

FITNESS CLASSES

MONDAY:

- 6:00-6:45 am- Total Body (9 per class)
- 12:10-12:50 pm- Arms & Abs (9 per class)

TUESDAY:

- 12:10-12:50 pm- Cycling (9 per class)
- 6:00-6:45 pm-Tabata (9 per Class)

WEDNESDAY:

- 6:00-6:45 am Cycling Only (9 per class)
- 12:10-12:50pm Butts and Guts (9 per class)

THURSDAY:

- 12:10-12:50 pm-Cycling (9 per class)

Please visit fortluptonco.gov to learn more about all Fort Lupton Recreation Center guidelines prior to visiting.

YOUR HEALTH & SAFETY IS OUR TOP PRIORITY. WE APPRECIATE YOUR SUPPORT IN FOLLOWING THE NEW PROCEDURES.