



Summer Fitness Schedule

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	6:00-6:45am	Tabata Cycle -Lacie
	9:00-9:45am	Silver Sneakers Classic- Andrea
	10:00-10:45am	Cycle & Tone-Maribel (taught in spanish)
	10:45-11:15am	Treadmill Sprints and Abs -Lacie
	12:10-12:50pm	HIIT training-Crystal
	5:00-5:45pm	Kids Obstacles and Movement-Helen
	6:00-6:45pm	Hard Core weights -Mandy
	7:00-8:00pm	Outdoor Yoga-Helen
	7:00-7:45pm	Pure Cycle -Kacy
Tuesday	6:00-6:45am	Strong-Kacy
	9:00-10:00am	Silver Sneakers Yoga-Helen
	9:00-9:45am	Treadmill Intervals- Lacie
	10:00-10:45am	Women on Weights- Maribel (In spanish)
	10:15-11:00am	Music & Movement for kids-Helen
	12:10-12:50pm	Vinyasa Yoga-Helen
	6:00-6:45pm	Tabata Cycling -Anna
	7:00-8:00pm	Zumba -Priscila
Wednesday	6:00-6:45am	Sun Rise Yoga -Andrea
	7:30-8:30am	Yoga Flow-Andrea
	9:00-9:45am	Silver Sneakers Classic-Andrea
	10:00-10:45am	Total Body Tone-Maribel
	10:45-11:15	Treadmill Sprints and Abs-Lacie
	12:10-12:50pm	Cycle Intervals-Lacie
	6:00-6:45pm	Tabata Tone -Mandy
	7:00-7:45pm	Pure Cycle -Mandy
Thursday	6:00-6:45am	Cycle N Roll-Kacy
	9:00am-9:45am	Cycle & Abs -Lacie
	10:00-11:00am	Zumba Gold- Priscila
	10:00-10:45am	Women on Weights- Maribel (In spanish)
	12:10-12:50pm	Strong-Kacy
	5:00-5:45pm	Kids Obstacles and Movement-Helen
	6:00-6:45pm	Hard Core Weights-Anna
	7:00-8:00pm	Zumba -Priscila
Friday	7:00-7:45am	H2O Boot Camp -Mandy
	9:00-9:45am	Treadmill Intervals -Maribel (In Spanish)
	9:00-10:00am	Silver Sneakers Yoga-Helen
	9:45-10:30am	AB- solutley -Maribel (In Spanish)
	10:15-11:15am	Yoga-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