

SUMMER 2010



FITNESS & WELLNESS DROP-IN SCHEDULES

– LAND & WATER CLASSES: AGES 15 & UP (INFORMATION – ANN: 303-409-2264)

Drop-In Classes below are included with Annual Facility Passes and DO NOT require registration.
Drop-In Fee: \$7.25 (District Rate: \$5.25) OR use Multi-Visit Card or pass.

GROUP EXERCISE CLASSES RUN JUN 1 – AUG 27 (*No CLASSES MAY 31) SCHEDULE IS SUBJECT TO CHANGE.

LOC		GROUP EXERCISE CLASSES – PEAK						
		ACTIVITY	MON	TUE	WED	THU	FRI	LEVEL
P E A K		JUMP START	6:00-6:50am		6:00-6:50am		6:00-6:50am	♥
		STEP-N-STRENGTH	AM 9:00-9:50am		9:00-9:50am		9:00-9:50am	♥
			PM 5:30-6:20pm		5:30-6:20pm			
		CARDIO CHALLENGE		9:00-9:50am		9:00-9:50am		♥
		STRETCH	10:00-10:50am	10:00-11:00am	10:00-10:50am	10:00-11:00am		★
		SILVER SNEAKERS® MUSCULAR STRENGTH	11:00-11:50am		11:00-11:50am			♥
		SILVER SNEAKERS® CARDIO CIRCUIT					11:00-11:50am	★★
		AEROBOXING		5:30-6:20pm		5:30-6:20pm		★★
	LIFT		7:30-8:20pm		7:30-8:20pm		★★	

LOC		GROUP EXERCISE CLASSES – RIDGE (No classes AUG 23-29)						
		ACTIVITY	MON	TUE	WED	THU	FRI	LEVEL
R I D G E		FIT FOR LIFE	8:40-9:30am		8:40-9:30am		8:40-9:30am	★

LOC		AQUA FITNESS CLASSES – RIDGE (Aqua Fitness Classes begin MAY 29 – No classes AUG 23-29)						
		ACTIVITY	MON	TUE	WED	THU	FRI	LEVEL
R I D G E		SPLASH AEROBICS	AM	8:00-9:00am		8:00-9:00am		♥
			PM	7:00-8:00pm		7:00-8:00pm		
		MOVING-4-LIFE (THERAPY POOL)	1:00-2:00pm		1:00-2:00pm		1:00-2:00pm	★
		POOLATES (THERAPY POOL)	AM	10:00-11:00am	10:30-11:30am	10:00-11:00am		♥
	PM			6:00-7:00pm				

LOC		AQUA FITNESS CLASSES – LILLEY GULCH (Aqua Fitness Classes begin JUN 5 – No classes AUG 30-SEP 6)						
		ACTIVITY	MON	TUE	WED	THU	FRI	LEVEL
L I L L E Y		SPLASH AEROBICS	8:05-9:00am		8:05-9:00am		8:05-9:00am	♥
		AQUATONE		8:05-9:00am		8:05-9:00am		♥
		DEEP WATER	1:00-2:00pm		1:00-2:00pm		1:00-2:00pm	♥

FITNESS & WELLNESS INTENSITY LEVEL CHART					
SYMBOL	LEVEL	DESIGNED FOR	SYMBOL	LEVEL	DESIGNED FOR
★	1	BEGINNER / 1 ST TIME EXERCISER	♥	ALL	ALL SKILL LEVELS & ABILITIES
★★	2	CONTINUING EXERCISER			

SUMMER 2010

FITNESS & WELLNESS REGISTRATION CLASS SCHEDULES PILATES • YOGA • SPORT & STRENGTH CONDITIONING



INFORMATION: 303-409-2263 (GERI)

AGES 15 & UP – UNLESS OTHERWISE NOTED.

NOTE: YOU **MUST** REGISTER FOR THE CLASSES BELOW (WWW.IFOOTHILLS.ORG).

SCHEDULE IS SUBJECT TO CHANGE.

