



Summer 2021 Fitness Schedule

Effective: July 6th 2021

Fort Lupton Recreation Center
203 South Harrison Ave- 303.857.4200

Building Hours:

Monday-Friday	5:00am-8:00pm
Saturday	8:00am-5:00pm
Sunday	12:00pm-4:00pm

Child Care: Please Pre-register/enroll

Monday & Wednesday \$6.00

Tuesday & Thursday \$6.00

TIME: 8:30am-11:00am

AGES: 6 months- 7 years old

WATER CLASSES:

Day	Time	Class
Mon	8:00-8:45am	Splash Fitness
Tue	5:30-6:15am	Advanced Aqua Fitness
	8:00-8:45am	Aqua Fitness
	6:00-6:45pm	Water Aerobics
Wed	8:00-8:45am	Splash Fitness
Thur	8:00-8:45am	Aqua fitness
	6:00-6:45pm	Water Aerobics
Fri	5:30-6:15am	Advanced Aqua Fitness
	8:00-8:45am	Aqua Fitness
	9:00-9:45am	Water Circuit Training

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:

Day	Time	Class
Monday	5:30-6:15am	Butts & Guts -Crystal
	9:00-9:45am	Silver Sneakers Classic- Lacie
	10:00-10:45am	Cycle & Tone -Maribel
	12:10-12:50pm	Butts and Guts - Lacie
	2:00-3:00pm	Yoga -Kelley *NEW*
	3:15-3:45pm	Yoga for Kids (ages 6-10) Kelley *NEW*
	5:15-5:45pm	HIIT Express Arms -Crystal
	6:00-7:00pm	\$ Boot Camp- Crystal
Tuesday	7:00-7:45pm	Zumba -Marnae *NEW*
	5:30-6:15am	Cycle only -Marnae *NEW*
	9:00-10:00am	Yoga-Helen
	9:00-10:00am	Cardio Intervals -Lacie
	10:00-10:45am	Butts and Guts - Lacie
	11:00-11:45am	Tween Yoga (18 and under)Amanda *NEW*
	12:10-12:50pm	Cardio flow Yoga -Heather *NEW*
	6:00-6:45pm	Arms & Abs - Maribel
Wednesday	6:45pm-7:15pm	Cycle Express -Maribel
	5:30-6:15am	Tabata -Maribel
	9:00-9:45am	Silver Sneakers Classic- Monica
	10:00-10:45am	Mat Pilates -Monica
	12:10-12:50pm	HIIT -Crystal
	2:00-3:00pm	Vinyasa Yoga -Heather *NEW*
	5:15-5:45pm	HIIT Express Legs -Crystal
	6:00-7:00pm	\$ Boot Camp -Crystal
Thursday	7:00-8:00pm	Yoga for everyBODY -Amanda *NEW*
	5:30-6:15am	Arms & Abs -Lacie
	7:00-8:00am	Yin Yoga -Heather *NEW*
	9:00-9:45am	HIIT Cycle -Marnae *NEW*
	10:00-10:45am	Zumba Gold -Monica
	10:00-10:45am	Women on Weights -Maribel
	11:00-11:45am	Tween Yoga (18 under)Amanda *NEW*
	12:10-12:50pm	Mat Pilates -Monica
Friday	6:00-6:45pm	Love to Cycle -Orra *NEW*
	7:00-7:30pm	Total Core -Orra *NEW* Starts July 8th
	5:30-6:15am	Yoga -Kelley *NEW*
	9:00-9:45am	Silver Sneakers Yoga -Helen
	9:00-9:45am	Cardio Intervals -Lacie/Maribel
Saturday	10:00-10:45am	Yoga Flow -Helen
	12:10-12:50	Total Body -Maribel/Lacie
	8:30-9:30am	Yoga -Kelley *NEW*

Key:

*Schedule is subject to change at anytime

*Most classes are FREE with daily admission or membership

(\$) - Additional Fee Required

www.fortluptonco.gov

For more information call or email Lacie 720-466-6171 or Ireckard@fortluptonco.gov