

# FALL 2022 Fitness Schedule

September 2022

**Fort Lupton Recreation Center**  
203 South Harrison Ave- 303.857.4200  
[www.fortluptonco.gov](http://www.fortluptonco.gov)

**Building Hours**  
Monday -Thursday 5:00am-9:00pm  
Friday- 5:00am-8:00pm  
Saturday & Sunday- 8:00am- 5:00pm



### DROP IN CHILD CARE

DAYS: Monday - Thursday 9:00am-11:00am

EVENINGS: Monday-Thursday 5:00pm-7:00pm

COST: Free with FLRC Membership

Or \$3.00 per hour/child for drop ins

AGE: 6 months -7 years (max 8 kids)

LOCATION:

### ROCK WALL

MONDAY with Orra & Jakkii 4:00-6:00pm

WEDNESDAY with Kacy 6:00-8:00pm

SATURDAY with Jakkii 11:30am-1:30pm

COME CLIMB WITH US!

(\$)- ADDITIONAL FEE REQUIRED

## Land Classes:

	Time	Instructor
Monday	5:30- 6:15am	Strong -Kacy
	9:00-9:45am	Silver Sneakers Classic- Helen
	10:00- 10:45am	Tabata Tone- Maribel
	10:00-10:40am	Story & Stretch - Ages 0-5 Helen
	12:10- 12:50pm	Legs for days -Lacie
	3:45-5:45pm	\$ Legacy School of Dance (see front desk)
	4:30-5:10pm	Youth Fit Moves -Jakkii ages 6-12 year olds
	5:30-6:00pm	Circuits on the track -Crystal *NEW*
	\$ 6:00-7:00pm	\$Boot Camp -Crystal (Free in September)
6:30-7:00pm	Beginner Barre -Orra *NEW*	
Tuesday	5:30- 6:15 am	Love to Cycle- Orra
	9:00- 10:00 am	Yoga- Helen
	10:00-10:45am	Barbell Blast -Maribel
	12:10-12:50pm	Tabata Tone -Lacie
	\$3:00-3:30pm	\$Sports Conditioning Mandy-ages 13 + ( Oct.)
	5:30-6:15pm	Cycle/Tone -Maribel
	6:30-7:00pm	Beginner Toatal Body -Maribel *NEW*
7:15-8:15pm	Candle Light Flow & Restore -Heather	
Wednesday	5:30-6:15 am	Stretch and Restore -Heather
	9:00-9:45 am	Silver Sneakers Classic- Lacie
	10:00-10:45am	Treadmill hills/intervals -Maribel/Lacie
	12:10-12:50pm	Arms, Abs and More -Jakkii
	1:00-4:00pm	Fitness on Demand - YOU CHOOSE!
	4:30-5:10pm	Youth Fit Moves -Jakkii ages 6-12 year olds
	5:30-6:00pm	Butts and Guts -Crystal
\$ 6:00-7:00pm	\$Boot Camp -Crystal (Free in September)	
6:30-7:00pm	Beginner Cycling -Mandy *NEW*	
Thursday	5:30-6:15 am	Cycle and More -Orra
	9:00-9:45am	Seniors on Weights -Lacie
	10:00-10:45am	Cycle Tone -Maribel
	12:10- 12:50pm	Cycle and More- Kacy
	\$ 3:00-3:30pm	\$Sports Conditioning - Mandy ages 13 + ( Oct.)
	5:30-6:15pm	Circuit Training 365 -Mandy
	6:30-7:00 pm	Tabata Tone -Mandy *NEW*
7:00 -7:30pm	Stretch and Foam Roll -Mandy	
Friday	5:30-6:15 am	Kickboxing -Kacy
	9:00-9:45 am	Silver Sneakers Yoga- Helen
	10:00-11:00 am	Weight Room Workout -Maribel
	10:00-11:00 am	Deep Stretch-Helen
	\$ 11:00-12:00pm	\$ PE at the Rec -Lacie/Jakkii ages 6-12 (Oct)
	12:10-12:45pm	Vinyasa Yoga -Helen
Saturday	9:00-10:00am	Yoga with Heather
	10:15-11:00am	Tabata Tone -Jakkii *NEW*
	11:30-2:30pm	Rock Wall Climb With Jakkii *NEW*
Sunday	8:15-9:00am	Love to Cycle- Kacy *NEW*

## WATER CLASSES:

Day	Time	Class
Mon	8:00-8:45am	Water Fitness
Tue	5:30-6:15am	Advanced Water Fitness
	8:00-8:45am	Water Fitness
	6:00-6:45pm	Water Fitness
Wed	8:00-8:45am	Water Fitness
Thur	8:00-8:45am	Water Fitness
	6:00-6:45pm	Water Fitness
Fri	5:30-6:15am	Advanced Water Fitness
	8:00-8:45am	Water Fitness
	6:00-6:45pm	Water Fitness *NEW*