





Bob L. Burger Recreation Center

Drop In Fitness Schedule - November 2017

 Child Care Available (Mon-Sat)

| | Monday | Tuesday | Wednesday | Thursday | Friday | | Saturday | Sunday |
|--------|---|--|---|--|---|--------|---|---|
| 5:45a | Rise & Shine Yoga <i>Megan</i> |  Lonza | Rise & Shine Yoga <i>Megan</i> |  <i>Jenni</i> | Rise & Shine Yoga <i>Megan</i> | 7:15a |  <i>Sonya / Various</i> | |
| 6:00a | | | Group Cycling <i>Lauren</i> | | | 8:10a | |  <i>Lonza</i> |
| 6:30a |  <i>Gerry ~50 min</i> | |  <i>Gerry ~ 50 min</i> | |  <i>Gerry ~ 50 min</i> | 8:20a |  <i>Sonya / Crystal</i> | Group Cycling <i>Jackie</i> |
| 7:00a | | | Yoga/Pilates/Strength <i>Megan</i> | | | 9:00a | | |
| 8:00a | |  <i>Crystal</i> | |  <i>Crystal</i> | | 9:20a | | Cardio Step <i>Rosario</i> |
| 8:00a | Silver Sneakers <i>Classic / Jack (8:15-9am)</i> | Silver Sneakers <i>Circuit / Krisztina 45m</i> | | Silver Sneakers <i>Circuit / Krisztina 45m</i> | Silver Sneakers <i>Classic / Michael 8:15</i> | 9:25a | Cardio Step <i>Jennifer</i> | |
| 9:05a | |  <i>Natasha</i> | |  <i>Various</i> | | 9:50a | | |
| 9:15a |  <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 | |  <i>Beth / Gym -50 min</i> | |  <i>Beth / 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 | |  <i>Theresa**</i> |
| 10:30a | | |  <i>Nina**</i> | | | | | |
| 11:00a | | | Silver Sneakers <i>CardioFit / Mary Ann</i> | | All Levels Yoga <i>Sarah</i> | | | |
| 11:15a | | Silver Sneakers <i>Classic / Liz (45 min)</i> | | Silver Sneakers <i>Classic / Liz (45 min)</i> | | | | |
| 12:00p | | | Group Cycling <i>Krisztina</i> | | Group Cycling <i>Krisztina</i> | | | |
| 12:00p |  <i>Liz</i> | |  <i>Liz</i> | | HIIT - <i>Michael</i> <i>(12:15-12:45pm)</i> | | | |
| 12:05p | | All Levels Yoga <i>Sarah</i> | | Restorative Yoga (Relaxing) <i>Sarah</i> | | | | |
| 1:30p | | | Silver Sneakers <i>Yoga / Mary Ann(45min)</i> | | Silver Sneakers <i>Yoga / Mary Ann(45min)</i> | | | |
| 5:35p |  <i>Crystal / Sonya</i> |  <i>Lonza / Various</i> |  <i>Natasha / Sonya</i> |  <i>Natasha</i> | Slow Flow Yoga <i>Marin</i> | | | |
| 6:00p | High Intensity H2O Aerobics / <i>Shari</i> | | High Intensity H2O Aerobics / <i>Shari</i> | | | | | |
| 6:40p | Cardio Step <i>Krisztina</i> |  <i>Heather**</i> |  <i>Sonya / Crystal</i> |  <i>Theresa**</i> | | | | |
| 6:40p | | Group Cycling <i>Krisztina</i> | | Group Cycling <i>Jennifer</i> | | | | |
| 7:00p | | Deep H2O Aerobics / <i>Molly</i> | | Deep H2O Aerobics / <i>Amy</i> | | | | |
| 7:45p | Relaxing Yoga (Integral) <i>Ryan</i> | HIIT - <i>Michael</i> <i>(7:45-8:15pm)</i> | Rigorous Yoga (Vinyasa) <i>Mark</i> | | | | | |

-  = Located in the Pool
-  = Located in the Gym
-  = Located in Cycling Studio
-  = 1st & 3rd Sundays Monthly

- 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
- *For reservations, please call the Recreation Center at 303-665-0469.
- **There is an additional fee for these classes. Please register/pay at the front desk.
- Your first Zumba Class is FREE!**

Revised 10/31/2017

