

# Bob L. Burger Recreation Center

## Drop In Fitness Schedule - May 2018

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:45a	Rise & Shine Yoga <i>Megan</i>	<b>LES MILLS BODYPUMP</b> <i>Lonza</i>	Rise & Shine Yoga <i>Megan</i>	<b>LES MILLS BODYPUMP</b> <i>Caitlin</i>	Rise & Shine Yoga <i>Megan</i>	7:15a	<b>LES MILLS BODYPUMP</b> <i>Sonya / Alex</i>	
6:00a			Cycle60 <i>Lauren</i>			8:10a		<b>LES MILLS BODYPUMP</b> <i>Lonza</i>
6:30a	<b>TRX</b> <i>Gerry ~50 min</i>		<b>TRX   Rip Trainer</b> <i>Gerry ~ 50 min</i>		<b>TRX</b> <i>Gerry ~ 50 min</i>	8:20a	<b>LES MILLS BODYCOMBAT</b> <i>Sonya / Crystal</i>	Cycle60 <i>Jackie</i>
7:00a			Yoga/Pilates/Strength <i>Megan</i>			9:00a	CORE (30 min) <i>June / Martha</i>	
8:00a		Silver Sneakers <i>Circuit / Krisztina</i>		Silver Sneakers <i>Circuit / Krisztina</i>		9:20a		
8:15a	Silver Sneakers <i>Classic / Jack (45m)</i>	<b>LES MILLS BODYCOMBAT</b> <i>Crystal (7:55-8:55)</i>		<b>LES MILLS BODYCOMBAT</b> <i>Crystal (7:55-8:55)</i>	Silver Sneakers <i>Classic / Michael (45m)</i>	9:20a		Cardio Step <i>Rosario</i>
9:00a		<b>LES MILLS BODYPUMP</b> <i>Natasha</i>	Cycle45 <i>Jill (45 min)</i>	<b>LES MILLS BODYPUMP</b> <i>Alex</i>		9:25a	Cardio Step <i>Jennifer</i>	
9:15a	<b>LES MILLS BODYPUMP</b> <i>Natasha</i>		Gentle Yoga <i>Anne</i>		Butts & Guts <i>Natasha (45 min)</i>	9:35a	All Levels Yoga <i>June / Martha</i>	
9:30a	River Walking & Yoga / <i>Greta</i>		River Walking & Yoga / <i>Greta</i>		River Walking & Yoga / <i>Greta</i>	10:25a		Prenatal Yoga <i>Michelle</i>
10:10a		<b>TRX</b> <i>Martha / Gym -50 min</i>		<b>TRX</b> <i>Martha / Gym -50 min</i>		10:30a	Intro to Step <i>Jennifer</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		<b>ZUMBA</b> <i>Theresa**</i>
10:30a			<b>ZUMBA</b> <i>Tonia**</i>				= Located in Nyland Room	
11:00a			Silver Sneakers <i>CardioFit / Andrea</i>		All Levels Yoga <i>Sarah</i>		= Located in the Pool	
11:20a		Silver Sneakers <i>Classic / Liz (45 min)</i>		Silver Sneakers <i>Classic / Liz (45 min)</i>			= Located in the Gym	
12:00p			Cycle60 <i>Krisztina</i>		Cycle60 <i>Krisztina</i>		= Located in Cycling Studio	
12:00p	<b>LES MILLS BODYPUMP</b> <i>Nancy</i>		<b>LES MILLS BODYPUMP</b> <i>Liz</i>				= 1st & 3rd Sundays Monthly	
12:15p		All Levels Yoga <i>Sarah</i>		Restorative Yoga (Relaxing) <i>Sarah</i>				
1:30p			Silver Sneakers <i>Yoga / Mary Ann(45min)</i>		Silver Sneakers <i>Yoga / Mary Ann(45min)</i>			
5:35p	<b>LES MILLS BODYCOMBAT</b> <i>Crystal</i>	<b>LES MILLS BODYPUMP</b> <i>Lonza / Alex</i>	<b>LES MILLS BODYPUMP</b> <i>Alex</i>	<b>LES MILLS BODYPUMP</b> <i>Natasha</i>	Slow Flow Yoga <i>Angie (5:15pm)</i>			
6:00p	High Intensity H2O Aerobics / <i>Shari</i>		High Intensity H2O Aerobics / <i>Shari</i>		NEW TIME!			
6:40p		<b>ZUMBA</b> <i>Tonia**</i>	<b>LES MILLS BODYCOMBAT</b> <i>Alex</i>	<b>ZUMBA</b> <i>Theresa**</i>				
6:40p		Cycle60 <i>Krisztina</i>		Cycle60 <i>Jennifer</i>				
7:00p		Deep H2O Aerobics / <i>Molly</i>		Deep H2O Aerobics / <i>Amy</i>				
7:45p	Yoga Flow <i>Ryan</i>	HIIT <i>Michael (30min)</i>	Yoga Flow <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](http://www.cityoflafayette.com/recreation)
  - For reservations, stop by the front desk or 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 4/30/2018

