



FALL 2020 Fitness Schedule

Fort Lupton Recreation Center
203 South Harrison Ave- 303.857.4200

Building Hours:

Monday-Friday 5:00am-8:00pm
Saturday 8:00am-4:00pm
Sunday Closed

Child Care Hours: *Free if you have a membership*

Days: Mon/Wed/Fri \$9 / week
Tue/Thur \$6 / week
Time: 8:45am - 11:00am
Age: 6months - 7years

Reservations are **REQUIRED!** Please visit our website to sign up now!

www.fortluptonco.gov

WATER CLASSES:

Mon	8:15-9:15am	Aqua Fitness -Mandy
	9:30-10:30am	Aqua Fitness -Mandy
Tue	5:30-6:30am	Aqua Fitness -Crystal
	8:15-9:15am	Aqua Fitness -Crystal
Thur	8:15-9:15am	Aqua Fitness -Mandy
	9:30-10:30am	Aqua Fitness -Mandy
Fri	5:30-6:30am	Aqua Fitness -Crystal
	8:15-9:15am	Aqua Fitness -Crystal

Key: *Most classes are FREE with daily admission or membership.
*Schedule is subject to change at anytime

PERSONAL TRAINING

Adult private Rates: One Hour session

- 1 session \$40.00
- 3 sessions \$104.00
- 5 sessions \$160.00
- 10 sessions \$290

Youth(8_17) Senior (62+) Rates: 30 minutes

- 1 session \$ 24.00
- 3 sessions \$60.00
- 5 sessions \$90.00
- 10 sessions \$160.00

Group Rates: (All age groups) 2-4 (Per Person rates) one hour sessions

- 1 session \$25.00
- 3 sessions \$72.00
- 5 sessions \$ 110.00
- 10 sessions \$180.00

For more information call or email Lacie 303-857-4200 ext. 6171 / lreckard@fortluptonco.gov

Land Classes:

Monday	9:00-9:45am	Silver Sneakers Classic- Lacie (CR)
	10:00-10:45am	Total Body -Maribel (bilingual)
	12:10-12:50pm	Cycling -Lacie
	3:30-6:00pm	Legacy Dance ages 3-12 years old
	6:00-7:00pm	Yoga -Helen
	7:00-7:45pm	Barbell Blast-Mandy
Tuesday	9:00-10:00am	Yoga-Helen
	10:00-10:45am	Tabata - Lacie
	12:10-12:50pm	HIIT -Crystal
	6:15-7:00pm	Arms & Abs -Crystal
	7:00-7:45pm	Cycling -Maribel (bilingual)
Wednesday	9:00-9:45am	Seniors on Weights - Mandy (WR)
	10:00-10:45am	Total Body -Maribel (bilingual)
	12:10-12:50pm	Arms & Abs -Crystal
	6:15-7:00pm	Cycling -Lacie
	7:00-7:45pm	Weights only -Lacie
Thursday	10:00-10:45am	Pure Cycle -Maribel (bilingual)
	12:10-12:50pm	Yoga -Helen
	6:15-7:00pm	Hard Core -Mandy
	7:00-7:45pm	Cycle & Abs -Mandy
Friday	9:00-9:45am	Silver Sneakers Yoga -Helen (AR)
	10:00-10:45am	Silver Sneakers Yoga -Helen (AR)
Saturday	8:15-9:00am	Hard Core -Mandy

(\$) - Additional Fee Required

