Bob L. Burger Recreation Center

Drop In Fitness Schedule - February 2014

Lafayette RECREATION

Child Care Available

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00a	Rise & Shine Yoga *Sarah*	BODYPUMP *Christina*	Rise & Shine Yoga *Heather S.*	BODYPUMP *Christina*	
6:30a	TRX *Gerry/Gym -50 m*		TRX Rip Trainer *Gerry/Gym/50 mi*		TRX *Gerry/Gym - 50 min*
7:00a		BODYCOMBAT *45 Express/Gerry*		BODYCOMBAT *45 Express/Gerry*	
7:30a					Group Cycling *Tim*
8:00a	SilverSneakers *Jack/Classic (8:15)*	SilverSneakers *Rich/Circuit*	BODYCOMBAT *Maria*	SilverSneakers *Rich/Circuit*	SilverSneakers *Heide/Classic (8:30-9:15am)*
9:00a		BODYPUMP *Liz/Laura*		BODYPUMP *Liz*	
9:15a	BODYPUMP *Beth*		Gentle Yoga *Rhonda*		BODYCOMBAT *Maria*
9:30a	River Walking *Greta*		River Walking *Greta*		River Walking *Greta*
10:00a		TRX *Beth/Gym -50*		TRX *Beth/Gym -50*	
10:30a	Shallow H2O Aerobics/Greta	Deep H2O Aeroobics/Amy	Shallow H2O Aerobics/Greta	Deep H2O Aerobics/*Amy*	Shallow H2O Aerobics/Greta
10:30a					Gentle Yoga *Heather S.*
11:00a			SilverSneakers *Heide/Cardio*		
11:15a		SilverSneakers *Liz/Classic (45 min)*		SilverSneakers *Liz/Classic (45min)*	
12:00p	BODYPUMP *Liz*	Butts&Guts (45min) *Natasha (12:10pm)*	Group Cycling *Valerie*	**Strength & Energy Yoga** *Rhonda (12:10pm)*	BODYPUMP *Liz*
1:00p		Baby & Me Yoga *Michelle*			
1:30p				SilverSneakers *Yoga/Heide*	
5:30p	BODYCOMBAT *Beth*	BODYPUMP *5:35pm/Natasha*	BODYPUMP *Gerry*	BODYPUMP *5:35pm/Krisztina*	Relaxing Yoga *Heather S.*
6:00p	High Intensity H2O Aerobics *Shari*		High Intensity H2O Aerobics *Shari*		
6:30p	Cardio Step *Jennifer*		BODYCOMBAT *Gerry*		
6:40p		Group Cycling *Krisztina*		Group Cycling *Krisztina*	
7:00p		Deep H2O Aerobics/*Polly*		Deep H2O Aerobics/Molly	
7:40p	Relaxing Yoga(Integral) *C.M.*	ZUMBA *Theresia***	Rigorous Yoga *Michelle*	ZUMBA *Theresia***	

	Saturday	Sunday
7:15a	BODYPUMP *Christina*	
8:15a		Group Cycling *Tim*
8:20a	BODYCOMBAT *Christina*	
9:00a	Flex & Stretch *45 min/Lisa*	
9:20a		Cardio Step *Rosario*
9:25a	Step *Jennifer*	
9:50a	Beginning Yoga *Lisa*	
10:25a		Prenatal Yoga *Michelle*
10:30a	Intro to Step *Jennifer*	
10:55a	Core Plus *30 min/Lisa*	
3:30p		ZUMBA *Theresia***

= Located in Multi Use Rms

= Located in the Pool

= Located in the Gym

- 60 minute classes, unless otherwise noted.
- Must be 15 years or order to attend class.
- Use your annual pass, punch card or pay the daily visit fee.
- 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 min. 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 upated schedule on the web at: www.cityoflafayette.com/recreation

*Please call the Recreation Center at 303-665-0469 to make reservations.

**There is an additional fee for this class. Please register at the front desk. First class is FREE!

***February is Heart Healthy Month! Attend these classes between Feb. 22 and Feb. 28 in order to register for prize giveaways! See the front desk for details.