

Bob L. Burger Recreation Center

Drop In Fitness Schedule - July 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45a	Rise & Shine Yoga Megan	BODYPUMP Lonza	Rise & Shine Yoga Megan	BODYPUMP Caitlin/Tori	Rise & Shine Yoga Megan	7:15a BODYPUMP Sonya/Alex	
6:00a			Summer Break Cycle60 returns 9/5			8:10a	BODYPUMP Lonza
6:30a	TRX Gerry ~50 min		TRX Rip Trainer Gerry ~ 50 min		TRX Gerry ~ 50 min	8:20a BODYCOMBAT Sonya/Crystal	Summer Break Cycle60 returns 9/9
7:00a			Yoga/Pilates/ Strength Megan			9:00a CORE (30 min) June/Martha	
8:00a		SilverSneakers Circuit/Krisztina		SilverSneakers Circuit/Krisztina		9:20a	
8:15a	SilverSneakers Classic/Jack (45m)	BODYCOMBAT Crystal (7:55-8:55)		BODYCOMBAT Crystal (7:55-8:55)	SilverSneakers Classic/Michael (45m)	9:20a	Cardio Step Rosario
9:00a		BODYPUMP Natasha	Cycle45 Jill (45 min)	BODYPUMP Alex		9:25a	Cardio Step Jennifer
9:15a	BODYPUMP Natasha		Gentle Yoga Anne		Butts & Guts Natasha (45min)	9:35a	All Levels Yoga June/Martha
9:30a	River Walking & Yoga / Katie		River Walking & Yoga / Katie		River Walking & Yoga / Katie	10:25a	Prenatal Yoga Michelle
10:10a		TRX Martha/Gym -50 min		TRX Martha/Gym -50 min		10:30a	Intro to Step Returns Mid-Aug
10:10a		Yoga/Pilates/Strength Megan		Yoga/Pilates/Strength Megan		11:35a	Kids & Family Yoga
10:30a	Shallow H2O Aerobics / Katie	Deep H2O Aerobics / Amy	Shallow H2O Aerobics / Katie	Deep H2O Aerobics / Amy	Shallow H2O Aerobics / Katie	3:30p	ZUMBA Theresia**
10:30a		Returns in the Fall	ZUMBA Ionia**	Returns in the Fall		= Located in Nyland Room	
11:00a	Pilates-Core Susan 10:45-11:30	NEW	SilverSneakers CardioFit/Andrea		All Levels Yoga Sarah	= Located in the Pool	
11:20a		SilverSneakers Classic/Liz (45 min)		SilverSneakers Classic/Liz (45 min)		= Located in the Gym	
12:00p			Cycle60 Krisztina		Cycle60 Krisztina	= Located in Cycling Studio	
12:00p	BODYPUMP Nancy		BODYPUMP Liz			= 1st & 3rd Sundays Monthly	
12:15p		All Levels Yoga Sarah		Restorative Yoga (Relaxing) Sarah		<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 • For reservations, stop by the front desk or call the Recreation Center at 303-665-0469. **There is an additional fee for these classes. Please register/pay at the front desk. 	
1:30p	SilverSneakers Yoga Mary Ann(45min)		SilverSneakers Yoga Mary Ann(45min)			<p>Your first Zumba Class is FREE!</p>	
5:35p	BODYCOMBAT Crystal	BODYPUMP Lonza/Alex	BODYPUMP Alex	BODYPUMP Lonza	Slow Flow Yoga Angie (5:15pm)		
6:00p	High IntensityH2O Aerobics/Shari		High IntensityH2O Aerobics/Shari				
6:40p		ZUMBA Tonia**	BODYCOMBAT Alex	ZUMBA Theresia**			
6:40p		Cycle60 Krisztina		Cycle60 Jennifer			
7:00p		Deep H2O Aerobics / Molly		Deep H2O Aerobics / Amy			
7:45p	Relaxing Yoga Ryan		Yoga Flow Mark				