



# Winter 2020 Fitness Schedule

Effective: March 2nd 2020

**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

**MayDay 5K Training**

March 23 - April 30

Monday - Thursday at 9:00am w/ Lacie  
or

Monday -Thursday at 5:30pm w/ Mandy

Sign Up NOW at

[www.fortluptonco.gov](http://www.fortluptonco.gov)



**Land Classes**

Monday	5:45-6:30am	Tabata -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	
	\$6:15-7:15pm	Boot Camp -Crystal/Maribel	
	7:15-8:00pm	Barebell Blast -Crystal	
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	Treadmill Intervals-Lacie	
	6:15-7:00pm	Tabata Tone-Lacie	
	7:00-7:45pm	Kickboxing -Kacy	
Wednesday	5:45-6:30am	Yoga Flow -Andrea	
	7:30-8:30am	Hatha Yoga-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	Cycling -Kacy	
	5:30-6:15pm	Barre Above -Orra	
	\$6:15-7:15pm	Boot Camp -Crystal/Maribel	
7:15-8:00pm	Cycle Only -Maribel (bilingual)		
Thursday	5:45-6:30am	Strong-Kacy	
	9:00-9:45am	Zumba Gold -Priscila	
	10:00-11:00am	Cycling and More -Lacie	
	12:10-12:50pm	Tabata Tone Lacie	
	5:30-6:15pm	Hard Core Cardio-Mandy	
	6:15-7:00pm	Hard Core Weights-Mandy	
	7:00-8:00pm	Zumba -Tami	
	Friday	5:45-6:30am	Cycle N Roll-Kacy
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 -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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