



# FITNESS SCHEDULE

## COMING SOON! CYCLING CLASSES 5/6/2019

Effective  
05/06/19

**Fort Lupton Recreation Center**  
203 South Harrison Ave- 303.857.4200

**Building Hours:**

Monday-Thursday	5:00am-9:30pm
Friday	5:00am-8:00pm
Saturday	8:00am-5:00pm
Sunday	12:00pm-5:00pm

**Child Care Hours:**

	<i>Morning</i>
Monday -Thursday	8:30am- 12:00pm
Friday	8:30am-11:00am
	<i>Evening</i>
Monday - Thursday	5:00pm-8:30pm
Ages:	6months- 7years
Fee:	\$3 an hour per child
	Free for members with Memberships

**Water Classes- Classes will be changing in June**

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

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 / lreckard@fortluptonco.gov



**Land Classes**

Monday	5:30-6:15am	Tabata Tone -Lacie	
	6:30-7:15am	Cycle & Abs -Lacie (must have cone)	
	9:00-9:45am	Silver Sneakers Classic-Ashley	
	10:00-10:45am	Cycle & Tone-Maribel (taught in spanish)	
	12:10-12:50pm	Upper Body Tone -Lacie	
	4:00-4:45pm	Group play for school age kids-Helen	
	5:30-6:15pm	Core /Foamrolling-Mandy (starts May 27)	
	6:30-7:15pm	Hard Core weights -Mandy	
	7:00-8:00pm	Outdoor Yoga-Helen (starts in June)	
	7:30-8:30pm	Love To Cycle -Kacy (must have cone)	
Tuesday	5:30-6:15am	Cardio Intervals-Kacy	
	9:00-10:00am	Silver Sneakers Yoga-Helen	
	9:00-9:45am	Treadmill Intervals -Lacie	
	10:15-11:00am	Music & Movement for kids-Helen	
	12:10-12:50pm	Vinyasa Yoga-Helen	
	4:30-5:15pm	Butts and Guts -Maribel (taught in Spanish)	
	5:30-6:15pm	Cycle/ Abs- Ashley (must have cone)	
	6:30-7:15pm	Cycling Intervals -Ashley (must have cone)	
Wednesday	7:30-8:30pm	Zumba -Priscila	
	5:30-6:15am	Strong-Kacy	
	6:30-7:15am	Cycle & Abs -Ashley (must have cone)	
	9:00-9:45am	Silver Sneakers Classic-Ashley	
	10:00-10:45am	Total Body Tone-Maribel (taught in Spanish)	
	12:10-12:50pm	Tabata Cycle-Lacie (must have cone)	
	5:30-6:15pm	BARRE-Ashley	
	6:30-7:15pm	Tabata Tone -Mandy	
	7:15-8:00pm	Hard Core Cardio -Mandy	
	5:30-6:15am	Cycle N Roll-Kacy (must have cone)	
Thursday	9:00-9:45am	Seniors on Weights-Ashley	
	9:00am-9:45am	Love To Cycle -Lacie (must have cone)	
	10:00-11:00am	Zumba Gold- Priscila	
	12:10-12:50pm	Butts & Guts-Lacie	
	4:30-5:15pm	Kids Yoga and Movement-Helen	
	5:30-6:30pm	Vinyasa Yoga-Helen	
	6:30-7:15pm	Cycling Hills -Ashley	
	7:30-8:30pm	Zumba -Priscila	
	Friday	5:30-6:15am	Strong-Kacy
		7:00-7:45am	H2O Boot Camp -Mandy (starts June 7th)
9:00-10:00am		Treadmill Intervals -Lacie	
9:00-10:00am		Silver Sneakers Yoga-Helen	
10:15-11:15am		Yoga-Helen	
Saturday	12:10-12:50pm	Core and Recover-Helen	
	9:00-9:45am	1st Saturday Total Body-Mandy	
		2nd Saturday Barbell Blast -Anna	
		3rd Saturday Vinyasa Yoga-Helen	
		4th Sat. Cycling only -Kacy (must have cone)	