Fitness Class Schedule April 2013

City of Fort Collins Recreation

Northside Aztlan Community Center 112 E. Willow St. 970-221-6256

Monday

Class	Room	Time	Instructor
CrossTrain	G3	6:15-7:15 a	Kevin
Spinning	R	6:30-7:30a	Darcy
P90X	J	7:00-8:00 a	Kelly
Senior Drop-in BB	G1/2	8:00-10:00a	N/A
Strength Training	WR/ R	8:30-9:30a	Dominic
Lose to Win	R	9:30-10:30a	Dominic
Silver Sneakers	J	11a-12p	Walter/Sheri
CrossTrain	G3	12-1p	Megan
Spin & Tone	R	12:10-1:10p	Liane
Beg. Clogging	J	5:30-6:30p	Jan
Spin & Tone	R	5:30-6:30p	Colleen/Holly
Youth Boxing	R	6:30-7:30p	Toney
Fitness Boxing	R	7:30-8:30p	Toney
Aikido	J	6:30-8:30p	Victor

Tuesday

Class	Room	Time	Instructor
Spin & Tone	R	6:15-7:15 a	Tee
TRX Body Blast	G3	6:30-7:30 a	Tess
Drop in Badminton	G3	8-11a	N/A
Strength Training	J	9:15-10:10a	Dominic
Strong Women	J	10:30-11:30a	Aspen Club
Drop-In Boxing	R	10:30-11:30	N/A
TRX Body Blast	G3	11:15-12:15p	Wendy
TRX Body Blast	G3	12:15-1:15p	Wendy
Drop in B-Ball	G1/2	12:00-2:00p	N/A
Strength & Tone	J	12:10-12:55p	Walter
Tri-Planer Pilates	J	1:00-2:00p	Becca
Drop-In Boxing	R	3:30-5:30p	N/A
Slow Flow Hatha Yoga	J	5:00-6:00p	Nina
R.I.P.P.E.D	J	6:15-7:15p	Maureen
Vinyasa Yoga	R	3:30-7:30p	Megan

Wednesday

Class	Room	Time	Instructor
CrossTrain	G3	6:15-7:15 a	Kevin
Spinning	R	6:30-7:30a	Darcy
P90X	J	7:00-8:00a	Kelly
Senior Drop-in BB	G1/2	8:00-10:00a	N/A
Strength Training	WR/R	8:30-9:30a	Dominic
Lose to Win	R	9:30-10:30a	Dominic
Silver Sneakers	J	11:00a-12:00p	Walter/Sheri
CrossTrain	G3	12:00-1:00p	Megan
Spin & Tone	R	12:10-1:10p	Liane
Slow Flow Hatha	J	4:00-5:00p	Nina/Jennie
Pilates Advanced	J	5:15-6:00p	Becca
Beg. Clogging	J	5:30-6:30p	Jan
Spin & Tone	R	5:30-6:30p	Colleen/Holly
Zumba	E123	6:15-715 p	Alexandra
Youth Boxing	R	6:30-7:30p	Toney
Fitness Boxing	R	7:30-8:30p	Toney

Thursday

Class	Room	Time	Instructor
Spin & Tone	R	6:15-7:15a	Tee
TRX Body Blast	G3	6:30-7:30 a	Tess
Drop in Badminton	G3	8-11a	NA
Strength Training	J	9:15-10:10a	Dominic
Strong Women	J	10:30-11:30a	Aspen Club
Drop-In Boxing	R	10:30-11:30a	N/A
TRX Body Blast	G3	12:00-1:00p	Wendy
Drop in B-Ball	G1/2	12:00-2:00p	N/A
Strength & Tone	J	12:10-12:55p	Walter
Tri-Planer Pilates	J	1:00-2:00pm	Becca
Drop-In Boxing	R	3:30-5:30 p	N/A
Zumba	G1	6:15-7:15 p	Dianne
R.I.P.P.E.D.	J	6:15-7:15p	Maureen
Aikido	R	6:30-8:30p	Victor

Friday

Class	Room	Time	Instructor
CrossTrain	G3	6:15-7:15 a	Kevin
P90X	J	7:00-8:00 a	Kelly
Senior Drop-in BB	G1/2	8:00-10:00a	N/A
Strength Training	WR/ R	8:30-9:30a	Dominic
Lose to Win	R	9:30-10:30a	Dominic
CrossTrain	G3	12:00-1:00p	Megan

Saturday

Class	Room	Time	Instructor
TRX	R	8-9 a	Megan

Sunday

Class	Room	Time	Instructor
Zumba	G1-3	3:30-4:30p	Debbie

G 1/2/3 = Gym 1-3	**R = Rabbit Room**
WR = Weight Room	**J = Jaguar Room**
E 1/2/3 = Eagle Room 1-3	**M 1/2/3 = Monkey Room 1-3**

All classes are subject to change. For best rate, registration is recommended for all classes. See Recreator for more details. Drop-in fee is $5.50 per class.

The City of Fort Collins will make reasonable accommodations for access to City services, programs and activities. For accessibility assistance, call 970.224.6027 or email rlee@fcgov.com.