

## GROUP EXERCISE – AGES 15 & UP

### EXERCISE GUIDELINES

It is strongly recommended that you consult your physician before beginning any exercise program, or if you exhibit any of the following:

- History of high blood pressure
- Cigarette smoking
- Diabetes
- Sedentary lifestyle
- Frequently experience chest pains
- Pregnancy
- Elevated cholesterol
- Abnormal resting ECG
- Family history of heart disease prior to age 50
- Obesity

Though the format of all fitness classes is structured for the safety of all participants, it is important that individuals know their own limits.

Space is limited and on a first come basis. All fitness classes are coed and designed for patrons ages 15 and up. Children are not allowed in the fitness room while an adult fitness class is in session.

## CARDIO/WEIGHT ROOM ORIENTATION GUIDE – FREE!

If you are new to Foothills or new to working out in a weight room setting, ask for a weight room orientation packet at any of our facility front desks. This guide will provide information on each facility, key workout terms and concepts and a diagram of the layout at each site.

## CARDIO/WEIGHT ROOM FUNDAMENTALS TRAINING

Ages 9 & up

This introductory class will help you get started in the weight room, on the treadmill or on the elliptical trainer. The class will start your fitness routine off on the right foot by familiarizing you with basic exercise guidelines that help you maximize your workout and minimize your anxiety as you move toward a healthier you. Dress for activity!

Fee: \$7 (District Rate: \$5)

## CARDIO/WEIGHT ROOM POLICY - YOUTH Ages 9-15

Foothills facility cardio/weight areas are available for ages 9 and up. For safety reasons, youth ages 9-15 MUST pass the Youth Cardio/Weight Room Test (**No fee for test**) prior to using these areas.

\* AFTER ACHIEVING A PASSING SCORE ON THE ABOVE TEST:

1. An authorization form signed by a parent or guardian MUST be submitted before any youth is allowed admission into the cardio/weight room. Youth are encouraged to attend a cardio/weight room fundamentals class to prepare for the test (not mandatory).
2. The following rules apply:
  - AGES 9-12:  
**Adult supervision REQUIRED at ALL times – NO EXCEPTIONS**
  - AGES 13-15:  
**May work out independently**

NOTE: YOUTH UNDER AGE 9 ARE NOT PERMITTED TO USE EQUIPMENT

**LOOKING FOR CLASS SCHEDULES?  
Please pick them up at our facilities  
OR visit [www.foothills.org](http://www.foothills.org).**

**DROP-IN CLASSES BELOW ARE INCLUDED WITH ANNUAL PASSES & DO NOT REQUIRE REGISTRATION.**

**DROP-IN FEE: \$7.25 (DISTRICT RATE: \$5.25)  
OR USE MULTI-VISIT CARD OR PASS (PAGE 10).**

## GROUP EXERCISE • DROP-IN CLASSES

### AEROBOXING

Rev up your energy and increase your cardio fitness with this combination of upper and lower body moves and circuit training!

### CARDIO CHALLENGE

Target heart rate at its best! You will be in the 60-80% zone for 25-40 minutes!

### FIT FOR LIFE

This total body combination of strength training and low impact aerobics is suitable for all ages, to improve endurance and strength.

### JUMP START

Rev up your engine with this supercharged class that is high energy and versatile: Hi-Lo, Step, Circuit and more!

### LIFT

Total body strength training – tone, strengthen and shape your muscles using free weights, tubing, and body weight for resistance.

### SILVERSNEAKERS®

### MUSCULAR STRENGTH & RANGE OF MOVEMENT

Enjoy a variety of exercises designed to improve daily living skills. Hand weights, tubing and ball are used with a chair for support.

### STEP-N-STRENGTH

This energetic class combines step aerobics and strength training. You are guaranteed to work up a great sweat while moving to the beat.

### STRETCH

Lower stress and increase flexibility with this all levels class.

## AQUA FITNESS • DROP-IN CLASSES

### AQUATONE

Tone and sculpt each muscle group in this impact-free water exercise class, while you enjoy a full body workout in the pool.

### DEEP WATER

Experience the feeling of weightlessness as you challenge yourself to a deep water workout. Tone your muscles and increase your strength with a variety of exercises designed to keep you afloat.

### SPLASH AEROBICS

Improve cardiovascular strength and increase muscle tone as you learn new exercises with a variety of equipment, including: noodles and water dumbbells. Water shoes are highly recommended.

