

Family Recreation Center

www.AlamosaRec.org

2017-18 Winter Fitness Class Schedule

THESE CLASSES ARE FREE FOR MEMBERS

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Cycling 6:00am-7:00am Steve Clark Meeting Rm 128	Core Circuit 6:00am-7:00am Steve Clark Multi Purpose Gym	Cycling/Pilates 6:00am-7:00am Catherine Rodriguez Meeting Rm 128	Core Circuit 6:00am-7:00am Steve Clark Multi Purpose Gym	Pilates 6:00am-7:00am Catherine Rodriguez Meeting Rm 128
Cont./Experienced Yoga 10:00am-11:00am Pam Williams Meeting Rm 128	Introductory Yoga 9:00am-10:00am Pam Williams Meeting Rm 128	Introductory Yoga 9:00am-10:00am Pam Williams Meeting Rm 128	Introductory Yoga 9:00am-10:00am Pam Williams Meeting Rm 128	
Lunch Time PowerHour 12:00pm-1:00pm Tammy Lopez Multi Purpose Gym	Cont./Experienced Yoga 10:00am-11:00am Pam Williams Meeting Rm 128	Cont./Experienced Yoga 10:00am-11:00am Pam Williams Meeting Rm 128	Cont./Experienced Yoga 10:00am-11:00am Pam Williams Meeting Rm 128	
Step Aerobics 5:15pm-6:15pm Steve Clark Meeting Rm 128	Fitness Light* 12:00pm-1:00pm Patrick Murphy Multi Purpose Gym	Lunch Time PowerHour 12:00pm-1:00pm Tammy Lopez Multi Purpose Gym	Fitness Light* 11:00am-12:00pm Patrick Murphy Multi Purpose gym	
Taekwondo Children: 5:30-6:30pm Adult: 6:30-8:00pm Multi Purpose Gym	Senior Fitness* 1:15pm-2:15pm Patrick Murphy Meeting Rm 128	Cycling 5:30pm-6:30pm Steve Clark Meeting Rm 128	Total Body Blast (HIT)* 12:15pm-1:15pm Patrick Murphy Multi Purpose Gym	
	Total Body Blast (HIT)* 5:15pm-6:15pm Patrick Murphy Multi Purpose Gym	Taekwondo Children: 5:30-6:30pm Adult: 6:30-8:00pm Multi Purpose Gym	Senior Fitness* 1:15pm-2:15pm Patrick Murphy Multi Purpose Gym	
	Cycling 5:30pm-6:30pm Catherine Rodriguez Meeting Rm 128		Zumba 5:30pm-6:30pm Angela Silas-Green Multi-Purpose Gym	*Returning Classes!

SOME CLASSES ARE LIMITED IN SIZE BY SPACE AND/OR EQUIPMENT CONSIDERATIONS
STUDENTS ARE ACCEPTED ON A FIRST COME, FIRST SERVE BASIS

Recreation Center Hours
Monday - Thursday 6:00 am-10:00 pm
Friday 6:00 am-6:00 pm
Saturday 7:00 am-6:00 pm
Sunday 12:00 pm-6:00 pm



Alamosa Family Recreation Center

Membership Rates				
	<u>Monthly</u>	<u>Semi-Annual</u>	<u>Annual</u>	<u>20 Punch Pass</u>
Adult (16-54)	\$20.00	\$110.00	\$200.00	\$60.00
Student	\$16.00	\$85.00	\$150.00	
Senior (55 +)	\$10.00	\$55.00	\$100.00	\$30.00
Married Family	\$30.00	\$165.00	\$300.00	
Youth (6-15)	\$11.00	\$58.00	\$100.00	\$35.00

Room Rates			
	<u>PRIVATE</u>	<u>NON-PROFIT GOVERNMENT/ CITY/STATE/FED.</u>	<u>COMMERCIAL</u>
	(PER HOUR)	(PER HOUR)	(PER HOUR)
CONFERENCE ROOM	\$20	\$10	\$40
CHILDREN'S ROOM	\$20	\$10	\$40
MULTI-PURPOSE GYM	\$50	\$35	\$100
1/2 GYM	\$50	\$35	\$100
Full Gym	\$100	\$70	\$200
STUDIO ROOM	\$40	\$30	\$80
MEETING ROOM	\$40	\$30	\$80
DUAL MEETING ROOM	\$60	\$45	\$120
FULL FACILITY	\$260	\$200	\$520

**** ADDITIONAL \$25.00 PER HOUR IF AFTER HOURS**

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www.alamosarec.org