

Fort Lupton Recreation Center
203 South Harrison Ave- 303.857.4200
www.fortluptonco.gov

Building Hours
Monday -Thursday 5:00am-9:00pm
Friday- 5:00am-8:00pm
Saturday & Sunday- 8:00am- 5:00pm



DROP IN CHILD CARE
DAYS: Monday - Thursday 9:00am-11:00am
EVENINGS: Monday-Thursday 5:00pm-7:00pm
COST: Free with FLRC Membership
Or \$3.00 per hour/child for drop ins
AGE: 6 months -7 years (max 8 kids)
LOCATION:

ROCK WALL
MONDAY with Orra & Jakkii 4:00-6:00pm
WEDNESDAY with Kacy 6:30-8:30pm
SATURDAY with Jakkii 11:30am-1:30pm
COME CLIMB WITH US!

5-Additional Fee Required
Biggest loser Challenge Starts Jan 16th (\$25.00)

WATER CLASSES:		
Mon	8:00-8:45am	Water Fitness
Tue	5:30-6:15am	Advanced Water Fitness
	8:00-8:45am	Water Fitness
	6:00-6:45pm	Water Fitness
Wed	8:00-8:45am	Water Fitness
Thur	8:00-8:45am	Water Fitness
	6:00-6:45pm	Water Fitness
Fri	5:30-6:15am	Advanced Water Fitness
	8:00-8:45am	Water Fitness
	6:00-6:45pm	Water Fitness *NEW*

Land Classes:		
Monday	5:30- 6:15am	Strong -Kacy
	9:00-9:45am	Silver Sneakers Classic- Helen
	10:00- 10:45am	Tabata Tone- Maribel
	10:00-10:40am	Story & Stretch - Ages 0-5 Helen
	12:10- 12:50pm	Legs for days -Lacie
	3:45-5:45pm	\$ Legacy School of Dance (see front desk)
	4:00-6:00pm	Rock Wall Climb With Orra and Jakkii
	5:30-6:00pm	Circuits on the track -Crystal
	6:00-7:00pm	\$Boot Camp -Crystal
Tuesday	7:15-8:00pm	Reb3l Groove -Yessenia (dance fitness)
	5:30- 6:15 am	Love to Cycle -Orra
	9:00- 10:00 am	Yoga- Helen
	10:00-10:45am	Barbell Blast -Maribel
	12:10-12:50pm	Treadmill Intervals -Lacie
	3:30-4:00pm	\$ Youth Sports Conditioning -Mandy
	5:30-6:15pm	Circuit Training 365 -Orra (FOD)
Wednesday	6:15-7:00pm	Love to Cycle -Maribel
	7:15-8:15pm	Candle Light Flow & Restore -Heather
	5:30-6:15 am	Stretch and Restore -Heather
	9:00-9:45 am	Silver Sneakers Classic- Lacie
	10:00-10:45am	Treadmill hills/intervals -Maribel
	12:10:12:50pm	Arms, Abs and More -Jakkii
	1:00-5:00pm	You Choose! Fitness on Demand
	5:30-6:00pm	Butts and Guts -Crystal
	6:00-7:00pm	\$Boot Camp -Crystal
Thursday	6:30-8:30pm	Rock wall Climb with Kacy
	7:15-8:00pm	Reb3l Strength- Yessenia (dance fitness)
	5:30-6:15 am	Cycle and More -Orra
	9:00-9:45am	Seniors on Weights -Lacie
	10:00-10:45am	Cycle Tone -Maribel
	12:10- 12:50pm	For the love of Cycling -Kacy
	3:30-4:00pm	\$ Youth Sports Conditioning -Mandy
	5:30-6:15pm	Circuit Training 365 -Mandy (FOD)
	6:15-7:00pm	Tabata Tone -Mandy
Friday	7:00 -7:30pm	Stretch and Foam Roll -Mandy
	5:30-6:15 am	Shred-Kacy (kickboxing & weights)
	9:00-9:45 am	Silver Sneakers Yoga- Helen
	9:30-10:00am	Treadmill Run -Lacie
	10:00-11:00am	Deep Stretch -Helen
	10:00-11:00 am	Weight Room Workout -Maribel
	11:00-11:40am	Movement& Play -Ages 0-5 Helen
	12:10-12:45pm	Vinyasa Yoga -Helen
	Saturday	9:00-10:00am
10:15-11:00am		Tabata Tone -Jakkii
11:15-12:00pm		Reb3l Groove Dance Fitness -Yessenia
Sunday	8:15-9:00am	Love to Cycle- Kacy