Child Care Available

Bob L. Burger Recreation Center

Drop In Fitness Schedule - February 2017

Get your card for the FITGO Challenge!

	Monday	Tuesday	Wednesday	Thursday	Friday
5:45a	Rise & Shine Yoga *Megan*	LesMills BODYPUMP *Lonza*	Rise & Shine Yoga *Megan*	LesMills BODYPUMP *Vanessa*	Rise & Shine Yoga *Megan*
6:30a	Group Cycling *Tim*		Group Cycling *Lauren*		
6:30a	TRX Suspension Training *Gerry ~50 min*		TRX Rip Trainer *Gerry ~ 50 min*		TRX Suspension Training *Gerry ~ 50 min*
7:00a			NEW Yoga/Pilates/Strength *Megan*		
8:00a		LesMills BODYCOMBAT *Crystal*		LesMills BODYCOMBAT *Crystal*	
8:00a	Silver Sneakers *Jack/Classic (8:15)*	Silver Sneakers *Rich/Circuit*	Silver Sneakers *MaryAnn/Classic(8:15)*	Silver Sneakers *Rich/Circuit*	Silver Sneakers *Lena/Classic (8:15)*
9:05a		LesMills BODYPUMP *Natasha/Alex*		LesMills BODYPUMP *Liz*	
9:15a	LesMills BODYPUMP *Natasha*		Gentle Yoga *Rhonda*		Butts & Guts *Natasha*
9:30a	River Walking *Greta*		River Walking *Greta*		River Walking *Greta*
10:10a		TRX Suspension Training *Beth/Gym -50 min*		TRX Suspension Training *Beth/Gym -50 min*	
10:10a		*Yoga/Pilates/Strength Megan*		*Yoga/Pilates/Strength Megan*	
10:30a	Shallow H2O Aerobics/*Greta*	Deep H2O Aerobics/*Amy*	Shallow H2O Aerobics/*Greta*	Deep H2O Aerobics/*Amy*	Shallow H2O Aerobics/*Greta*
10:30a			ZUMBA Fitness *Krista***		
11:00a			Silver Sneakers *Mary Ann/CardioFit*		All Levels Yoga *Sarah*
11:15a		Silver Sneakers *Liz/Classic (45 min)*		Silver Sneakers *Liz/Classic (45 min)*	
12:00p	LesMills BODYPUMP *Liz*		LesMills BODYPUMP *Liz*		
12:05p		Flow & Sculpt *Sarah*	Group Cycling *Krisztina (12pm)*	Restorative Yoga (Relaxing) *Sarah*	***HIIT** - Michael (12:15-12:45pm)*
1:30p			Silver Sneakers *Yoga/Mary Ann*		
2:00p	Silver Sneakers *Weights/Mary Ann*				
5:35p	LesMills BODYCOMBAT *Crystal*	LesMills BODYPUMP *Lonza/Alex*	LesMills BODYPUMP *Alex*	LesMills BODYPUMP *Natasha*	Slow Flow Yoga *Marin*
6:00p	High IntensityH2O Aerobics/*Shari*		High IntensityH2O Aerobics/*Shari*		
6:40p	Cardio Step *Jennifer*	ZUMBA Fitness *Nina***	LesMills BODYCOMBAT *Crystal*	ZUMBA Fitness *Theresia***	
6:40p		Group Cycling *Tim*		Group Cycling *Tim*	
7:00p		Deep H2O Aerobics/*Molly*		Deep H2O Aerobics/Amy	
7:45p	Relaxing Yoga (Integral) *Vanessa*		Rigorous Yoga (Vinyasa) *Mark*		

	Saturday	Sunday
7:15a	LesMills BODYPUMP *Sonya/Alex*	
8:10a		LesMills BODYPUMP *Lonza*
8:20a	LesMills BODYCOMBAT *Sonya/Crystal*	Group Cycling *Tim (8:15am)*
9:00a	Flex & Stretch *45 min/Lisa*	
9:20a		Cardio Step *Rosario*
9:25a	Cardio Step *Jennifer*	
9:50a	Beginning Yoga *Lisa*	
10:25a		Prenatal Yoga *Michelle*
10:30a	Intro to Step *Jennifer*	
10:55a	Core Plus *30 min/Lisa*	
11:35a		Baby & Me Yoga *Michelle*
3:30p		ZUMBA Fitness *Theresia***

= Located in Multi Use Rms

= Located in the Pool

= Located in the Gym

= Located in the Atrium
Silver Sneaker Weight Circuit

= Located in Cycling Studio

- 60 minute classes, unless otherwise noted.
- Must be 15 years or order to attend class.
- Use your annual pass, punch card or pay the daily visit fee.
- 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.
- 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 upated 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 these classes. Please register/pay at the front desk. **Your first Zumba Class is FREE!

Lafayette RECREATION

Revised 01/26/2017

Get Ready To Play....

FITGO

FEB 7-28th

www.cityoflafayette.com/recreation