SESS #1: JUN 7 – JUL 3			SESS #2: JUL 5 – 31			SESS #3: AUG 2 – 28			
PILATES CLASSES									
ACTIVITY	TIME	FEE	MON	TUE	WED	THU	FRI	SAT	LEVEL
Pilates Matwork	AM	\$44				9:05-9:55am #5541 (PEAK) (AO/SS Discount)			♥
Pilates Core Conditioning	PM	D: \$36			6:00-6:50pm #5477 (SW PLAZA)				
PILATES - REFORMER Location - PEAK Evergreen Room	AM	\$64 D: \$53		6:00-6:50am #5500		6:00-6:50am #5514			♥
				7:00-7:50am #5501		7:00-7:50am #5515			
			8:00-8:50am #5492	8:30-9:20am #5502	8:00-8:50am #5508	8:30-9:20am #5516	8:00-8:50am #5523	8:30-9:20am #5527	
			9:00-9:50am #5493	9:30-10:20am #5503	9:00-9:50am #5509	9:30-10:20am #5517	9:00-9:50am #5524	9:30-10:20am #5528	
			10:00-10:50am #5494	10:30-11:20am #5504	10:00-10:50am #5510	10:30-11:20am #5518	10:00-10:50am #5525		
		11:00-11:50am #5495	11:30am-12:20pm #5505	11:00-11:50am #5511	11:30am-12:20pm #5519	11:00-11:50am #5526			
	PM	\$64 D: \$53	Noon-12:50pm #5496						♥
			5:30-6:20pm #5497	5:30-6:20pm #5506	5:30-6:20pm #5512	5:30-6:20pm #5520			
			6:30-7:20pm #5498	6:30-7:20pm #5507	6:30-7:20pm #5513	6:30-7:20pm #5521			
			7:30-8:20pm #5499			7:30-8:20pm #5522			
YOGA CLASSES – Wear loose clothing, and bring a blanket to class									
ACTIVITY	LOC	FEE	MON	TUE	WED	THU	FRI	SAT	LEVEL
Cardio Yoga	PEAK	\$44 D: \$36	5:30-6:30pm #5531						★★
Power Yoga	PEAK							9:15-10:15am #5536	
Yoga Fusion	PEAK					6:00-7:00pm #5533			
Yoga for All Levels	LG	\$48 D: \$39	7:30-8:45pm #5530		7:30-8:45pm #5532				♥
	PEAK			6:30-7:45pm #5534					
Yoga Stretch (AO/SS Discount)	PEAK	\$44 D: \$36		8:30-9:30am #5538(AO/SS Discount)		8:00-9:00am #5539 (AO/SS Discount)			
Yoga for KIDS (Ages 7-14)	PEAK				4:15-5:15pm #5537				
SPORT & STRENGTH CONDITIONING CLASSES									
ACTIVITY	LOC	FEE	MON	TUE	WED	THU	FRI	SAT	LEVEL
Strong Women – 2 x / wk	PEAK	\$67 D: \$54		10:00-11:00am #5452		10:00-11:00am #5452			♥
	PEAK		6:30-7:30pm #5454	6:30-7:30pm #5453	6:30-7:30pm #5454	6:30-7:30pm #5453			★★
Brand New You! – 2 x / wk	PEAK				6:00-7:00pm #5459		6:00-7:00pm #5459		
Kids Kinetics (Ages 5-12)	PEAK	\$44 D: \$36	4:15-5:15pm #5451						♥

SUMMER 2010



FITNESS & WELLNESS REGISTRATION CLASS SCHEDULES

GROUP EXERCISE* • SENIOR ADULT STRENGTH TRAINING* • INDOOR CYCLING

INFORMATION: 303-409-2264 (ANN)

AGES 15 & UP – UNLESS OTHERWISE NOTED

NOTE: YOU MUST REGISTER FOR THE CLASSES BELOW (WWW.IFOOTHILLS.ORG).
SCHEDULE IS SUBJECT TO CHANGE.

SESS #1: JUN 7 – JUL 3	SESS #2: JUL 5 – 31	SESS #3: AUG 2 – 28
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GROUP EXERCISE CLASSES – Active Options & SilverSneakers® Discounts apply to classes below.

*AO/SS FEE: 1 x/week \$12 (D: \$10) • 2 x/week \$24 (D: \$20)

ACTIVITY	LOC	TIME	FEE	MON	TUE	WED	THU	FRI	SAT	LEVEL
AB Blaster	PEAK	PM	\$16 D: \$13					3:30-4:00pm #5462		♥
Body Lift	SW PLAZA	PM	\$24 D: \$20				5:30-6:30pm #5476			♥
Nia	PEAK	AM	\$46 D: \$37	10:00-10:50am #5463		10:00-10:50am #5463				♥
Tai Chi - Beginning – 1 x / wk	PEAK	PM	\$24			1:15-2:05pm #5465				♥
Tai Chi - Continuing – 1 x / wk	PEAK	PM	\$24			2:15-3:05pm #5466				★★
Zumba – 2 x / wk	PEAK	PM	\$46 D: \$37	6:30-7:20pm #5467		6:30-7:20pm #5467				♥
					6:30-7:20pm #5468		6:30-7:20pm #5468			♥
Aqua Zumba– 1 x / wk No class AUG 23	RIDGE	AM	\$24 D: \$20	8:35-9:30am #5469						♥

SENIOR ADULT STRENGTH TRAINING CLASSES – Active Options & SilverSneakers® Discounts apply to classes below.

*AO/SS FEE: \$14 (D: \$11)

ACTIVITY	LOC	TIME	FEE	MON	TUE	WED	THU	FRI	SAT	LEVEL
Senior Adult Strength Training – Beginning – 2 x / wk	PEAK	AM	\$30 D: \$24	9:00-9:50am #5455		9:00-9:50am #5455				★
Senior Adult Strength Training – Continuing – 2 x / wk	PEAK	AM		10:00-10:50am #5457		10:00-10:50am #5457				★★
	PEAK	PM			2:15-3:05pm #5458		2:15-3:05pm #5458			★★

INDOOR CYCLING

ACTIVITY	LOC	FEE	MON	TUE	WED	THU	FRI	SAT	LEVEL
Indoor Cycling Classes	EDGE CYCLING STUDIO	\$24 (D: \$20) or Drop-in: \$7.25 (D: \$5.25)		5:45-6:35am #5471		5:45-6:35am #5473			♥
NO PUNCH CARDS!			6:30-7:20pm #5474		6:30-7:20pm #5475				♥

FITNESS & WELLNESS INTENSITY LEVEL CHART

SYMBOL	LEVEL	DESIGNED FOR	SYMBOL	LEVEL	DESIGNED FOR
★	1	BEGINNER / 1 ST TIME EXERCISER	♥	ALL	ALL SKILL LEVELS & ABILITIES
★★	2	CONTINUING EXERCISER			

*Active Options & SilverSneakers® Members
MUST REGISTER AT FRONT DESK
to receive Discounts.