# Fitness Drop-in November

11/18/2015

Schedule subject to change.

| NO CLASSES THURSDAY, NOVEMBER 26 THANKSGIVING DAY | | | | | |
|---|---|---|---|---|---|
| **East Boulder Community Center 5660 Sioux Dr. 303-441-4400** | | | | | |
| The Ride! | | Aerobics | M/W | 8:50-9:50 AM | Jennifer |
| The Ride! | | Aerobics | M/W | 6:00-7:00 AM | Alexia |
| The Ride! | | Aerobics | T/TH | 8:50-9:50 AM | Jessica |
| The Ride! | | Aerobics | T/TH | 5:30-6:30 PM | Carol |
| AB LAB | | Aerobics | W | 6:15-7:00 PM | Carol |
| 30/30 spin and weights | | Aerobics | F | 8:50-9:50 AM | Andrew |
| Boulder Lift | | Gym | T/Th | 8:30-9:30 AM | Dora **Dance Rm 11/24** |
| Boulder Lift | | Gym | M/W | 9:00-10:00 AM | Dora **Dance Rm 11/11, 11/23, 11/25** |
| Total Body Fitness | | Gym | Fri | 9:00-10:00 AM | Ignacio |
| Hard Core | | Aerobics | M | 5:00-6:00 PM | Dora |
| CARVE | | Gym | Sat | 8:00-9:00 AM | Dora |
| CARVE | | Gym | Sat | 9:00-10:00 AM | Dora |
| CARVE | | Aerobics | W/F | 5:00-6:00 PM | Dora |
| CARVE | | Aerobics | T/Th | 6:30-7:30 AM | Dora |
| Sports Conditioning | | Gym | T/Th | 6:15-7:00 AM | Alexia |
| MRT (Metabolic Resistance Training) | | Aerobics | T/TH | 6:45-7:30 PM | Jessica |
| Fitness for Life | | Aerobics | T | 1:30-2:30 PM | Carmela |
| Aqua Core | | Pool | M/W | 2:00-3:00 PM | Anitta |
| Aqua Fit | | Pool | M/W/F | 8:00-9:00 AM | Andrea |
| Hydro Drive Aquatic Sampler | | Pool | M/W | 6:15-7:15 PM | Anthony |
| Water Fitness Aqua Motion | | Pool | M/W/F | 9:15-10:15 AM | Soraya M/F Ellie W **Fri 9-10 am** |
| Twinges and Hinges | | Pool | T/F | 9:30-10:30 AM | Jen H |
| **North Boulder Recreation Center 3170 Broadway 303-413-7260** | | | | | |
| Total Body Fitness | | Multi | M/F | 7:15-8:15 AM | Carol |
| Barre Fusion | | Dance | W | 7:15-8:15 AM | Carol |
| MRT (Metabolic Resistance Training) | | Gym | T/Th | 7:45-8:45 AM | Andrew |
| CARVE | | Multi | M/W | 12:00-1:00 PM | Carol/Jennifer |
| Pure Step | | Multi | T/Th | 12:00-1:00 PM | Jennifer B |
| Fitness for Life | | Gym | M/W/F | 7:30-8:30 AM | Dora/Dora/Heather |
| Fitness for Life | | Gym | M/W/F | 10:30-11:30 AM | Jennifer P |
| Barbell Circuit | | Gym | T/TH | 5:30-6:15 PM | Andrew |
| H.I.I.T. **FOR SKI CONDITIONING** | | Gym | M/W | 5:30-6:15 PM | Jennifer B |
| Water Fitness Aqua Motion | | Lap Pool | T/TH | 8:00-9:00 AM | Jennifer P |
| Water Fitness Aqua Motion | | Lap Pool | M/W/F | 9:00-10:00 AM | Jennifer/Ellie **No class 11/27** |
| Hard Core | | Multi | F | 12:00-1:00 PM | Dora |
| Barbell Circuit | | Multi | Sat | 8:30-9:30 AM | Andrew |
| Aquatic Zumba | | Lap Pool | T | 5:45-6:45 PM | Jackie |
| Pre/Post Natal Aqua Fit | | Lap Pool | M | 7:00-8:00 PM | Erin |
| **South Boulder Recreation Center 1360 Gillaspie 303-441-3448** | | | | | |
| Total Body Fitness | | Gym | T/Th | 8:50-9:50 AM | Jennifer B |
| Barre Fusion | | Dance | W | 10:30-11:30 AM | Carol |
| Total Body Fitness | | Gym | Sat | 8:30-9:30 AM | Ignacio |
| Sports Conditioning | | Gym | M/W/F | 12:00-1:00 PM | Tom/Daryl/Joe |
| Hydro Dynamics | | Pool | T/Th | 12:30-1:30 PM | Anitta/Ellie |

***Minimum age to participate in all Fitness drop-in classes is 15.***

Updated schedules can be found online at our new website: www.BoulderParks-Rec.org

Questions? Email Jennifer at bergquistj@bouldercolorado.gov