



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

SEPTEMBER CLASSES GYPSUM

| TIMES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|---|--|---|--|---|--------------------------------|
| 5:30AM | Fury Tom Turf | | Fury Jeff Turf | | Fury Jenn/Lydia Turf | |
| 8:00AM | Fury Jenn/Lydia Turf | | Fury Jenn/Lydia Turf | | Fury Jenn/Lydia Turf | |
| 9:00AM | Dance & Weights Jeanne Stage | | Balance & Weights Jeanne Stage | Zumba Endah Stage | | Zumba Endah Stage |
| 10:00AM | 10:15AM Yoga Elizabeth Stage | Water Aerobics Norma Pool | 10:15AM Yoga Kimber Stage | Water Aerobics Norma Pool | 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 limited to 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 required for indoor group fitness classes

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