



Fitness classes are included in membership & \$10 for drop-in
Please check location of class before attending

JULY CLASSES GYPSUM

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	Fury Tom Turf		Fury Jeff Turf		Fury Jenn/Lydia Turf	
7:30AM	Fury Jenn/Lydia Turf		Fury Jenn/Lydia Turf		Fury Jenn/Lydia Turf	
9:00AM	Dance & Weights Jeanne Stage		Balance & Weights Jeanne Stage <i>Starts July 8th</i>	Zumba Endah Stage		Zumba Endah Stage
10:00AM	10:15AM Yoga Kevin Stage	Water Aerobics Norma Pool <i>Starts July 14th</i>	10:15AM Yoga Kimber Stage	Water Aerobics Norma Pool <i>Starts July 16th</i>	10:15 AM Yoga Kimber Stage	
5:30PM			Pound Claire Basketball court			
6:00PM	HIIT Shila Turf	Spin Rotating Instructors Stage		Spin Rotating Instructors Stage		
6:30PM			Step Claire Basketball court			

Water Aerobics: Due to the size of the pool and social distancing Water Aerobics will still REQUIRE registration to be able to attend. Class size is capped at 12 participants. To reserve your spot please visit Mountainrec.org or call the front desk of the Gypsum Recreation Center.

Things to keep in mind for group fitness classes:

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

Masks are not required while exercising indoors/outdoors but are required at all other times (at front desk, restrooms, etc.)

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