



FITNESS SCHEDULE

& BUILDING HOURS



Longmont Recreation Center

310 Quail Rd | 303-774-4800

Building Hours:

Mon-Fri: 5am-10pm Sat & Sun: 7am-6pm

Lap Pool Hours: Leisure Pool Hours*:

Mon-Fri: 5am-9:30pm Mon-Fri: 9am-9:30pm

Sat-Sun: 7am-5:30pm Sat 9a-5:30p/Sun 11a-5:30p

(*Slides open at 11am daily; closed 4-7pm T/Th for classes.)

Babysitting Hours: (Ages 6mo to 7yrs)

Mon-Fri: 8:15am-1:15pm & 4-8pm (4-7pm Fri)

Sat: 8am-12pm Sun: 8:30am-1pm

Climbing Wall Hours: Mon-Fri: 4:30pm-8pm

Sat/Sun: 10am-4pm

WATER CLASSES

Monday

6:00am - Masters Swim
7:30am - Aqua Motion
9:00am - Aqua Power
9:00am - Deep H2O
10:15am - SilverSneakers® Splash †
12:00pm - Deep H2O

Tuesday

7:30am - Aqua Motion
9:00am - Aqua Zumba®
9:00am - Deep H2O
12:00pm - Masters Swimming
6:00pm - Aqua Circuit

Wednesday

6:00am - Masters Swim
7:30am - Aqua Motion
9:00am - Aqua Power
12:00pm - Deep H2O

Thursday

7:30am - Aqua Motion
9:00am - Aqua Power
10:15am - SilverSneakers® Splash †
12:00pm - Masters Swimming
6:00pm - Aqua Circuit

Friday

6:00am - Masters Swim
7:30am - Aqua Motion
9:00am - Aqua Zumba®
9:00am - Deep H2O
12:00pm - Deep H2O

Saturday

7:00am - Masters Swim

Key: (A) - All Levels (1) - Beginner (2) - Intermediate (#) - Advanced † - 45 min class ‡ - 75 min class All others 60 min

LAND CLASSES

Monday

6:00am - Indoor Cycling (A)†
8:00am - Essential Barre (A)
9:00am - SilverSneakers® Yoga
9:15am - Cardio Kick Boxing(2)
9:15am - SilverSneakers® Boom
10:15am - SilverSneakers® Yoga †
10:30am - Sculpt & Tone (2)
11:15am - SilverSneakers® Stability †
12:00pm - Cardio/Sculpt (2)
1:30pm - Zumba® Gold (A)
4:30pm - Indoor Cycling (A)†
5:30pm - Boot Camp (#)
5:30pm - Pilyoga (A)
6:45pm - Essential Barre
7:00pm - Zumba® (A)

Tuesday

5:30am - Indoor Cycling (A)
5:45am - Boot Camp (A)
7:30am - Zumba® (A)
8:00am - FLEX-ability
8:45am - SilverSneakers® Classic †
9:15am - Hip Hop Fitness (A)
9:35am - SilverSneakers® Circuit †
10:30am - Sculpt & Tone (2)
12:00pm - NIA (A) ‡
12:00pm - Kickboxing (A)
1:00pm - Gentle Pilyoga (A)
4:15pm - Cardio/Sculpt (2)
5:30pm - Sculpt & Tone (2)
6:00pm - Pilyoga (A)
6:30pm - NIA (A) ‡
7:00pm - Zumba® (A)

Wednesday

5:30am - Indoor Cycling (A)
8:00am - Essential Barre (A)
9:00am - SilverSneakers® Yoga
9:15am - Cardio Kick Boxing (2)
10:15am - SilverSneakers® Yoga †
10:30am - Sculpt & Tone (2)
11:45am - QiGong (A)
12:00pm - Zumba® (A)
12:00pm - Pilyoga (A)
12:15pm - Tai Chi (A)
1:30pm - SilverSneakers® Cardio
4:30pm - Indoor Cycling (A)†
5:30pm - Boot Camp (#)
5:30pm - Express Barre (A)†
7:00pm - R.I.P.P.E.D

