

Bob L. Burger Recreation Center

Drop In Fitness Schedule - January 2018

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:45a	Rise & Shine Yoga <i>Megan</i>	LES MILLS BODYPUMP <i>Lonza</i>	Rise & Shine Yoga <i>Megan</i>	LES MILLS BODYPUMP <i>Caitlin</i>	Rise & Shine Yoga <i>Megan</i>	7:15a	LES MILLS BODYPUMP <i>Sonya / Various</i>	
6:00a			Group Cycling <i>Lauren</i>			8:10a		LES MILLS BODYPUMP <i>Lonza</i>
6:30a	TRX <i>Gerry ~50 min</i>		TRX Rip Trainer <i>Gerry ~ 50 min</i>		TRX <i>Gerry ~ 50 min</i>	8:20a	LES MILLS BODYCOMBAT <i>Sonya / Crystal</i>	Group Cycling <i>Jackie</i>
7:00a			Yoga/Pilates/Strength <i>Megan</i>			9:00a	CORE (30 min) <i>June / Martha</i>	
8:00a		Silver Sneakers <i>Circuit / Krisztina 45m</i>		Silver Sneakers <i>Circuit / Krisztina 45m</i>		9:20a		Cardio Step <i>Rosario</i>
8:15a	Silver Sneakers <i>Classic / Jack(8:15-9am)</i>	LES MILLS BODYCOMBAT <i>Crystal (8:10-8:55)</i>		LES MILLS BODYCOMBAT <i>Crystal (8:10-8:55)</i>	Silver Sneakers <i>Classic / Michael 8:15</i>	9:25a	Cardio Step <i>Jennifer</i>	
9:00a		LES MILLS BODYPUMP <i>Natasha</i>		LES MILLS BODYPUMP <i>Various</i>		9:35a	All Levels Yoga <i>June / Martha</i>	
9:15a	LES MILLS BODYPUMP <i>Natasha</i>		Gentle Yoga <i>Rhonda</i>		Butts & Guts <i>Natasha (45min)</i>	10:25a		Prenatal Yoga <i>Michelle</i>
9:30a	River Walking & Yoga / <i>Greta</i>		River Walking & Yoga / <i>Greta</i>		River Walking & Yoga / <i>Greta</i>	10:30a	Intro to Step <i>Jennifer</i>	
10:10a		TRX <i>Martha / Gym -50 min</i>		TRX <i>Martha / Gym -50 min</i>		10:55a		
10:10a		Yoga / Pilates / Strength <i>Megan</i>		Yoga / Pilates / Strength <i>Megan</i>		11:35a		Kids & Family Yoga <i>Michelle / June</i>
10:30a	Shallow H2O Aerobics / <i>Greta</i>	Deep H2O Aerobics / <i>Amy</i>	Shallow H2O Aerobics / <i>Greta</i>	Deep H2O Aerobics / <i>Amy</i>	Shallow H2O Aerobics / <i>Greta</i>	3:30p		ZUMBA <i>Theresa**</i>
10:30a			ZUMBA <i>Nina**</i>			= Located in Nyland Room		
11:00a			Silver Sneakers <i>CardioFit / Mary Ann</i>		All Levels Yoga <i>Sarah</i>	= Located in the Pool		
11:15a		Silver Sneakers <i>Classic / Liz (45 min)</i>		Silver Sneakers <i>Classic / Liz (45 min)</i>		= Located in the Gym		
12:00p			Group Cycling <i>Alex (for Krisztina)</i>		Group Cycling <i>Alex (for Krisztina)</i>	= Located in Cycling Studio		
12:00p	LES MILLS BODYPUMP <i>Liz</i>		LES MILLS BODYPUMP <i>Liz</i>			= 1st & 3rd Sundays Monthly		
12:15p		All Levels Yoga <i>Sarah</i>		Restorative Yoga (Relaxing) <i>Sarah</i>	HIIT - <i>Michael (12:15-12:45pm)</i>	<ul style="list-style-type: none"> • 60 minute classes, unless otherwise noted. • Must be 15 years or older to attend class. • Use your annual pass, punch card or pay the daily visit fee. • No childcare on Sundays or Friday evenings. • Reservations for Body Pump, Group Cycling and TRX Group Suspension will be taken 2 days in advance of each class. • Reservations are held until 5 minutes before the start of class and "no shows" will be given away to drop in participants. • First time students, show up 5 minutes early for orientation with the instructor. • Check for the most updated schedule on the web at: www.cityoflafayette.com/recreation 		
1:30p			Silver Sneakers <i>Yoga / Mary Ann(45min)</i>		Silver Sneakers <i>Yoga / Mary Ann(45min)</i>	*For reservations, please call the Recreation Center at 303-665-0469.		
5:35p	LES MILLS BODYCOMBAT <i>Crystal / Sonya</i>	LES MILLS BODYPUMP <i>Lonza / Various</i>	LES MILLS BODYPUMP <i>Natasha / Sonya</i>	LES MILLS BODYPUMP <i>Natasha</i>	Slow Flow Yoga <i>Marin</i>	**There is an additional fee for these classes. Please register/pay at the front desk.		
6:00p	High Intensity H2O Aerobics / <i>Shari</i>		High Intensity H2O Aerobics / <i>Shari</i>			Your first Zumba Class is FREE!		
6:40p		ZUMBA <i>Tonia**</i>	LES MILLS BODYCOMBAT <i>Sonya / Crystal</i>	ZUMBA <i>Theresa**</i>				
6:40p		Group Cycling <i>Jackie (for Krisztina)</i>		Group Cycling <i>Jennifer</i>		Revised 12/28/2017		
7:00p		Deep H2O Aerobics / <i>Molly</i>		Deep H2O Aerobics / <i>Amy</i>				
7:45p	Relaxing Yoga (Integral) <i>Mark (for Ryan)</i>	HIIT - <i>Michael (7:45-8:15pm)</i>	Rigorous Yoga (Vinyasa) <i>Mark</i>					

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