





Bob L. Burger Recreation Center

Drop In Fitness Schedule - **Starts Monday, March 9, 2015**

 Child Care Available

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:45a	Rise & Shine Yoga <i>Sarah</i>	 Christina	Rise & Shine Yoga <i>Heather S.</i>	 Jessie	Rise & Shine Yoga <i>Heather S.</i>	7:15a	 Christina	
6:00a		HIT w/BB Bootcamp <i>Linzee/Gym**</i>		HIT w/BB Bootcamp <i>Linzee/Gym**</i>		8:15a		 <i>Jessie/Natasha</i>
6:30a	 <i>Gerry/Gym/50 min</i>		 <i>Gerry/Gym/50 min</i>		 <i>Gerry/Gym/50 min</i>	8:20a	 <i>Christina</i>	
6:50a		 <i>Gerry</i>		 <i>Gerry</i>		9:00a	Flex & Stretch 45 min/ <i>Lisa</i>	
8:00a	Silver Sneakers <i>Jack/Classic (8:15)</i>	Silver Sneakers <i>Rich/Circuit</i>	 <i>Maria</i>	Silver Sneakers <i>Rich/Circuit</i>	Silver Sneakers <i>Heide/Classic (8:30)</i>	9:20a		Cardio Step <i>Rosario</i>
8:30a	Functional Fit w/BBB <i>Linzee/Gym**</i>		Functional Fit w/BBB <i>Linzee/Gym**</i>			9:25a	Step <i>Jennifer</i>	
9:05a		 <i>Jessie/Krisztina</i>		 <i>Krisztina</i>		9:30a		Family Yoga** <i>Michelle</i>
9:15a	 <i>Beth</i>		Gentle Yoga <i>Rhonda</i>		 <i>Maria</i>	9:50a	Beginning Yoga <i>Lisa</i>	
9:30a	River Walking <i>Greta</i>		River Walking <i>Greta</i>		River Walking <i>Greta</i>	10:25a		Prenatal Yoga <i>Michelle</i>
10:10a		 <i>Beth/Gym -50 min</i>		 <i>Beth/Gym -50 min</i>		10:30a	Intro to Step <i>Jennifer</i>	
10:30a	Shallow H2O Aerobics/ <i>Greta</i>	Deep H2O LaMont Does/ <i>Amy</i>	Shallow H2O Aerobics/ <i>Greta</i>	Deep H2O LaMont Does/ <i>Amy</i>	Shallow H2O Aerobics/ <i>Greta</i>	10:55a	Core Plus 30 min/ <i>Lisa</i>	
10:30a					Gentle Yoga <i>Heather S.</i>	11:35a		Baby & Me Yoga <i>Michelle</i>
11:00a			Silver Sneakers <i>Heide/Cardio</i>			3:30p		 <i>Theresa**</i>
11:15a		Silver Sneakers <i>Jack/Classic (45 min)</i>		Silver Sneakers <i>Krisztina/Classic (45min)</i>				
12:00p	 <i>Krisztina</i>		 <i>Jessie</i>		Essentrics <i>Pamela**</i>			
12:05p		Butts&Guts <i>Natasha (45min)</i>		Butts&Guts <i>Natasha (45min)</i>				
1:00p				Yoga <i>Krisztina (1.5 hrs)</i>				
1:30p		Silver Sneakers <i>Heide/Yoga</i>						
4:30p	Family Fitness** <i>Patrick/Camp Gladiator</i>				Family Fitness** <i>Patrick/Camp Gladiator</i>			
5:35p	 <i>Beth</i>	 <i>Krisztina (5:35pm)</i>	 <i>Gerry</i>	 <i>Natasha (5:35pm)</i>	Slow Flow Yoga <i>Julia O.</i>			
6:00p	High Intensity H2O Aerobics		High Intensity H2O Aerobics					
6:40p	Cardio Step <i>Jennifer</i>	 <i>Theresa**</i>	 <i>Beth</i>	 <i>Theresa**</i>				
7:00p		Deep H2O Aerobics/ <i>Molly</i>		Deep H2O Aerobics/ <i>Amy</i>				
7:45p	Relaxing Yoga(Integral) <i>CM</i>		Rigorous Yoga(Vinyasa) <i>Michelle</i>					

-  = 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.
-  = NEW Class

**There is an additional fee for these classes. Please register/pay at the front desk.
Zumba & Essentrics: First Class is FREE!

Revised 02/23/2015




Bob L. Burger Recreation Center

Group Cycling Schedule - **Starts Monday, March 9, 2015**

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
6:00a			Group Cycling <i>Lauren (3/18/15)</i>		Group Cycling <i>Tim</i>	7:30a	Group Cycling <i>Rick</i>	
6:30a						8:15a		Group Cycling <i>Tim</i>
12:00p			Group Cycling <i>Krisztina</i>					
5:30p	Ride & Relax <i>Krisztina</i>		Ride & Relax <i>Krisztina</i>					
6:40p		Group Cycling <i>Krisztina</i>		Group Cycling <i>Krisztina</i>				

****Bike reservations will start 3/6/2015**

- 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 Group Cycling 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.

 = NEW Class

Revised 02/26/2015