

MONDAY:

- 6:00-6:45am- Tabata Cycle (9 per class) Lacie
- 9:00-9:45am- Upper-body Tone (9 per class) Maribel
- 12:10-12:50pm Legs for Days (9 per class) Lacie
- 6:00-6:45pm Hard Core (9 per class) Mandy

TUESDAY:

- 9:00am- Cycle Only (9 per class) Maribel
- 12:10-12:50pm- HIIT (9 per class) Crystal
- 6:00-6:45pm-Tabata (9 per Class) Lacie

WEDNESDAY:

- 6:00-6:45am- Total Body Tone (9 per Class) Mandy
- 9:00-9:45am-Legs for Days (9 per class) Maribel
- 12:10-12:50pm-Pure Cycle (9 per class) Lacie
- 6:00-6:45pm Upper Body Tone- Crystal

THURSDAY:

- 9:00-9:45am- Cycle & More (9 per class) Maribel
- 12:10-12:50pm- Bar Bell Blast (9 per class) Lacie
- 6:00-6:45pm- Pure Cycle (9 per class) Mandy

FRIDAY:

- 6:00-6:45am- Cycle N Roll (9 per class) Mandy/Lacie

Please visit fortluptonco.gov to learn more about all Fort Lupton Recreation Center guidelines prior to visiting.