Thursday

5:30am - Indoor Cycling (A)
5:45am - Boot Camp (A)
7:30am - Zumba® (A)
8:00am - FLEX-ability
8:45am - SilverSneakers® Classic †
9:15am - PiYo Live (2)
9:35am - SilverSneakers® Circuit †
10:30am - Sculpt & Tone (2)
12:00pm - NIA (A) ‡
12:00pm - Kickboxing Training(A)
1:30pm - Hip Hop Fitness (A)
4:15pm - Cardio/Sculpt (2)
5:30pm - Sculpt & Tone (2)
6:00pm - Gentle Pilyoga (A)
6:30pm - NIA (A) ‡
7:15pm - Pilyoga (A) ‡

Friday

6:00am - Indoor Cycling (A)†
7:00am - Express Barre †
8:00am - Essential Barre
9:00am - SilverSneakers® Yoga
9:15am - Pilyoga (A)
10:15am - SilverSneakers® Yoga †
10:30am - Zumba®Gold (A)
11:45am - Qi Gong
12:00pm - Cardio/Sculpt (2)
12:15pm - Tai Chi (A)
1:15pm - Strong by Zumba® (#)
4:30pm - Pilyoga (A)
5:45pm - NIA Dance Party (last Fri)
5:30pm - Boot Camp

Saturday

8:00am - Indoor Cycling (A)†
9:00am - Cardio Kick Boxing (#)
10:15am - NIA (A) ‡

Sunday

7:30am - Butts & Gutts (A)
8:45am - Cardio Kick Boxing (#)
10:00am - Cardio/Sculpt (2)
11:15am - NIA (A)‡
4:30pm - Zumba® (A)

**MORE FITNESS CLASSES
ON BACK** 



Centennial Pool

1201 Alpine St | 303-651-8406

Centennial Pool is closed until further notice to repair damage sustained in August 2018. See LongmontColorado.gov/rec for updated information.



Key: (A) - All Levels (1) - Beginner (2) - Intermediate (#) - Advanced † - 45 min class ‡ - 75 min class All others 60 min



Lashley St Station

1200 Lashley St | 303-651-8411

Tuesday	8:30am-SilverSneakers® Classic † 9:30am - SilverSneakers® Yoga †
Thursday	8:30am - Core Strength † 9:30am-SilverSneakers® Yoga †



Senior Center

910 Longs Peak Ave | 303-651-8411

Monday	8:00am-SilverSneakers® Classic † 11:00am-SilverSneakers® Circuit †
Tuesday	11:00am-SilverSneakers® Yoga †
Wednesday	8:00am-SilverSneakers® Circuit † 11:15am -SilverSneakers® Stability †
Thursday	11:00am-SilverSneakers® Yoga †
Friday	8:00am-SilverSneakers® Classic †



St Vrain Memorial Building

700 Longs Peak Ave | 303-651-8404

Building/Weight Room Hours:
Monday-Friday: 6am-8pm
Saturday: 7am-5pm

LAND CLASSES

Monday	8:00am - NIA (A)‡ 9:15am - Power of 3 (1) 10:30am - Gentle Pilyoga (1) 12:00pm - Pilyoga (A) 6:00pm - Strong by Zumba® (#)
Tuesday	8:00am - Senior Strength & Stability 9:15am - Sr Strength & Conditioning 12:00pm - Pilyoga (A) 5:30pm - Tai Chi (1)
Wednesday	6:00am - Core De Force (#) 8:00am - NIA (A)‡ 9:15am - Power of 3 (1) 12:00pm - Pilyoga (A)
Thursday	8:00am - SilverSneakers® Classic 9:15am - SilverSneakers® Circuit 12:00pm - R.I.P.P.E.D 5:30pm - Zumba® (A)
Friday	9:15am - Power of 3 (1) 12:00pm - Pilyoga (A) 12:00pm - Kickboxing Training
Saturday	9:00am - Pilyoga (A) ‡ 10:30am - Gentle Pilyoga (A)
Sunday	No Classes

Facility Fees

VISIT DROP-IN*

	Resident	Non-Res
Tot: Under 2 yrs	FREE	FREE
Child: 2-10 yrs	\$ 4.50	\$ 5.50
Youth: 11-17 yrs	\$ 5.00	\$ 5.75
Adult: 18-54 yrs	\$ 5.75	\$ 7.25
Senior: 55+ yrs	\$ 5.00	\$ 5.75

Drop-In Visit fees are good all day, same day use, at any site with receipt

DROP-IN BABYSITTING*: (6 Months-7 Years)

Parent/Guardian must remain in the building. Free babysitting included with Household passes. ONLY at LRC. (Youth sitting same fee.)

