

Bob L. Burger Recreation Center

Drop In Fitness Schedule - September 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>	
6:00a			Group Cycling will resume Oct 25th			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 Fall 2017
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>Kristina/Circuit</i>		Silver Sneakers <i>Kristina/Circuit</i>	Silver Sneakers <i>Michael/Classic 8:15</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		Kids & Family Yoga <i>Michelle/June</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>Nina**</i>				= Located in Nyland Room = Located in the Pool = Located in the Gym = Located in Cycling Studio = 1st & 3rd Sundays Monthly	
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>		LES MILLS BODYPUMP <i>Liz</i>					
12:05p		All Levels Yoga <i>Sarah</i>	Group Cycling <i>Kristina (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>	Starts Sept 8th →	Silver Sneakers <i>Yoga/Mary Ann(45min)</i>			
2:30p								
5:35p	LES MILLS BODYCOMBAT <i>Crystal/Alex</i>	LES MILLS BODYPUMP <i>Lonza/Alex</i>	LES MILLS BODYPUMP <i>Alex/Sonya</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>Kristina</i>	ZUMBA <i>Heather**</i>	LES MILLS BODYCOMBAT <i>Alex</i>	ZUMBA <i>Theresia**</i>				
6:40p		Group Cycling <i>Kristina</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/Ryan</i>	HIIT - Michael <i>(7:45-8:15pm)</i>	Rigorous Yoga (Vinyasa) <i>Mark</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.
- 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!



Revised 08/29/2017