












BOB L. BURGER RECREATION CENTER

Drop In Fitness Schedule - August 2021

Classes in Gym unless otherwise indicated

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:45a		 Lonza				8:15a		 Lonza
7:00a	Cycle & Core Jaala	 Lonza		 Jaala	Cycle & Core Lonza	9:25a		Foam Rolling Lonza
8:15a	 Jaala				 Jaala	10:15a	Cardio Step Jennifer	
8:30a			Cycle & Core Jill			11:30a	SilverSneakers® Aerobic Flow - Jennifer	
9:00a						12:45a	SilverSneakers® Aerobic Flow - Jennifer	
10:00a			SilverSneakers® Yoga - Jennifer		SilverSneakers® Classic - Jennifer	<div style="display: flex; align-items: flex-start;"> <div style="margin-right: 20px;"> <div style="width: 20px; height: 10px; background-color: #a0c0ff; border: 1px solid black; margin-bottom: 5px;"></div> = Fitness Studio <div style="width: 20px; height: 10px; background-color: white; border: 1px solid black; margin-bottom: 5px;"></div> = Gym </div> <div> <ul style="list-style-type: none"> ▪ 60 minute classes, unless otherwise noted. ▪ Must be 15 years or older to attend class without a parent. With the exception of BodyPump, 12-15 year olds may attend class with a parent. ▪ Use your annual pass, punch card or pay the daily visit fee. </div> </div>		
10:15a		 Jaala		 Jaala				
10:45a								
11:00a								
11:15a	SilverSneakers® Classic/Heide	SilverSneakers® Aerobic Flow Jennifer	SilverSneakers® Yoga - Jennifer	SilverSneakers® Aerobic Flow Jennifer	SilverSneakers® Classic - Jennifer			
11:30a								
12:15p			 Tori	Foam Rolling Lonza	 Tori			
12:45p								
4:45p								
5:00p			 Tonia					
5:45p	 Tori							
6:00p								
7:00p	 Tonia							



Scan a QR Code to sign up!



In-Person



Virtual