gold- Priscila
	12:10-12:50pm	Butts & Guts-Lacie
	4:30-5:15pm	After School Yoga for Kids-Helen
	5:30-6:30pm	Vinyasa Yoga-Helen
	6:30-7:15pm	Tabata Tone-Mandy
Saturday	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
Saturday	12:10-12:50pm	Core and Recover-Helen
	9:00-9:45am	1st Saturday Total Body-Mandy
		2nd Saturday Zumba-Monica
		3rd Saturday Vinyasa Yoga-Helen
4th Saturday Barbell Blast-Anna		