



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

FITNESS CLASSES GYPSUM

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM	Fury Tom Indoor Fury Space		Fury Jeff Indoor Fury Space	Spin Rotating Instructors Indoor Spin Studio	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 Fitness Studio		Zumba Endah Fitness Studio
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			Zumba Claire Basketball court			
6:00PM	HIIT Shila Indoor Fury Space	Spin Rotating Instructors Indoor Spin Studio				
6:30PM						

Water Aerobics and Fitness Classes: Due to the size of the pool, classrooms, and social distancing, ALL CLASSES will still REQUIRE registration to be able to attend. 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 held 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