


May

Fitness Schedule

2023

Paid Session Classes			Monday	6:00-6:45am	Hit the weights (functional training)- Kacy	
Boot Camp Express 5:15- 5:45am (\$40.00 a month)				9:00-9:45am	Silver Sneakers Classic- Helen	
Monday- Endurance				9:15-10:00am	Tough as a Mother -Mandy (weight Room)	
Tuesday- Intervals				10:00-10:40am	Story & Stretch - Ages 0-5 Helen	
Wednesday-Max Conditioning				10:00- 10:45am	Tabata- Maribel (bilingual)	
Thursday- Core & Recovery				11:00-11:30am	Cycle and Core -Lacie	
Water Boot Camp 10:15-11:15am (\$40.00 a month)				12:10- 12:50pm	Legs for Days -Lacie	
Monday: Strength in Water				5:30-6:00pm	Total Body Express -Crystal (meet on the loft)	
Wednesday: Endurance in the Water				6:15-7:00pm	Butts and Guts -Crystal	
Rock Wall: Monday 4:30-6:30pm- Wednesday: 6:00-8:00pm -Saturday: 11:30-1:30pm				7:15-8:00pm	Reb3I Groove -Yessenia (dance fitness)	
NUTRITION CLASSES			Tuesday	5:30- 6:15 am	Cycle and More-Kacy	
Certified Nutrition Specialist w/Crystal				9:00- 10:00am	Yoga- Helen	
\$160.00 for 4 weeks				9:15-10:00am	HIIT -Mandy (Meet in the gym)	
Certified Weight Management Specialist w/Mandy				10:00-10:45am	Barbell Blast - Maribel	
\$160 for 4 weeks				11:00-11:30am	Back-Bi's-Tri's -Lacie	
Personal Training				12:10-12:50pm	Cycle and Upper Body Tone -Jakkii (bilingual)	
30 minute Training Sessions			5:30-6:15pm	Circuit Training -Orra		
1 session \$24.00			6:15-7:00pm	Cycle and Barbell's -Maribel (bilingual)		
3 sessions \$ 60.00			7:15-8:15pm	Candle Light Restore -Heather		
5 sessions \$ 90.00			Wednesday	5:30-6:15am	Stretch and Restore Heather	
10 sessions \$ 160.00				9:00-9:45 am	Silver Sneakers Classic- Lacie	
1 hour Training Sessions				9:15-10:00am	Core and More -Mandy (Teen room)	
1 session \$40.00				10:00-10:45am	Treadmill hills/intervals -Maribel (bilingual)	
3 sessions \$104.00				11:00-11:30am	Legs for days -Lacie	
5 sessions \$160.00				12:10:12:50pm	Full Body Tabata -Lacie	
10 Sessions \$290.00				5:30-6:00pm	Butts and Guts -Crystal	
Group Training Sessions (1 hour)				6:15-7:00pm	Arms and Abs -Crystal	
1 session \$25.00				7:15-8:00pm	Reb3I Strength- Yessenia (dance fitness)	
3 sessions \$72.00				Thursday	5:30-6:15 am	Cycle and More-Orra
5 sessions \$ 110.00			9:00-9:45am		Seniors on Weights -Lacie	
10 sessions \$180.00			9:15-10:00am		Tighten & Tone-Mandy (Areobics Room)	
WATER CLASSES: Free with membership or drop in fee			10:00-10:45am		Cycle Tone -Maribel (bilingual)	
Mon	8:00-8:45am	Water Fitness	11:00-11:30am		Cardio Queen -Lacie	
Tue	5:30-6:15am	Advanced Aqua fitness	12:10- 12:50pm		For the love of Cycling -Kacy	
	8:00-8:45am	Aqua Fitness	5:30-6:15pm		Circuit Training -Mandy	
Wed	6:00-6:45pm	Water Fitness	6:15-7:00pm		Love to Cycle - Jakkii (bilingual)	
	8:00-8:45am	Water Fitness	7:00 -7:30pm		Hard Core Abs -Jakkii (bilingual)	
Thurs.	8:00-8:45am	Aqua fitness	Friday		6:00-6:30am	Core and Restore -Kacy
	6:00-6:45pm	Water Fitness		9:00-10:00	Silver Sneakers Yoga- Helen	
Fri	5:30-6:15am	Advanced Aqua fitness		10:00-11:00am	Deep Stretch -Helen	
	8:00-8:45am	Aqua Fitness		10:00-11:00 am	Weight Room Workout -Maribel	
				Saturday	11:00-11:30am	Full Body Tabata -Lacie
					12:10-12:45pm	Vinyasa Yoga -Helen
			Sunday	8:15-9:00am	Love to Cycle- Kacy	

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