

Bob L. Burger Recreation Center

Drop In Fitness Schedule - 2015



Child Care Available

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
6:00a	Rise & Shine Yoga Sarah	BODYPUMP Christina	Rise & Shine Yoga Heather S.	BODYPUMP Jessie		7:15a	BODYPUMP Christina	
6:30a	TRX Gerry/Gym - 50 min		TRX Rip Trainer Gerry/Gym/50 min		TRX Gerry/Gym - 50 min	8:15a		*New Schedule will include Group Cycling
7:00a		BODYCOMBAT 45 Express/Gerry		BODYCOMBAT 45 Express/Gerry		8:20a	BODYCOMBAT Christina	
8:00a	Sneakers Jack/Classic (8:15)	Sneakers Rich/Circuit	BODYCOMBAT Maria	Sneakers Rich/Circuit	Sneakers Heide/Classic (8:30-9:15am)	9:00a	Flex & Stretch 45 min/Lisa	
9:00a		BODYPUMP Jessie		BODYPUMP Liz		9:20a		Cardio Step Rosario
9:15a	BODYPUMP Beth		Gentle Yoga Rhonda		BODYCOMBAT Maria	9:25a	Step Jennifer	
9:30a	River Walking Greta		River Walking Greta		River Walking Greta	9:30a		Family Yoga Michelle
10:00a		TRX Beth/Gym - 50 min		TRX Beth/Gym - 50 min		9:50a	Beginning Yoga Lisa	
10:30a	Shallow H2O Aerobics/Greta	Deep H2O LaMont Does/Amy	Shallow H2O Aerobics/Greta	Deep H2O LaMont Does/Amy	Shallow H2O Aerobics/Greta	10:25a		Prenatal Yoga Michelle
10:30a					Gentle Yoga Heather S.	10:30a	Intro to Step Jennifer	
11:00a			Sneakers Heide/Cardio			10:55a	Core Plus 30 min/Lisa	
11:15a		Sneakers Liz/Classic (45 min)		Sneakers Liz/Classic (45 min)		11:35a		Baby & Me Yoga Michelle
12:00p	BODYPUMP Liz	Butts&Guts (45min) Natasha (12:10pm)	*New Schedule will include Group Cycling	Strength & Energy Yoga Kriztina (12:10pm)	BODYPUMP Liz	3:30p		ZUMBA Theresia**
1:30p				Sneakers Yoga/Heide				
5:30p	BODYCOMBAT Beth	BODYPUMP Natasha	BODYPUMP Gerry	BODYPUMP Kriztina	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		ZUMBA Theresia**		ZUMBA Theresia**				
7:00p		Deep H2O Aerobics/Molly		Deep H2O Aerobics/Amy				
7:40p	Relaxing Yoga(Integral) CM		Rigorous Yoga(Vinyasa) Michelle					

= Located in Multi Use Rms

= Located in the Pool

= Located in the Gym

- 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.
- 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 updated 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!