



Fitness Schedules

Most offerings are cancelled or closed at this time.
Updated: December 2020

YOGA CLASS

The two classes shared below are FREE to GFPS staff. Other classes are available for a fee. Contact Lisa at freetobeyogamt@gmail.com to attend the GFPS classes.

- Early Morning GFPS ZOOM Yoga Class Tuesdays 6:00 a.m. – 6:30 a.m. Lisa will send the ZOOM link the night before. You will need to email her at the above address prior to the evening before. She won't be able to send emails the morning of the early a.m. class.
- Early Evening GFPS Yoga Class Wednesdays 5:30 p.m. – 6:30 p.m. Outdoor class please email Lisa for location and direction.

WATER EXERCISE CLASS

- Tuesday & Thursday: 7:00 - 8:00 pm
- Class held at the Great Falls High Pool.
- Class is FREE to all GFPS faculty and staff. Public \$3/session.
- This is a great NO impact class. You don't even have to get your head wet!
- Have questions about class contact **Bob Stingley 268-6281**
- GFPS faculty and staff register with **Sharon (Central Reception) 6054**

OPEN SWIMMING

- Open and lap swimming at the Great Falls High Pool is **FREE** to all GFPS employees!
- Attendance fee for a non-employee adult is \$3 and a child is \$2 per visit.
- **Lap Swim:** Monday through Friday 6:00 am - 7:30 am
- **Family Open Swim:** Monday & Wednesday 7:30 pm - 8:45 pm
- To get a pool pass, contact Central Reception at 268-6054.

PARIS FITNESS CENTER FREE! CLOSED

Monday through Friday during the school year (Closed on holidays)

5:30 am -- 7:00 am

3:30 pm -- 9:00 pm

PARIS OPEN GYM CLOSED

Shoot hoops or run a few laps! Sign in at the Fitness Center

Monday through Friday during the school year (Closed on holidays and for set up of events-- check availability)

5:30 am - 7:00 am

ZUMBA CLASS Free to employees! CANCELLED

Tuesday & Thursday: 4:30 - 5:30 pm (No class on holidays)

Whittier Elementary Gym (305 8th St N)

Instructor: Amber Blodgett

CIRCUIT TRAINING CLASS Free to employees! CANCELLED

Monday & Thursday 4:30-5:30 pm (No class on holidays)

PGEC Fitness Center 2400 Central Ave (Southside of Building)

Instructor: Laurie Roberts