COMING FALL 2014

	NEW & ADDITIONAL FITNESS CLASSES	Day & Time	Location
1	30 Minute Toning	M, W: 1pm	NACC
2	30 Day Challenge	Monthly	NACC
3	Barre Fitness	M & W: 9am M & W: 1pm	NACC NACC
4	Bollywood Dance	Tu: 6:30pm	NACC
5	Cross Train	M & W: 12pm	NACC
6	Family Yoga	M, W: 7pm	NACC
7	Insanity	Tu & Th: 4-5pm	NACC
8	Kettle Bells 101	M & W: 8am	NACC
9	Mat Pilates	M: 5:30pm	NACC
10	M.E.T. Metabolic Exercise Training	M & W: 5:30pm Tu & Th: 7am	NACC NACC
11	Restorative Yoga	M & W 12pm	NACC
12	R.I.P.P.E.D.	M, W 5:30pm	NACC
12	Spin – Quick Ride	M, W & F: 12:15pm	NACC
13	Spin & Tone	Tu & Th: 4:30pm	NACC
14	Spin – T.V. Series	Th: 6:30pm	NACC
15	Spinning (New Day & time)	Tu & Th: 8:30am	NACC
16	TRX Body Blast	M, W & F: 6:30am M & W: 6:30pm	NACC NACC
17	TRX Kettle Bell Combo	Tu & Th: 8am	NACC
18	Weight Room Orientation - Adult	M, W: 6:30pm Tu, Th: 8am	NACC NACC
19	Weight Room Orientation – Youth	M, W: 5:30pm Tu, Th: 6:30pm	NACC NACC
20	Yoga Flow	M,W, F: 7am W:7:30pm	NACC NACC
21	Yoga & Meditation	Tu & Th: 9am Sat: 10am	NACC NACC
22	Zumba (Does not include Vida Sana Pass)	Tu & Th: 10am	Qdoba Event Center

For more information on fitness classes & training look for our Fall Recreator or check us out online: Fcgov.com/fitness

City of Fort Collins Recreation