

Starts March 6th

Fitness Schedule

2023

Paid Session Classes

Free classes with a membership or pay a drop in fee

Boot Camp Express 5:15- 5:45am (\$40.00 a month)		Monday	5:30- 6:15am	Hit The Weights -Kacy (weight room)	
Monday- Endurance			9:00-9:45am	Silver Sneakers Classic- Helen	
Tuesday- Intervals			9:15-10:00am	Mom Squad -Mandy	
Wednesday-Max Condition			10:00-10:40am	Story & Stretch - Ages 0-5 Helen	
Thursday- Core & Recovery			10:00- 10:45am	Tabata Tone- Maribel	
Water Boot Camp 10:15-11:15am (\$40.00 a month)			12:10- 12:50pm	Legs for days -Lacie	
Monday: Strength in Water			4:30-6:30pm	Rock wall Climb with Jakkii and Orra	
Wednesday: Endurance in the Water			5:30-6:00pm	Total Body Express -Crystal (meet on the loft)	
Youth Sports Conditioning 3:30-4:00 (\$20.00) Tues/Thur			6:15-7:00pm	Butts and Guts -Crystal	
		7:15-8:00pm	Reb3I Groove -Yessenia (dance fitness)		
		Tuesday	5:30- 6:15 am	Full Body Tabata -Lacie	
NUTRITION CLASSES			9:00- 10:00 am	Yoga- Helen	
Certified Nutrition Specialist w/Crystal			9:15-10:00am	Mom Squad -Mandy	
\$160.00 for 4 weeks			10:00-10:45am	Barbell Blast -Lacie	
Certified Weight Management Specialist w/Mandy			12:10-12:50pm	Treadmill Intervals -Jakkii	
\$160 for 4 weeks			5:30-6:15pm	Circuit Training -Maribel	
Personal Training			6:15-7:00pm	Cycle and Barbell's -Maribel	
30 minute Training Sessions		7:15-8:15pm	Candle Light Flow & Restore -Heather		
1 session \$24.00		Wednesday	5:30-6:15 am	Stretch and Restore -Heather	
3 sessions \$ 60.00			9:00-9:45 am	Silver Sneakers Classic- Lacie	
5 sessions \$ 90.00			9:15-10:00am	Mom Squad -Mandy	
10 sessions \$ 290.00			10:00-10:45am	Treadmill hills/intervals -Maribel	
1 hour Training Sessions			12:10:12:50pm	Full Body Tabata -Lacie	
1 session \$40.00			6:30-8:30pm	Rock Wall Climb with Jakkii	
3 sessions \$104.00			5:30-6:00pm	Butts and Guts -Crystal	
3 sessions \$104.00			6:15-7:00pm	Arms and Abs -Crystal	
10 Sessions \$290.00			7:15-8:00pm	Reb3I Strength- Yessenia (dance fitness)	
Group Training Sessions (1 hour)			Thursday	5:30-6:15 am	Cycle and More-Orra
1 session \$25.00		9:00-9:45am		Seniors on Weights -Lacie	
3 sessions \$72.00		9:15-10:00am		Mom Squad -Mandy	
5 sessions \$ 110.00		10:00-10:45am		Cycle Tone -Maribel	
10 sessions \$180.00		12:10- 12:50pm		For the love of Cycling -Kacy	
WATER CLASSES: Free with membership or drop in fee		5:30-6:15pm		Circuit Training -Orra	
Mon	8:00-8:45am	Water Fitness		6:15-7:00pm	Love to Cycle - Maribel
Tue	5:30-6:15am	Advanced Aqua fitness	7:00 -7:30pm	Stretch and Foam Roll -Mandy	
	8:00-8:45am	Aqua Fitness	Friday	5:30-6:15 am	Shred-Kacy (kickboxing & weights)
	6:00-6:45pm	Water Fitness		9:00-9:45 am	Silver Sneakers Yoga- Helen
Wed	8:00-8:45am	Water Fitness		10:00-11:00am	Deep Stretch -Helen
	8:00-8:45am	Aqua fitness		10:00-11:00 am	Weight Room Workout -Maribel
Thurs.	8:00-8:45am	Aqua fitness		11:00-11:40am	Movement& Play -Ages 0-5 Helen
	6:00-6:45pm	Water Aerobics		12:10-12:45pm	Vinyasa Yoga -Helen
Fri	5:30-6:15am	Advanced Aqua fitness		Saturday	9:00-10:00am
	8:00-8:45am	Aqua Fitness	10:15-11:00am		Tabata Tone -Jakkii/Rock wall 11:30-1:30
			11:15-12:00pm		Reb3I Groove Dance Fitness -Yessenia
			Sunday	8:15-9:00am	Love to Cycle- Kacy



TODAY IS A GOOD DAY TO WORK OUT

For more information, please call or email Lacie at (720) 466-6171 or lreckard@fortluptonco.gov