

WORKOUT FOR CONFIDENCE Strength & a Happy you...

WORKOUT FOR FREE!

This summer you can try unlimited 30 minute fitness classes for FREE at the Northside Aztlan Community Center. Stop by or visit us online to register. Class sizes are limited and more classes are available online.

R.I.P.P.E.D	Wednesday, May 21	6-6:30pm
Power Vinyasa	Wednesday, May, 28	8:30-9am
TRX	Tuesday, June 3	6:30-7pm
Pilates	Friday, June 6	8-8:30am
Slow Flow Hatha Yoga	Tuesday, June 10	8:30-9am
Spinning	Thursday, June 12	6:15-6:45pm
Kettlebells 101	Wednesday, June 18	6:15-6:45pm
CrossTrain	Saturday, June 21	11:30-12pm
Pilates	Tuesday, June 24	8:15-8:45pm
Zumba	Saturday, June 28	12:00-12:30pm
Strength & Tone	Wednesday, July 9	12-12:30pm
Cross Train	Tuesday, July 15	8-8:30am
Spinning	Wednesday, July 16	10-10:30am
Zumba	Tuesday, July 22	12-12:30pm
Lose to Win	Tuesday, July 29	7:15-7:45am
Aikido	Thursday, July 31	6:30-7:30pm
ZUMBA	Tuesday, Aug. 5	6:15-6:45pm
Insanity	Thursday, Aug. 7	8:15-8:45am
TRX	Monday, Aug. 11	7:30-8am
Family Yoga	Thursday, Aug. 14	6:30-7pm
Spin & Tone	Monday, Aug. 25	7:30-8am
Yoga	Friday, Aug. 29	4:30-5pm
Strength Training	Tuesday, Sept. 2	6:15-7pm
Slow Flow Hatha Yoga	Tuesday, Sept. 9	8-8:30am
TRX	Wednesday, Sept. 10	4:45-5:15pm
Zumba	Tuesday, Sept. 16	12-12:30pm

Northside Aztlan Community Center
112 Willow St, Fort Collins
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fcgov.com/fitness