



FITNESS DECEMBER

Monday	7:45 - 8:45 AM	8:00 - 9:00 AM	9:00 - 10:00 AM	9:15 - 10:00 AM	10:15 - 11:15 AM	5:30 - 6:30 PM	5:30 - 7:30 PM
	Power Sculpt Deanne Bugos Group Fit Room	Liquid Fitness Susan Meddick Pool	Boot Camp Cindy Voll Group Fit Room	Silver Sneakers® Splash Susan Meddick Pool	Silver Sneakers® Circuit Cindy Voll Group Fit Room	Winter Conditioning John Florkiewicz gym	Kung Fu/Tai Chi Practice Parker Thompson Group Fit Room
Tuesday	7:45 - 8:45 AM	8:00 - 9:00 AM	9:00 - 10:00 AM	10:15 - 11:15 AM	4:30 - 5:30 PM	5:45-6:45 pm	
	Cyclemania Deanne Bugos Group Fit Room	Mat Pilates Paige Walker Gymnastics area	Cardio Sculpt Cindy Voll Group Fit Room	Silver Sneakers® Classic Cindy Voll Group Fit Room	Ring of Fire Jules Sheldon Group Fit Room	Flex-Ability Jules Sheldon Group Fit Room	
Wednesday	7:45 - 8:45 AM	8:00- 9:00 AM	9:00 - 10:00 AM	9:15- 10:00 AM	10:15-11:15 AM	4:00-5:00 PM	5:30 - 6:30 PM
	Spin-Strength-Stretch Sue Seeman Group Fit Room	Liquid Fitness Susan Meddick Pool	Step Class Cindy Voll Group Fit Room	Silver Sneakers® Splash Susan Meddick Pool	Silver Sneakers® Classic Corla Harrison Group Fit Room	Comp Center Group Fit Room	Spin & Sculpt Courtney Hornberger Group Fit Room
Thursday	7:45 - 8:45 AM	8:00 -9:00 AM	9:00 - 10:00 AM	10:15 - 11:15 AM	5:30 - 6:30 PM		
	Power Sculpt Deanne Bugos Group Fit Room	IM=X Pilates® Mary Orear Gymnastics area	Rock Bottom Cindy Voll Group Fit Room	Silver Sneakers® Yoga Cindy Voll Group Fit Room	Butts & Guts Courtney Hornberger Group Fit Room		
Friday	8:00 - 9:00 AM	9:15 -10:15 AM	9:15 - 10:15 PM	10:15 - 11:15 AM	12:15 - 1:15 PM	5:30-7:30 PM	
	Yoga Fusion Christina Russell Group Fit Room	Silver Sneakers® Splash Suzi Morrow Pool	Progressive Strengthening Corla Harrison Group Fit Room	Silver Sneakers® Classic Corla Harrison Group Fit Room	Cardio Sculpt Cindy Voll Group Fit Room	Kung Fu/Tai Chi Practice Parker Thompson Group Fit Room	
Saturday	7:45 - 8:45 AM	9:00 - 10:00 AM	No Classes Christmas Day 12/25 Child Watch Hours: Mon - Fri 7:45 AM - 11:45 AM, Sat 9 AM - 1 PM, & Sun 10:00 AM - 2:00 PM, Mon 5:00 pm - 8:00 pm Grand Park Community Recreation Center - 1 Main Street, Fraser, CO 80442 - (970) 726-8968 - fraservalleyrec.org				
	Spin Circuit Deanne Bugos Group Fit Room	Step Class Cindy Voll Group Fit Room					
Sunday	10:30 - 11:30AM	 					
	Step Class Cindy Voll Group Fit Room						