



# Fall 2019 Fitness Schedule

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

**Building Hours:**

Monday-Thursday	5:00am-9:00pm
Friday	5:00am-8:00pm
Saturday	8:00am-5:00pm
Sunday	12:00pm-5:00pm

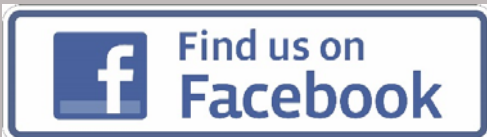
**Child Care Hours:**

	Morning
Monday -Friday	8:30am- 12:00pm
	Evening
Monday - Thursday	5:00pm-8:30pm
Ages:	6months- 7years
Fee:	\$3 an hour per child
	Free for members with Memberships

Mon	5:45-6:30am	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
	9:00-9:45am	Water Logged-Katy
	6:30-7:15pm	Adv. Aqua Fit-Peggy
Wed	5:45-6:30am	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
	9:00-9:45am	Water Logged-Katy
	6:30-7:15pm	Adv. Aqua Fit-Peggy
Fri	5:45-6:30am	Adv. Aqua Fit-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	5:45-6:30am	Tabata Cycle -Lacie
	9:00-9:45am	Silver Sneakers Classic- Lacie
	10:00-10:45am	Cycle & Tone-Maribel (bilingual)
	10:45-11:15am	Treadmill Sprints -Lacie
	12:10-12:50pm	HIIT training-Crystal
	3:30-6:00pm	\$ Legacy Dance -Alexa (Ages 2-10yrs.)
	5:30-6:15pm	Cardio/Abs- Mandy
	6:30-7:30pm	\$ Boot Camp -Anna
7:00-8:00pm	Yoga -Andrea	
Tuesday	5:45-6:30am	Cardio Intervals -Kacy
	9:00-10:00am	Silver Sneakers Yoga-Helen
	9:00-9:45am	Treadmill Intervals- Lacie
	9:45-10:30am	Women on Weights -Maribel (bilingual)
	10:15-11:00am	Music & Movement for kids-Helen
	12:10-12:50pm	Vinyasa Yoga-Helen
	4:00-5:00pm	Zumba Gold- Ankita
	5:00-5:45pm	Barre Fusion-Orra
6:00-6:45pm	Tabata -Lacie	
7:00-8:00pm	Zumba -Priscila	
Wednesday	5:45-6:30am	Yoga -Andrea
	7:30-8:30am	Yoga Flow-Andrea
	9:00-9:45am	Silver Sneakers Classic-Andrea
	10:00-10:45am	Hard Core Weights-Lacie
	10:45-11:15am	Treadmill Hills-Lacie
	12:10-12:50pm	HIIT Training -Crystal
	5:30-6:15pm	Cycle/Abs -Mandy
	6:30-7:30pm	\$ Boot Camp -Anna
7:00-8:00pm	Cycle & Tone -Maribel (bilingual)	
Thursday	5:45-6:30am	Cycle N Roll-Kacy
	9:00-9:45am	Total Cycle -Maribel (bilingual)
	10:00-11:00am	Zumba Gold- Priscila
	9:45-10:30am	Women on Weights- Maribel ( bilingual)
	12:10-12:50pm	Strong-Kacy
	5:00-5:45pm	Barre Fusion-Orra
	6:00-6:45pm	Hard Core Weights-Mandy
	7:00-8:00pm	Zumba -Tami
Friday	5:45-6:30am	Strong-Kacy
	9:00-9:45am	Treadmill Intervals -Lacie
	9:00-10:00am	Silver Sneakers Yoga-Helen
	9:45-10:30am	AB- solutley -Lacie
	10:15-11:15am	Yoga-Helen
	12:10-12:50pm	Core and Recover-Helen
Saturday	8:00-9:00am	Yoga -Helen/Andrea
	9:00-10:00am	Zumba -Ankita/Tami