

Bob L. Burger Recreation Center

Drop In Fitness Schedule - July 2017

Child Care Available (Mon-Sat)

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:45a	Rise & Shine Yoga <i>Megan</i>	LES MILLS BODYPUMP <i>Lonza</i>	Rise & Shine Yoga <i>Megan</i>	PSOX <i>Jenni</i>	Rise & Shine Yoga <i>Megan</i>	7:15a	LES MILLS BODYPUMP <i>Sonya / Alex</i>	
6:30a			Group Cycling will resume September 6th			8:10a		LES MILLS BODYPUMP <i>Lonza</i>
6:30a	TRX <i>Gerry ~50 min</i>		TRX Rip Trainer <i>Gerry ~ 50 min</i>		TRX <i>Gerry ~ 50 min</i>	8:20a	LES MILLS BODYCOMBAT <i>Sonya / Crystal</i>	Group Cycling will resume Sept 10th
7:00a			Yoga/Pilates/Strength <i>Megan</i>			9:00a	Flex & Stretch 45 min/ <i>Lisa</i>	
8:00a		LES MILLS BODYCOMBAT <i>Crystal</i>		LES MILLS BODYCOMBAT <i>Crystal</i>		9:20a		Cardio Step <i>Rosario</i>
8:00a	Silver Sneakers <i>Jack / Classic(8:15-9am)</i>	Silver Sneakers <i>Rich / Circuit</i>		Silver Sneakers <i>Rich / Circuit</i>	Silver Sneakers <i>Lena / Classic(8:15-9)</i>	9:25a	Cardio Step <i>Jennifer</i>	
9:05a		LES MILLS BODYPUMP <i>Natasha / Alex</i>		LES MILLS BODYPUMP <i>Alex</i>		9:50a	Beginning Yoga <i>Lisa</i>	
9:15a	LES MILLS BODYPUMP <i>Natasha</i>		Gentle Yoga <i>Rhonda</i>		Butts & Guts <i>Natasha</i>	10:25a		Prenatal Yoga <i>Michelle</i>
9:30a	River Walking & Yoga / <i>Greta</i>		River Walking & Yoga / <i>Greta</i>		River Walking & Yoga / <i>Greta</i>	10:30a	Intro to Step <i>Jennifer</i>	
10:10a		TRX <i>Beth / Gym -50 min</i>		TRX <i>Beth / Gym -50 min</i>		10:55a	Core 30 min/ <i>Lisa</i>	
10:10a		Yoga / Pilates / Strength <i>Megan</i>		Yoga / Pilates / Strength <i>Megan</i>		11:35a		Baby & Me Yoga <i>Michelle</i>
10:30a	Shallow H2O Aerobics / <i>Greta</i>	Deep H2O Aerobics located at	Shallow H2O Aerobics / <i>Greta</i>	Deep H2O Aerobics located at	Shallow H2O Aerobics / <i>Greta</i>	3:30p		ZUMBA <i>Theresia**</i>
10:30a		<i>LaMont Does Pool at noon</i>	ZUMBA <i>**</i>	<i>LaMont Does Pool at noon</i>		= Located in Nyland Room = Located in the Pool = Located in the Gym = Located in Cycling Studio		
11:00a			Silver Sneakers <i>CardioFit / Mary Ann</i>		All Levels Yoga <i>Sarah</i>			
11:15a		Silver Sneakers <i>Liz / Classic (45 min)</i>		Silver Sneakers <i>Liz / Classic (45 min)</i>				
12:00p	LES MILLS BODYPUMP <i>Liz</i>	Deep H2O Aerobics <i>LaMont Does Pool</i>	LES MILLS BODYPUMP <i>Liz</i>	Deep H2O Aerobics <i>LaMont Does Pool</i>				
12:05p		All Levels Yoga <i>Sarah</i>	Group Cycling <i>Krisztina (12pm)</i>	Restorative Yoga (Relaxing) <i>Sarah</i>	HIIT - Michael <i>(12:15-12:45pm)</i>			
1:30p			Silver Sneakers <i>Yoga / Mary Ann(45min)</i>					
2:30p	Silver Sneakers <i>Yoga / Mary Ann(45min)</i>							
5:35p	LES MILLS BODYCOMBAT <i>Crystal / Alex</i>	LES MILLS BODYPUMP <i>Lonza / Alex</i>	LES MILLS BODYPUMP <i>Alex</i>	LES MILLS BODYPUMP <i>Natasha</i>	Slow Flow Yoga <i>Marin</i>			
6:00p	High Intensity H2O Aerobics / <i>Shari</i>		High Intensity H2O Aerobics / <i>Shari</i>					
6:40p	Cardio Step <i>Krisztina</i>	ZUMBA <i>Sheila**</i>	LES MILLS BODYCOMBAT <i>Alex</i>	ZUMBA <i>Theresia**</i>				
6:40p		Group Cycling <i>Krisztina</i>		Group Cycling <i>Jennifer</i>				
7:00p		Deep H2O Aerobics / <i>Molly</i>		Deep H2O Aerobics / <i>Amy</i>				
7:45p	Relaxing Yoga (Integral) <i>Vanessa</i>		Rigorous Yoga (Vinyasa) <i>Mark</i>					

Revised 07/17/2017



- 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, please 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!**