1/2 hour (Minimum)	\$1.50
1 hour	\$3.00
1 1/2 hour	\$4.50
2 hours (Maximum)	\$6.00
20 hour Babysitting Pass	\$60.00

20 VISIT PASS*

Valid at All Facilities - Expires 5 years from date of purchase. Pass may be shared,

Resident	\$86.75
Non-Resident	\$108.00
Corp/Military	\$78.00

The benefits of Annual, Quarterly, and

Monthly auto-debit passes: Admittance to all year-round and seasonal facilities. Free towels at LRC and the St Vrain Memorial Building. Free babysitting at LRC for Household passholders.

Note that Ice Skate Rentals are an additional fee, see LongmontColorado.gov/ice-pavilion for more info.

ANNUAL PASS*

Expires 1 year from date of purchase.

	Resident	Non-Res	Corp/Military
Child: 2-10 yrs	\$165.00	\$206.00	N/A
Youth: 11-17 yrs	\$236.00	\$295.00	N/A
Adult: 18-54 yrs	\$414.00	\$517.50	\$313.00
Senior: 55+ yrs	\$236.00	\$295.00	\$189.00
Couple: 18+ yrs	\$686.00	\$857.50	\$696.00
Household**	\$779.00	\$973.00	\$662.75

**Household=2 adults & their children (22 & under) living at home

QUARTERLY PASS*

Expires 3 months from date of purchase.

ID required for Corp/Military rate.

	Resident	Non-Res	Corp/Military
Child: 2-10 yrs	\$ 47.50	\$ 59.50	N/A
Youth: 11-17 yrs	\$ 68.00	\$ 85.00	N/A
Adult: 18-54 yrs	\$119.00	\$149.00	\$ 95.00
Senior: 55+ yrs	\$ 68.00	\$ 85.00	\$ 54.50
Couple: 18+ yrs	\$197.00	\$246.50	\$173.00
Household**	\$224.00	\$280.00	\$200.00

MONTHLY-AUTO DEBIT*

Bank Account/Credit Card will be charged on the 10th of each Month. Three full monthly payments ARE REQUIRED before cancelling.

	Resident	Non-Res	Corp/Military
Child: 2-10 yrs	\$17.00	\$21.50	N/A
Youth: 11-17 yrs	\$24.00	\$30.00	N/A
Adult: 18-54 yrs	\$42.00	\$52.50	\$36.00
Senior: 55+ yrs	\$24.00	\$30.00	\$21.00
Couple: 18+ yrs	\$70.00	\$87.50	\$64.00
Household**	\$79.00	\$98.75	\$73.00

SPECIAL CLASSES / ANNOUNCEMENTS

SilverSneakers® Fitness Classes:

SilverSneakers® membership is NOT required to attend SilverSneakers® fitness classes. SilverSneakers® members are welcome to explore regular fitness classes as part of their membership. Non-SilverSneakers® members pay regular admission fees.

New InBody Body Comp Analysis Machine

Receive a non-invasive body composition detailed breakdown of your weight in terms of muscle, fat, and water (hydration). Identify muscle imbalances and create actionable goals! Questions? Carla at 303-774-4752.

Discount for Quarterly/Annual passholders.

\$20-\$25/test or \$75-\$100/5 tests

Longmont Recreation Center, 310 Quail Rd

Additional Fitness Programs: Classes that require pre-registration with unique monthly and drop-in fee structures. Registration available online or at a Recreation Facility.

- **Yoga Classes** - at Izaak Walton Clubhouse
- **TRX** - core workouts offered at Memorial Bldg
- **Fluid Running** - deep water running at LRC
- **Wattbike** - high tech performance cycling workouts at the Longmont Recreation Center. Mon 9:30am; Tues 6:30am & 5:15pm; Thurs 12pm

Intro to Training Package

Purchase 3 hour-long personal training sessions to keep your workouts on track in 2019!
\$105 resident/ \$130 non-res. Limit 1 pkg/year
Shared semi-private: \$162 res/\$200 non-res