Fitness Classes November 2019

No Classes Thanskgiving Day 11/28

	Monday		Tuesday		Wednesday		Thursday		Friday	Saturday
6:00 AM					444071 **Down N' Gritty** **6:05 - 6:50 AM** Katie Hardie *Group Fit Room*					
8:00 AM	444221 **Power Sculpt** **7:45 - 8:45 AM** Deanne Bugos *Group Fit Room*	**441221** ***Liquid Fitness*** **8:00 - 9:00 AM** Susan Meddick *pool*	444111 ***Cyclemania*** **7:45 - 8:45 AM** Deanne Bugos *Group Fit Room*	444331 ***Mat Pilates*** **8:00 - 9:00 AM** Paige Walker *gymnastics*	444601 ***Spin-Strength-Stretch*** **7:45 - 8:45 AM** Sue Seeman *Group Fit Room*	441221 ***Liquid Fitness*** **8:00- 9:00 AM** Susan Meddick *Pool*	444221 ***Power Sculpt*** **7:45 - 8:45 AM** Deanne Bugos *Group Fit Room*	444011 ***IM=X Pilates®*** **8:00 -9:00 AM** Mary Orear *gymnastics*	444911 ***Yoga Fusion*** **8:00 - 9:00 AM** Christina Russell *Group Fit Room*	444181 ***Spin Circuit*** **7:45 - 8:45 AM** Deanne Bugos/ Katie Hardie *Group Fit Room*
9:00 AM	451201 ***Silver Sneakers® Splash*** **9:15- 10:00 AM** Susan Meddick *Pool*	444810 - M1 **Ski Conditioning** **9:00 - 10:15 PM** John Florkiewicz *Gymnasium* *see below**	241205 ***SUP Yoga*** **9:00 - 10:00 AM** Emily Kuderer *Pool*		451200 ***Silver Sneakers® Splash*** **9:15- 10:00 AM** Susan Meddick *Pool*	444030 **Cardio Sculpt & Step** **9:00 - 10:00 AM** Cindy Voll *Group Fit Room*	241205 ***SUP Yoga*** **9:00 - 10:00 AM** Dana Dralle *Pool*		451201 ***Silver Sneakers® Splash*** **9:15 -10:15 AM** Suzi Morrow *Pool*	
10:00 AM	454711 ***Silver Sneakers® Circuit*** **10:15- 11:15AM** Cindy Voll *Group Fit Room*		454411 ***Silver Sneakers® Classic*** **10:15 - 11:15 AM** Cindy Voll *Group Fit Room*		454411 ***Silver Sneakers® Classic*** **10:15 - 11:15 AM** Corla Harrison *Group Fit Room*	444810 - M1 **Ski Conditioning** **9:00 - 10:15 PM** John Florkiewicz *Gymnasium* *see below**	454311 ***Silver Sneakers® Yoga*** **10:15 - 11:15 AM** Cindy Voll *Group Fit Room*		454411 ***Silver Sneakers® Classic*** **10:15 - 11:15 AM** Corla Harrison *Group Fit Room*	
12:00 PM	444061 **Arms, Core & More** **12:15 - 1:15 PM** Katie Hardie *Group Fit Room*		444311 ***Yoga for Everyone*** **12:15 -1:15 PM** Sudi Newcomer *Group Fit Room*				444371 ***Barre Fitness*** **12:15 - 1:15 PM** Christina Russell Group Fit Room			
5:00 PM		444810 -M2 **Ski Conditioning** **5:00 - 6:15 PM** John Florkiewicz *Gymnasium* *see below**		444041 **Ring of Fire** **5:00 - 6:00 PM** Jules Sheldon *Group Fit Room*		444810 -M2 **Ski Conditioning** **5:00 - 6:15 PM** John Florkiewicz *Gymnasium* *see below**				
5:30 PM	444521 **Kung Fu/Tai Chi Practice** **5:30-7:30pm** Parker Thompson *Group Fit Room*		444810 -T1 ***Ski Conditioning*** 5:30 - 6:45 PM John Florkiewicz *Gymnasium* *see below**		444171 ***Spin & Sculpt*** **5:30 - 6:30 PM** Courtney Hornberger *Group Fit Room*		444831 ***Butts & Guts*** **5:30 - 6:30 PM** Courtney Hornberger *Group Fit Room*	444810 -T1 **Ski Conditioning** **5:30 - 6:45 PM** John Florkiewicz *Gymnasium* *see below**	444521 **Kung Fu/Tai Chi Practice** **5:30-7:30pm** Parker Thompson *Group Fit Room*	
6:00 PM		444810 -M3 ***Ski Conditioning*** **6:30 - 7:45 PM** John Florkiewicz *Gymnasium* *see below**		444051 **Flex-Ability 6:15 - 7:15 PM** Jules Sheldon *Group Fit Room*		444810 -M3 ***Ski Conditioning*** **6:30 - 7:45 PM** John Florkiewicz *Gymnasium* *see below**				
6:30 PM										

FITNESS SCHEDULE - November

Child Watch Hours: Mon - Fri 7:45 AM - 11:45 PM, Sat 9 AM - 1 PM, & Sun 10:00 AM - 2:00 PM, Mon & Wed 4:45 pm - 8:00 pm

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

Fraser Valley Rec WHERE THE FUN BEGINS

***- Must sign up for entire eight week session of ski conditioning, no drop-ins or punch cards**