

September

# Fitness Schedule

2023

<b>Paid Sessions</b>						
<b>Nutrition/Weight Management Specialist</b>			<b>Monday</b>	6:00-6:45am	Hit the weights (functional training)- Kacy	
Want to lose weight? Maintain healthy weight? Retrain your brain with new eating and cooking habits. Learn to plan meals, meal prep, and grocery shop to maintain a healthy lifestyle change. We can help provide you with these tools and more to assist you on your fitness journey.				9:00-9:45am	Silver Sneakers Classic- Helen	
Certified Nutrition Specialist Rates:				9:30-10:00am	Cardio Intervals -Mandy	
For 1 month weekly sessions \$160.00				10:00- 10:45am	Tabata- Maribel (bilingual)	
<b>Week 1 - Calories in/out</b>				12:10-12:50pm	Legs for Days -Lacie	
<b>Week 2 - Label Reading</b>				5:30-6:15pm	Full Body Stations -Crystal	
<b>Week 3 - Meal Planning</b>				6:15-7:00pm	Butts and Guts -Crystal	
<b>Week 4 - Shopping</b>				7:15-8:15pm	Candle Light Restore- Heather	
Weight Management-Specialist Rates:				<b>Tuesday</b>	5:30- 6:15 am	Cycle and More-Orra
For 1 month weekly sessions \$160.00					9:00- 10:00am	Yoga- Helen
<b>Week 1 - Lifestyle Assessment</b>			10:00-10:45am		Barbell Blast- Maribel (bilingual)	
<b>Week 2 - Food Intake</b>			12:10-12:50pm		Arms and Abs -Crystal	
<b>Week 3 - Dial in</b>			5:15-6:00pm		Circuit Training -Mandy	
<b>Week 4- Set up for success</b>			6:00-6:45pm		<b>POUND *NEW* KACY</b>	
<b>Personal Training</b>			6:45-7:30pm		Cycle & Weights- Maribel	
30 minute Training Sessions			7:30-8:15pm		Reb3l Strength -Yessenia	
1 session \$24.00			<b>Wednesday</b>		5:30-6:15am	Stretch and Restore Heather
3 sessions \$ 60.00					9:00-9:45 am	Silver Sneakers Classic- Lacie
5 sessions \$ 90.00				9:30-10:00am	Core and More -Mandy	
10 sessions \$ 160.00				10:00-10:45am	Treadmill Intervals -Lacie	
<b>1 hour Training Sessions</b>				12:10-12:50pm	Fullbody Tabata -Mandy	
1 session \$40.00				5:30-6:15pm	Butts and Guts -Crystal	
3 sessions \$104.00				6:15-7:00pm	Arms and Abs - Crystal	
5 sessions \$160.00				7:15-8:00pm	Barbell Blast -Maribel (bilingual)	
10 Sessions \$290.00				<b>Thursday</b>	5:30-6:15am	Cycle and More-Orra
<b>Group Training Sessions (1 hour)</b>					9:00-9:45am	Rebel Dance for Seniors- Yessenia
1 session \$25.00			10:00-10:45am		Cycle Tone -Maribel (bilingual)	
3 sessions \$72.00			12:10- 12:50pm		Tabata Cycle -Lacie	
5 sessions \$ 110.00			5:15-6:00pm		Circuit Training -Mandy	
10 sessions \$180.00			6:00-6:45pm		<b>POUND *NEW* KACY</b>	
<b>WATER CLASSES: Free with membership or drop in fee</b>			6:45-7:30pm		Cycle & Weights- Jakkii	
<b>Mon</b>	8:00-8:45am	Silver Sneakers Splash-Helen	<b>Friday</b>		7:30-8:15pm	Reb3l Dance -Yessenia
<b>Tue</b>	5:30-6:15am	Adv. Water Fitness-Crystal			6:00-6:30am	Core and Restore -Kacy
	8:00-8:45am	Aqua fitness-Susan			9:00-10:00am	Silver Sneakers Yoga- Helen
	6:00-6:45pm	Water Fitness- Jakkii		10:00-11:00am	Deep Stretch -Helen	
<b>Wed</b>	8:00-8:45am	Water Fitness-Peggy		10:00-11:00 am	Weight Room Workout -Maribel (bilingual)	
<b>Thurs.</b>	8:00-8:45am	Aqua fitness-Susan	11:15-11:45	Full Body Tabata -Crystal		
	5:30-6:15am	Adv. Water Fitness-Crystal	12:10-12:50	Vinayasa Flow -Heather		
<b>Fri</b>	8:00-8:45am	Water Fitness-Peggy	<b>Saturday</b>	6:15-7:00pm	Reb3l Strength- Yessenia (dance fitness)	
	8:00-8:45am	Water Fitness-Peggy		9:00-10:00am	Yoga with Heather	
			<b>Sunday</b>	10:15-11:00am	Tabata Tone -Jakkii (bilingual)	
				11:15-12:00pm	Reb3l Groove Dance Fitness -Yessenia	
			8:15-9:00am	Love to Cycle- Kacy		
Open Climbing for Rock Wall: Mondays 4:30-6:30 and Wednesdays 6:30- 8:00pm						
\$ paid session classes please pay at the front desk						



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