

## Daily Drop-In Fees

<b>Adult</b> 18-61 years	<b>Senior</b> 62+ years
\$3.50 Resident \$4.25 Non-Resident	\$2.50 Resident \$3.50 Non-Resident

## Yoga 10-Punch Pass

Stop by during your lunch hour or after work and get balanced at one of our fantastic Yoga classes. Certified instructors!

### Yoga, Essentrics and Aqua Zumba Drop-In Fees:

\$5 per class	Resident
\$5.50 per class	Non-Resident

### Yoga, Essentrics and Aqua Zumba 10-Punch Pass:

\$40 Resident / \$45 Non-Resident

Yoga, Essentrics and Aqua Zumba are included in 6-month and annual memberships!

**We welcome youth to participate in all fitness classes. However, participants under 16 years old must be accompanied by an adult.**

## Body Fat Analysis

Accurately measure lean body mass using the Lange Skinfold Caliper and the EXRX Assessment System. This information can be used to provide personal fitness and nutritional recommendations. For more information, call Tehra Porterfield at 303.450.8947.

\$10 Resident / \$12 Non-Resident

## Personal Trainers

Work with one of our certified personal trainers and customize your workout routine. We offer half hour, hour, and package rates. Please contact Tehra Porterfield at 303.450.8947 to set up your appointment today!

\$30 Resident (1person/1hour) | \$33 Non-Resident (1person/1hour)

## Looking for a Package Deal?

<b>4 one-hour sessions</b>	\$100 Resident \$110 Non-Resident
<b>4 one-hour sessions/two people</b>	\$140 Resident \$156 Non-Resident
<b>6 one-hour sessions</b>	\$135 Resident \$150 Non-Resident
<b>6 one-hour sessions/two people</b>	\$180 Resident \$204 Non-Resident

## Strength in Women

Ages 16+

Women and young ladies - gain confidence in the weight room. Learn how to set up the equipment, use free weights and follow a fitness program in a safe and supportive environment.

### Monday and Wednesday

20422001-01	May 30-Jul 11	6:30-7:45p	\$36/\$39
20422001-02	Jul 16-Aug 22	6:30-7:45p	\$36/\$39

No Class July 4

## Strength Training for Youth - Multi Sport Strength Training

Ages 11-16 Coed

A strength training program for young athletes should address every major muscle group in the body. Summer time is a great time to for young athletes to work every major muscle group in the body.

### Monday and Wednesday

20421001-01	Jun 4-Jul 23	4:30-5:30p	\$33/\$36
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No Class July 4



## MASSAGE

Schedule your appointment at the front desk or call 303.450.8800.

**Day/Time:** Wednesdays 9 a.m.-1 p.m.

**Fee for 20 minutes:** \$17 Resident | \$19 Non-Resident

## Belly Dance with Phoenix

Ages 16+

Have fun learning how to belly dance while gaining flexibility and muscle control. Phoenix is a nationally-known instructor who will work with you on your posture, technique and developing your own style. Classes are divided into two sections, with new topics covered in each.

Please contact Phoenix prior to signing up for the intermediate sessions at 303.921.0378 or phoenix\_dancing@hotmail.com. This class requires an understanding of zills, basics and postures.

### Wednesday

#### Introduction Class

20315005-01	May 16-16	7:00-8:00p	\$10/\$15
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#### Beginner/Basics

20315005-02	May 23-Jul 18	6:30-7:30p	\$70/\$77
20315005-03	Jul 25-Aug 22	6:30-7:30p	\$43.75/\$48

#### Intermediate

20315005-04	May 23-Jul 18	7:30-8:30p	\$70/\$77
20315005-05	Jul 25-Aug 22	7:30-8:30p	\$43.75/\$48

