

Bob L. Burger Recreation Center

Drop In Fitness Schedule - March 2018

	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>	LES MILLS BODYPUMP <i>Caitlin</i>	Rise & Shine Yoga <i>Megan</i>	7:15a	LES MILLS BODYPUMP <i>Sonya / Alex</i>	
6:00a			Cycle60 <i>Lauren</i>			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>	Cycle60 <i>Jackie*</i>
7:00a			Yoga/Pilates/Strength <i>Megan</i>			9:00a	CORE (30 min) <i>June /Martha</i>	Come for an hour of cycling or stay for two!
8:00a		Silver Sneakers <i>Circuit / Krisztina 45m</i>		Silver Sneakers <i>Circuit / Krisztina 45m</i>		9:20a		
8:15a	Silver Sneakers <i>Classic /Jack (45m)</i>	LES MILLS BODYCOMBAT <i>Crystal (7:55-8:55)</i>	Starts March 7th!	LES MILLS BODYCOMBAT <i>Crystal (7:55-8:55)</i>	Silver Sneakers <i>Classic /Michael (45m)</i>	9:20a		Cardio Step <i>Rosario</i>
9:00a		LES MILLS BODYPUMP <i>Natasha</i>	Cycle45 <i>Jill (45 min)</i>	LES MILLS BODYPUMP <i>Alex</i>		9:25a	Cardio Step <i>Jennifer</i>	
9:15a	LES MILLS BODYPUMP <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		TRX <i>Martha / Gym -50 min</i>		TRX <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		ZUMBA <i>Theresia**</i>
10:30a			ZUMBA <i>Nina**</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>Classic /Liz (45 min)</i>		Silver Sneakers <i>Classic /Liz (45 min)</i>			= Located in the Gym	
12:00p			Cycle60 <i>Alex (for Krisztina)</i>		Cycle60 <i>Alex (for Krisztina)</i>		= Located in Cycling Studio	
12:00p	LES MILLS BODYPUMP <i>Liz</i>		LES MILLS BODYPUMP <i>Nancy</i>				= 1st & 3rd Sundays Monthly	
12:15p		All Levels Yoga <i>Sarah</i>		Restorative Yoga (Relaxing) <i>Sarah</i>			<ul style="list-style-type: none"> *Sunday Group Cycling Reservations only for 8:20am start time. 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 upated schedule on the web at: 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. 	
1:30p			Silver Sneakers <i>Yoga / Mary Ann(45min)</i>		Silver Sneakers <i>Yoga / Mary Ann(45min)</i>		<p>Your first Zumba Class is FREE!</p>	
5:35p	LES MILLS BODYCOMBAT <i>Crystal</i>	LES MILLS BODYPUMP <i>Lonza / Various</i>	LES MILLS BODYPUMP <i>Alex</i>	LES MILLS BODYPUMP <i>Natasha</i>	Slow Flow Yoga <i>Marin</i>			
6:00p	High IntensityH2O Aerobics / <i>Shari</i>		High IntensityH2O Aerobics / <i>Shari</i>					
6:40p		ZUMBA <i>Tonia**</i>	LES MILLS BODYCOMBAT <i>Sonya / Crystal</i>	ZUMBA <i>Theresia**</i>				
6:40p		Cycle60 <i>Jackie (for Krisztina)</i>		Cycle60 <i>Jennifer</i>				
7:00p		Deep H2O Aerobics / <i>Molly</i>		Deep H2O Aerobics / <i>Amy</i>				
7:45p	Relaxing Yoga (Integral) <i>Mark (for Ryan)</i>	HIIT <i>Michael (30min)</i>	Rigorous Yoga (Vinyasa) <i>Mark</i>					