



FITNESS SCHEDULE

Effective
06/03/19

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:

	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- Classes will be changing in June

Mon	6:00-6:45am	Adv. Aqua Fit-Crystal
	8:15-9:00am	Aqua Fit-Cori
	7:00-7:45pm	Aqua Circuit-Crystal
Tue	8:15-9:00am	S.S. Splash-Katy
	6:30-7:15pm	Adv. Aqua Fit-Peggy
Wed	6:00-6:45am	Adv. Aqua Fit-Crystal
	8:15-9:00am	Aqua Fit-Susan
	7:00-7:45pm	Aqua Circuit-Crystal
Thur	8:15-9:00am	S.S. Splash-Katy
	6:30-7:15pm	Adv. Aqua Fit-Peggy
Fri	7:00-7:45am	Aqua Boot Camp-Mandy
	8:15-9:00am	Aqua Circuit-Katy
	9:00-9:45am	Water Logged-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	6:30-7:15am	Cycle & Tone -Lacie (must have cone)
	9:00-9:45am	Silver Sneakers Classic- Lacie
	10:00-10:45am	Cycle & Tone-Maribel (taught in spanish)
	4:00-4:45pm	Group play for school age kids-Helen
	5:30-6:15pm	Core with Foam Rolling- Mandy
	6:30-7:15pm	Hard Core weights -Mandy
	7:00-8:00pm	Outdoor Yoga-Helen (Weather Permitting)
	7:30-8:30pm	Pure Cycle -Kacy (must have cone)
Tuesday	5:30-6:15am	Strong-Kacy
	9:00-10:00am	Silver Sneakers Yoga-Helen
	10:15-11:00am	Music & Movement for kids-Helen
	12:10-12:50pm	Vinyasa Yoga-Helen
	4:30-5:15pm	Butts and Guts -Maribel (taught in Spanish)
	5:30-6:15pm	Tabata Tone-Lacie
	6:30-7:15pm	Cycling Intervals -Lacie (must have cone)
	7:30-8:30pm	Zumba -Priscila
Wednesday	6:30-7:15am	Treadmill Intervals -Lacie
	9:00-9:45am	Silver Sneakers Classic-Lacie
	10:00-10:45am	Total Body Tone-Maribel (taught in Spanish)
	12:10-12:50pm	Tabata Cycle-Lacie (must have cone)
	5:30-6:30pm	Pure Cycle -Anna (must have cone)
	6:30-7:15pm	Tabata Tone -Mandy
	7:15-8:00pm	Hard Core Cardio -Mandy
Thursday	5:30-6:15am	Cycle N Roll-Kacy (must have cone)
	9:00am-9:45am	Cycle & Tone -Lacie (must have cone)
	10:00-11:00am	Zumba Gold- Priscila
	12:10-12:50pm	Toal Body-Kacy
	4:30-5:15pm	Kids Yoga and Movement-Helen
	5:30-6:30pm	Vinyasa Yoga-Helen
	6:30-7:15pm	Cycling Hills -Anna
	7:30-8:30pm	Zumba -Priscila
Friday	7:00-7:45am	H2O Boot Camp -Mandy
	9:00-10:00am	Treadmill Intervals -Maribel (In Spanish)
	9:00-10:00am	Silver Sneakers Yoga-Helen
	10:15-11:15am	Yoga-Helen
	12:10-12:50pm	Core and Recover-Helen
Saturday	9:00-9:45am	1st Saturday Total Body-Mandy
		2nd Saturday Barbell Blast -Anna
		3rd Saturday Vinyasa Yoga-Helen
		4th Sat. Cycling only -Kacy (must have cone)

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