



Please register for class at Mountainrec.org
 Group fitness classes for June will remain outdoors

JUNE CLASSES GYPSUM

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	Fury Tom		Fury Jeff		Fury Jenn/Lydia	
7:30AM	Fury Jenn/Lydia	Fury Strength Jessica	Fury Jenn/Lydia	Fury Strength Jessica	Fury Jessica	
9:30AM				9:15AM Zumba Endah		Zumba Endah
10:30AM		Gentle Yoga Kevin		Gentle Yoga Kevin		
5:30PM			Pound Claire			
6:00PM		Spin Rotating Instructors	Spin Rotating Instructors	Spin Rotating Instructors		
6:30PM			Step Claire			

On Turf: All Fury class sessions will be held on the upper Turf above the Gypsum Recreation Center.

On Stage: Zumba, Yoga, Step, Spin, Pound will be held on the Lundgren Amphitheater stage.

Things to keep in mind for group fitness classes:

Please arrive 5-10 minutes before the start of class so class can start promptly

Registration is required to attend class

June classes will not require a mask but social distancing is still mandated (6 feet apart, no sharing of equipment)

Class sizes will be limited to 14 students and 1 instructor (15 total)

Please bring your own water bottle, towel and yoga mat for classes