

Bob L. Burger Recreation Center

Drop In Fitness Schedule - May 2017

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:45a	Rise & Shine Yoga <i>Megan</i>	LES MILLS BODY PUMP <i>Lonza</i>	Rise & Shine Yoga <i>Megan</i>	LES MILLS BODY PUMP <i>Vanessa</i>	Rise & Shine Yoga <i>Megan</i>	7:15a 	LES MILLS BODY PUMP <i>Sonya / Alex</i>	
6:30a			Group Cycling will resume September 6th			8:10a 		LES MILLS BODY PUMP <i>Lonza</i>
6:30a	TRX Gerry ~50 min		TRX Rip Trainer Gerry ~ 50 min		TRX Gerry ~ 50 min	8:20a 	LES MILLS BODY COMBAT <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 BODY COMBAT <i>Crystal</i>		LES MILLS BODY COMBAT <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 BODY PUMP <i>Natasha / Alex</i>		LES MILLS BODY PUMP <i>Alex</i>		9:50a 	Beginning Yoga <i>Lisa</i>	
9:15a	LES MILLS BODY PUMP <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 / <i>Amy</i>	Shallow H2O Aerobics / <i>Greta</i>	Deep H2O Aerobics / <i>Amy</i>	Shallow H2O Aerobics / <i>Greta</i>	3:30p		ZUMBA <i>Theresia**</i>
10:30a			ZUMBA <i>Krista**</i>				= Located in Nyland Room	
11:00a			Silver Sneakers <i>CardioFit / Mary Ann</i>		All Levels Yoga <i>Sarah</i>		= Located in the Pool	
11:15a		Silver Sneakers <i>Liz / Classic (45 min)</i>		Silver Sneakers <i>Liz / Classic (45 min)</i>			= Located in the Gym	
12:00p	LES MILLS BODY PUMP <i>Liz</i>		LES MILLS BODY PUMP <i>Liz</i>				= Located in the Atrium Silver Sneaker Weight Circuit	
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>		= Located in Cycling Studio	
1:30p			Silver Sneakers <i>Yoga / Mary Ann(45min)</i>				• 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.	
2:30p	Silver Sneakers <i>Yoga / Mary Ann(45min)</i>						• No childcare available on Sundays • Reservations for Body Pump, Group Cycling and TRX Group Suspension will be taken 2 days in advance of each class.	
5:35p	LES MILLS BODY COMBAT <i>Crystal / Alex</i>	LES MILLS BODY PUMP <i>Lonza / Alex</i>	LES MILLS BODY PUMP <i>Alex</i>	LES MILLS BODY PUMP <i>Natasha</i>	Slow Flow Yoga <i>Marin</i>		• Reservations are held until 5 min. before the start of class and "no shows" will be given away to drop in participants.	
6:00p	High Intensity H2O Aerobics / <i>Shari</i>		High Intensity H2O Aerobics / <i>Shari</i>				• First time students, show up 5 minutes early for orientation with the instructor.	
6:40p	Cardio Step <i>Jennifer</i>	ZUMBA <i>Nina**</i>	LES MILLS BODY COMBAT <i>Alex</i>	ZUMBA <i>Theresia**</i>			• Check for the most updated schedule on the web at: www.cityoflafayette.com/recreation	
6:40p		Group Cycling <i>Krisztina</i>		Group Cycling <i>Jennifer</i>			*For reservations, please call the Recreation Center at 303-665-0469.	
7:00p		Deep H2O Aerobics / <i>Molly</i>		Deep H2O Aerobics / <i>Amy</i>			**There is an additional fee for these classes. Please register/pay at the front desk.	
7:45p	Relaxing Yoga (Integral) <i>Vanessa</i>		Rigorous Yoga (Vinyasa) <i>Mark</i>				Your first Zumba Class is FREE!	