



WINTER 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	12:00pm-4:00pm

Child Care Hours: Free if you have a membership

Days:	Mon/Wed/Fri	6:00am-12:00pm	\$0/week
	Tue/Thur	6:00am-12:00pm	\$5/week
Time:	8:45am-12:00pm		
Age:	6 months - 7 years		

Cancelled

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

www.fortluptonco.gov

PERSONAL TRAINING

Adult private Rates: One Hour session

- 1 session \$40.00
- 3 sessions \$104.00
- 5 sessions \$160.00
- 10 sessions \$290.00

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

Land Classes:

Monday	9:00-9:45am	Silver Sneakers Classic- Lacie
	12:10-12:50pm	Butts and Guts -Lacie
	3:30-6:00pm	Legacy Dance ages 3-12 years old
	6:00-7:00pm	Yoga -Helen
Tuesday	7:00-8:00pm	\$ Boot Camp- Crystal
	5:45-6:45am	\$ Boot Camp- Mandy
	9:00-10:00am	Yoga-Helen
	12:10-12:50pm	HIIT -Crystal
Wednesday	6:00-6:45pm	Arms & Abs - Maribel
	9:00-9:45am	Total Body -Mandy
	12:10-12:50pm	Arms & Abs -Crystal
	7:00-7:45pm	Cycling -Maribel
Thursday	6:00-6:45pm	Tabata -Lacie
	9:00-9:45am	\$ Boot Camp- Crystal
	5:45-6:45am	\$ Boot Camp- Mandy
	9:00-9:45am	Tabata Cycle -Lacie
Friday	12:10-12:50pm	Tabata -Lacie
	6:00-6:45pm	Butts and Guts -Mandi
Saturday	7:00-7:45pm	Cycle & Abs -Mandi
	9:00-9:45am	Silver Sneakers Yoga -Helen
	8:15-9:00am	Hard Core -Mandy

(\$) - Additional Fee Required

WATER CLASSES: Will be back in February

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

