

# Gilpin County Community Center Fitness Schedule

*Try your first class FREE!*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Barre 8:15a-9:15a	Quick & Tone 8:15a-9:45a		Boot Camp 8:15a-9:15a			
Aquacize 9:30a-10:30a		Aquacize 9:30a-10:30a		Aquacize 9:30a-10:30a		
Hatha Yoga 9:30a-10:45a			Hatha Yoga 9:30a-10:45a		Boot Camp 10:00a-11:00a	
		Adult Strengthen 11:00a-12:00p		Adult Strengthen 11:00a-12:00p		
						Pilates 1:30p-2:30pm
	Aquacize 5:00p-6:00p		Aquacize 5:00p-6:00p			
	Tae Kwon Do (7years +) 6:00p-7:30p	Tai Chi 6:00p-7:00p	Tae Kwon Do (7years +) 6:00p-7:30p			
Boot Camp 6:15p-7:15p		Guts & Glutes 6:15p-7:15p				

250 Norton Dr. Black Hawk, CO 303.582.1453

[www.GilpinRecreation.com](http://www.GilpinRecreation.com)

All classes are drop-in. Please check-in at the front desk. Class prices vary.  
Personal Training is also available! Schedule current as of 10/21/17