Monday	Tuesday	Wednesday	Thursday	Friday
Interval Cycle 6-6:55 am Sherry		Interval Cycle 6-6:55 am Sherry		
Pilates/Mix 9:45-10:45 am Karen		HIIT 6:30-7:30 am Tehra		Pilates/Mix 9:45-10:45 am Karen
LUNCHTIME CLASSES   12:05-12:55 pm				
Zumba Annette		Zumba Gold Annette	Boot Camp Sherry	Zumba Sentao Annette
Lunch MAX Burn Karen		Pilates/Mix Karen		
Vinyasa Yoga Lacey		Vinyasa Yoga David		Vinyasa Yoga Lacey
	Intense Cycle Karen			Step/Spin Karen
Dance Fitness 1:30-2:15 pm Annette				
		Pilates/Mix 5:30-6:25 pm Karen	Family Yoga 4:45-5:45 pm Melissa	
HIIT 5:30-6:25 pm Tehra	Zumba 5:30-6:25 pm Cha Cha	Body Bar Boot Camp 5:30-6:25 pm Annette	Zumba 5:30-6:25 pm Cha Cha	
	Essentrics 6:45-7:45 pm Pam		Essentrics 6:45-7:45 pm Pam	



## Outdoor Yoga

Who doesn't love a little sun mixed with yoga? Roll out your mat and hold warrior pose with us this summer. The drop-in class meets next to the Veterans Memorial.

Wednesday

6:30-7:30p

Jun 13, 27 | Jul 11, 25 | Aug 8, 22



**Water Fitness Information, page 14**  
**Senior Health & Well-Being, page 43**

## Drop-In Class Descriptions

**Body Bar Boot Camp** The ultimate high energy challenge! Take dynamic and powerful movements using the step and add focused, isolated resistance exercises with the Body Bar to achieve a total body workout.

**Boot Camp** Push yourself in a military boot camp style workout. The class consists of traditional calisthenic and body weight exercises along with interval and strength training.

**Dance Fitness** Get up and moving with Annette. No partners needed for this fun group fitness class featuring country line, ballroom and social music.

**Essentrics™** brings Tai-Chi, ballet and physiotherapy together for a dynamic combination of strength and flexibility exercises to help elongate and challenge the muscles. Tai-Chi creates health and balance; ballet develops long, lean and flexible muscles; and the healing principles of physiotherapy lead to a pain-free body.

**Family Yoga** Learn yoga poses and simple breathing techniques in a comfortable and playful atmosphere. Children must be accompanied by an adult.

**HIIT Indoor/Outdoor** (summer only)

Total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, and improve your endurance.

**Intense Cycle** Fight through a tough and intense workout that kicks you into high gear with hard uphill pedaling and no rest on the down side.

**Interval Cycle** Experience uphill, sprint and off-bike intense interval training. To mix it up add in resistance bands, medicine balls, hand weights and body work.

**Lunch MAX Burn** Combining the weight room and intervals of cardio, work your arms, legs, butts and guts. It's also great if you need an introduction to the weight room.

**Pilates Mix** Focus on your postural muscles, which help keep the body balanced and are essential for supporting the spine. Pilates teaches awareness of breath and alignment of the spine while strengthening the deep torso muscles.

**Step/Spin**

Start with an intense 20-minute uphill ride with sprints on the bike, followed by a 20-minute "old school" step routine. The last 15 minutes of class will focus on strength training, ab work, and stretching.

**Vinyasa Yoga** Link your breath with mindful movement in each yoga pose, building strength and endurance. You'll improve your balance and flexibility, and gain a deeper understanding of body and breath.

**Zumba®** Dance to the motivating music for a fun, high-energy workout that's easy to do. After this class, your mind, body and emotions will feel great!

**Zumba Gold®** Strut, shake and shimmy as you work your core in a high-energy fitness party. You'll build strength, improve definition and increase endurance.

**Zumba Sentao™** Chair-based choreography to strengthen, balance and stabilize your core. Learn to use your body weight to increase strength, improve definition and endurance, and tone your physique.