



Fitness classes are included in membership & \$10 for drop-in  
Please check location of class before attending

# AUGUST CLASSES GYPSUM

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	<b>Fury</b> Tom Turf		<b>Fury</b> Jeff Turf		<b>Fury</b> Jenn/Lydia Turf	
7:30AM	<b>Fury</b> Jenn/Lydia Turf		<b>Fury</b> Jenn/Lydia Turf		<b>Fury</b> Jenn/Lydia Turf	
9:00AM	<b>Dance &amp; Weights</b> Jeanne Stage		<b>Balance &amp; Weights</b> Jeanne Stage	<b>Zumba</b> Endah Stage		<b>Zumba</b> Endah Stage
10:00AM	<b>10:15AM Yoga</b> Kevin Stage	<b>Water Aerobics</b> Norma Pool	<b>10:15AM Yoga</b> Kimber Stage	<b>Water Aerobics</b> Norma Pool	<b>10:15 AM Yoga</b> Kimber Stage	
5:30PM			<b>Pound</b> Claire Basketball court			
6:00PM	<b>HIIT</b> Shila Turf	<b>Spin</b> Rotating Instructors Stage		<b>Spin</b> Rotating Instructors Stage		
6:30PM			<b>Step</b> Claire Basketball court			

**Water Aerobics:** Due to the size of the pool and social distancing Water Aerobics will still REQUIRE registration to be able to attend. Class size is limited to 12 participants. To reserve your spot please visit [Mountainrec.org](http://Mountainrec.org) or call the front desk of the Gypsum Recreation Center.

**Things to keep in mind for group fitness classes:**

*Please arrive 5-10 minutes before the start of class so class can start promptly*

*Masks are required for indoor group fitness classes*

*Please bring your own water bottle, towel and yoga mat for classes*