



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

FITNESS CLASSES GYPSUM

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM	Fury Tom		Fury Jeff	Spin Rotating Instructors	Fury Jenn/Lydia	
8:00AM	Fury Jenn/Lydia		Fury Jenn/Lydia		Fury Jenn/Lydia	Spin 8:30 am Rotating Instructors
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 Fitness Studio	Water Aerobics Norma Pool	10:15AM Yoga Elizabeth Fitness Studio	Water Aerobics Norma Pool	10:15AM Yoga Kimber Fitness Studio	
5:30PM			Pound Claire Fitness Studio			
6:00PM	HIIT Shila	Spin Rotating Instructors				
6:30PM						

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 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