

Fitness Classes

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>344228 <i>Power Sculpt</i> 7:45 - 8:45 AM Deanne Bugos</p>	<p>541228 <i>Liquid Fitness</i> 8:00 - 9:00 AM Susan Meddick pool</p>	<p>344608 <i>Spin-Strength-Stretch</i> 7:45 - 8:45 AM Sue Seeman</p>	<p>344228 <i>Power Sculpt</i> 7:45 - 8:45 AM Deanne Bugos</p>	<p>344018 <i>IM=X Pilates®</i> 8:00 - 9:00 AM Mary Orear</p>	<p>344918 <i>Yoga Fusion</i> 8:00 - 9:00 AM Christina Russell</p>
	<p>344218 <i>Boot Camp</i> 9:00 - 10:00 AM Cindy Voll</p>	<p>344338 <i>Mat Pilates</i> 8:00 - 9:00 AM Paige Walker</p>	<p>344038 <i>Step Class</i> 9:00 - 10:00 AM Cindy Voll</p>	<p>344158 <i>Rock Bottom</i> 9:00 - 10:00 AM Cindy Voll</p>	<p>344038 <i>Step Class</i> 9:00 - 10:00 AM Cindy Voll</p>
<p>551208 <i>Silver Sneakers® Splash</i> 9:15 - 10:00 AM Susan Meddick</p>			<p>551208 <i>Silver Sneakers® Splash</i> 9:15 - 10:00 AM Susan Meddick</p>		<p>354208 <i>Progressive Strengthening</i> 9:15 - 10:15 PM Corla Harrison</p>
<p>354718 <i>Silver Sneakers® Circuit</i> 10:15 - 11:15 AM Cindy Voll</p>	<p>354418 <i>Silver Sneakers® Classic</i> 10:15 - 11:15 AM Cindy Voll</p>	<p>354418 <i>Silver Sneakers® Classic</i> 10:15 - 11:15 AM Corla Harrison</p>	<p>354318 <i>Silver Sneakers® Yoga</i> 10:15 - 11:15 AM Cindy Voll</p>	<p>354418 <i>Silver Sneakers® Classic</i> 10:15 - 11:15 AM Corla Harrison</p>	
		<p>Comp Center 4:00 - 5:00 PM</p>		<p>344708 <i>Cardio Sculpt</i> 12:15 - 1:15 PM Cindy Voll</p>	
<p>344528 <i>Kung Fu/Tai Chi Practice</i> 5:30-7:30pm Parker Thompson</p>	<p>344898 <i>Summer Conditioning</i> 5:30 - 6:30 PM John Florkiewicz</p>	<p>344178 <i>Spin & Sculpt</i> 5:30 - 6:30 PM Courtney Hornberger</p>	<p>344838 <i>Butts & Guts</i> 5:30 - 6:30 PM Courtney Hornberger</p>	<p>344528 <i>Kung Fu/Tai Chi Practice</i> 5:30-7:30pm Parker Thompson</p>	

FITNESS SCHEDULE - AUGUST

Child Watch Hours: Mon - Fri 8:00 AM - 12:00 PM, Sat 9 AM - 1 PM, & Sun 10:00 AM - 2:00 PM

Grand Park Community Recreation Center - 1 Main Street, Fraser, CO 80442 - (970) 726-8968 - fraservalleyrec.org

