

# Family Recreation Center

[www.AlamosaRec.org](http://www.AlamosaRec.org)

## 2019 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>
<b>Cycling</b> 6:00am-7:00am Steve Clark Meeting Rm 128	<b>Core Circuit</b> 6:00am-7:00am Steve Clark Multi Purpose Gym	<b>Cycling/Pilates</b> 6:00am-7:00am Catherine Rodriguez Meeting Rm 128	<b>Core Circuit</b> 6:00am-7:00am Steve Clark Multi Purpose Gym	<b>Pilates</b> 6:00am-7:00am Catherine Rodriguez Meeting Rm 128
<b>Yoga on the Ball</b> 10:00am-11:00am Pam Williams Meeting Rm 128	<b>Introductory Yoga</b> 9:00am-10:00am Pam Williams Meeting Rm 128	<b>Introductory Yoga</b> 9:00am-10:00am Pam Williams Meeting Rm 128	<b>Introductory Yoga</b> 9:00am-10:00am Pam Williams Meeting Rm 128	
<b>Lunch Time PowerHour</b> 12:00pm-1:00pm Tammy Lopez Multi Purpose Gym	<b>Cont./Experienced Yoga</b> 10:00am-11:00am Pam Williams Meeting Rm 128	<b>Cont./Experienced Yoga</b> 10:00am-11:00am Pam Williams Meeting Rm 128	<b>Cont./Experienced Yoga</b> 10:00am-11:00am Pam Williams Meeting Rm 128	
<b>Step Aerobics</b> 5:15pm-6:15pm Steve Clark Meeting Rm 128	<b>Cycling</b> 5:30pm-6:30pm Steve Clark Meeting Rm 128	<b>Lunch Time PowerHour</b> 12:00pm-1:00pm Tammy Lopez Multi Purpose Gym		
<b>Taekwondo</b> Children: 5:30-6:30pm Adult: 6:30-8:00pm Multi Purpose Gym		<b>Cycling</b> 5:30pm-6:30pm Catherine Rodriguez Meeting Rm 128		
		<b>Taekwondo</b> Children: 5:30-6:30pm Adult: 6:30-8:00pm Multi Purpose Gym		

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

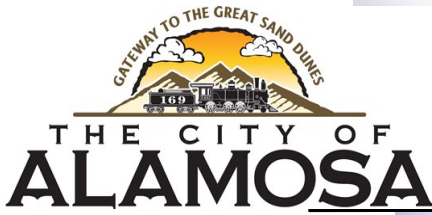
### Recreation Center Hours

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

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

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

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

2222 Old Sanford Rd  
Alamosa, CO 81101

Phone: 719.589.2105  
Fax: 719.587.3541  
[www.alamosarec.org](http://www.alamosarec.org)