

**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:**

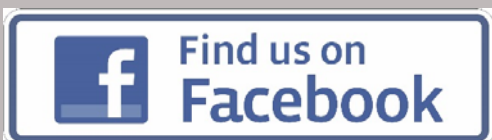
	Morning
Monday -Friday	8:30am- 12:00pm
	Evening
Monday - Thursday	5:00pm-8:00pm
Ages:	6months- 7years
Fee:	\$3 an hour per child
	Free for members with Memberships

**WATER CLASSES**

Mon	8:15-9:00am	Aqua Fit-Cori
Tue	5:45-6:30am	Advanced Aqua- Crystal
	8:15-9:00am	S.S. Splash-Katy
	9:00-9:45am	Water Logged-Katy
	6:30-7:15pm	Adv. Aqua Fit-Peggy
Wed	8:15-9:00am	Aqua Fit-Susan
Thur	5:45-6:30am	Advanced Aqua- Crystal
	8:15-9:00am	S.S. Splash-Katy
	9:00-9:45am	Water Logged-Katy
	6:30-7:15pm	Adv. Aqua Fit-Peggy
Fri	8:15-9:00am	Aqua Circuit-Katy
	9:00-9:45am	Water Logged-Katy



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**Land Classes**

Monday	5:45-6:30am	HIIT -Crystal
	9:00-9:45am	Silver Sneakers Classic- Lacie
	10:00-10:45am	Full Body Sculpt -Maribel (bilingual)
	10:45-11:15am	Treadmill Sprints -Lacie
	12:10-12:50pm	Interval Training -Crystal
	5:30-6:15pm	Cyle Only -Orra
	6:30-7:15pm	Butts and Guts -Crystal
	7:15-8:00pm	Power-Kick -Kacy *NEW*
Tuesday	5:45-6:30am	Strong -Kacy
	9:00-10:00am	Silver Sneakers Yoga-Helen
	10:00-11:00am	Treadmills and More -Mandy
	10:15-11:00am	Music & Movement for kids-Helen
	12:10-12:50pm	Vinyasa Yoga-Helen
	5:30-6:15pm	Hard Core Cardio -Lacie
	6:00-7:00pm	\$ Skinny Jeans Challenge Kacy
	7:00-8:00pm	Bollywood Dance -Ankita *NEW*
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	Tabata Tone-Lacie
	10:45-11:15am	Treadmill Hills -Maribel (bilingual)
	12:10-12:50pm	Tabata Cycle-Kacy
	5:30-6:15pm	Barre Above -Orra
	6:30-7:15pm	Arms & Abs -Crystal
7:15-8:00pm	Cycle Only -Maribel (bilingual)	
Thursday	5:45-6:30am	Cycle N Roll-Kacy
	9:00-9:45am	Zumba Gold -Priscila
	10:00-11:00am	Cycling and More -Lacie
	12:10-12:50pm	Barbell Blast -Lacie
	5:30-6:15pm	Hard Core Cardio-Mandy
	6:00-7:00pm	\$ Skinny Jeans Challenge Kacy
	7:00-8:00pm	Zumba -Tami
	Friday	5:45-6:30am
9:00-10:00am		Silver Sneakers Yoga-Helen
10:00-11:00am		Endurance Training/Weights -Maribel
10:15-11:00am		Music & Movement -Helen
11:00-12:00		Yoga Flow -Helen
12:10-12:50		Cycle N Roll -Mandy
Saturday	8:00-9:00am	Yoga -Helen/Andrea
	9:00-9:45am	Total Body in Weight Room -Mandy
	9:00-10:00am	Zumba -Ankita/Tami

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

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