

Bob L. Burger Recreation Center

Child Care Available (Mon-Sat)

Drop In Fitness Schedule - August 2018

Note: Closed for Maintenance 8/4-8/12

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:45a	Rise & Shine Yoga Megan	BODYPUMP Lonza	Rise & Shine Yoga Megan	BODYPUMP 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	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 /Amy		River Walking &Yoga /Amy		River Walking &Yoga /Amy	10:25a		Prenatal Yoga Michelle
10:10a		TRX Martha/Gym -50 min		TRX Martha/Gym -50 min	Starting Aug 17th	10:30a	Intro to Step Returns Mid-Aug	
10:10a		Yoga/Pilates/Strength Megan		Yoga/Pilates/Strength Megan	Foam Rolling Sarah 10-10:45am	11:35a		
10:30a	Shallow H2O Aerobics /Amy	Deep H2O Aerobics / Amy	Shallow H2O Aerobics /Amy	Deep H2O Aerobics / Amy	Shallow H2O Aerobics /Amy	3:30p		ZUMBA Theresa**
10:30a		Returns Sept 4	ZUMBA Tonia**	Returns Sept 6			= Located in Nyland Room = Located in the Pool = Located in the Gym = Located in Cycling Studio	
11:00a	Pilates-Core Susan 10:45-11:30		SilverSneakers CardioFit/Andrea		All Levels Yoga Sarah			
11:20a		SilverSneakers Classic/Liz (45 min)		SilverSneakers Classic/Liz (45 min)				
12:00p			Cycle60 Krisztina		Cycle60 Krisztina			
12:00p	BODYPUMP Nancy		BODYPUMP Liz					
12:15p		All Levels Yoga Sarah		Restorative Yoga (Relaxing) Sarah	Starting Aug 24th			
1:30p	SilverSneakers Yoga/Mary		SilverSneakers Yoga/Mary		Sr Strength-Stretch Sonia 1-1:45pm			
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	Cardio Step Jessica	ZUMBA Tonia**	BODYCOMBAT Alex	ZUMBA Theresa**				
6:40p	Starting Aug 20th	Cycle60 Krisztina		Cycle60 Jennifer				
7:00p		Deep H2O Aerobics/Molly		Deep H2O Aerobics/Amy				
7:45p	Relaxing Yoga Ryan		Yoga Flow Mark					

- 60 minute classes, unless otherwise noted.
 - Must be 15 years or older to attend class without a parent. With the exception of BodyPump, 12-15 year olds may attend class with a parent.
 - 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.
- Your first Zumba Class is FREE**

Revised 7/31/2018

