



Fitness classes are included in membership & \$10 for drop-in
Reservations required at MountainRec.org

OCTOBER CLASSES GYPSUM

| TIMES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|--|---|--|---|---|---|
| 5:30AM | Fury Tom Indoor Fury Space | | Fury Jeff Indoor Fury Space | | Fury Jenn/Lydia Indoor Fury Space | |
| 8:00AM | Fury Jenn/Lydia Indoor Fury Space | | Fury Jenn/Lydia Indoor Fury Space | | Fury Jenn/Lydia Indoor Fury Space | |
| 9:00AM | Dance & Weights Jeanne Fitness Studio | | Balance & Weights Jeanne Fitness Studio | Zumba Endah Community Room | | Zumba Endah Community Room |
| 10:00AM | 10:15AM Yoga Elizabeth Community Room | Water Aerobics Norma Pool | 10:15AM Yoga Kimber Fitness Studio | Water Aerobics Norma Pool | 10:15AM Yoga Kimber Community Room | |
| 5:30PM | | | Pound Claire Basketball court | | | |
| 6:00PM | HIIT Shila Indoor Fury Space | Spin Rotating Instructors Indoor Spin Studio | | Spin Rotating Instructors Indoor Spin Studio | | |
| 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 limited to 20 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

All fitness classes are being moved indoors and masks are required to be worn at all times, including during physical activity

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