### MOVING-4-LIFE

Enjoy the soothing support of water as you exercise to improve joint stability, core strength and range of motion in the therapy pool.

### POOLATES

Improve muscle strength and stability utilizing the resistance of water. Some of your favorite land-based exercises can be modified to maximize the benefits of the water exercise. All levels are welcome!

## PERSONAL TRAINING

All Personal Trainers at Foothills Park & Recreation District are certified by a national organization and/or have a degree in Exercise Science. All Personal Training sessions are 1-hour.

To schedule an appointment or for more information about any of our Personal Training options, please call **303-409-2263**.

## PERSONAL TRAINING

Ages 15 & up

Perfect for novice to advanced exercisers – achieve a new level of health and physical fitness! Our friendly and knowledgeable staff will guide you through effective workouts designed to meet your body's needs.

<b>1-HOUR SESSIONS:</b>		<b>SEMI-PRIVATE 1-HOUR SESSIONS:</b>
1 Session	\$50 (D: \$40)	Per Person \$30 (D: \$25)
3 Sessions	\$145 (D: \$115)	
10 Sessions	\$400 (D: \$320)	

## FITNESS ASSESSMENT

Ages 9 & up

It is crucial to understand your current health status to develop an appropriate fitness plan. These assessments include a computerized print out and a one-on-one consultation with a Personal Trainer to analyze results.

**ADULT** – Ages 16 & up:

Fee: \$45 (District Rate: \$35)

**YOUTH** – Ages 9-15:

Fee: \$33 (District Rate: \$25)

**LOOKING FOR CLASS SCHEDULES?**  
Please pick them up at our facilities  
**OR visit [www.foothills.org](http://www.foothills.org).**

## HOLIDAY WORKOUT OPTIONS

### TAKE OFF THE TURKEY

- FRI, NOV 27, 7:30 – 9:00am  
Ridge Recreation Center Dance Studio

### DROP-IN SCHEDULE

- NOV 23 – 25
  - DEC 21 – 30
- Peak Aerobics Room

DAY	ACTIVITY	TIME
MON/WED	SilverSneakers® Cardio Circuit	10 - 10:50am
MON/WED	SilverSneakers® Muscular Strength	11 - 11:50am
WED	Lift	6:30 - 7:20pm
TUE/THU	Boot Camp	9 - 9:50am

For more information, please call **303-409-2264**.

## STRENGTH & SPORTS CONDITIONING

Whether you want to gain muscle tone, increase your muscular endurance, or improve your performance/skills in a particular sport, we have tailored programs that can help you to meet your goals!

## ENDURANCE/SPORT CONDITIONING SESSIONS INDIVIDUAL & TEAM SESSIONS

– If you are interested in Endurance/Sport Conditioning Sessions, please call Geri at 303-409-2263.



## FALL FITNESS CHALLENGES

**AGES 15 & UP**

### WALKING WORKS - Pedometer Challenge: SEP - OCT 2009

This 8-week program will get you moving in any way you choose – walk, run, bike or swim your way to better health. Every activity counts for steps and allows you to track your progress using America on the Move tools.

### HOLD FOR THE HOLIDAYS: NOV - DEC 2009

With all the festivities (and STRESS) of the holidays, we could all use a little help in maintaining our health. Keep within 3 lbs of your initial weight during this challenge and SUCCESS is YOURS!

**Call 303-409-2114 for details or to sign up for these fun and fit challenges!**

## GROUP TRAINING

### IRON WOMEN

Ages 15 & up

Level 1 (Beginner) or Level 2 (Advanced)

Get toned and trim in this class designed especially for women. Learn how to achieve your strength training goals and maintain fitness through resistance exercises.

Fee: \$70 (District Rate: \$57) 2 X/WK for 6 weeks

### FOOTHILLS GROUP TRAINING

Ages 15 & up

Receive all the benefits of one-on-training plus the added support of a group setting and begin to reach YOUR fitness goals in an affordable, fun and effective way!

**CURRENT GROUPS AVAILABLE:**

Weight Loss • Recovery/Post-Rehab • Strength & Stamina  
Fee: \$125 (District Rate: \$100) 8 classes

## WORKPLACE WELLNESS

FOOTHILLS WANTS TO HELP

**YOUR WORKPLACE THRIVE WITH HEALTH!  
WORKPLACE WELLNESS PACKAGES**

ARE AVAILABLE NOW!

**CALL 303-409-2114 FOR DETAILS!**

# FITNESS & WELLNESS CLASS DESCRIPTIONS - PILATES/GROUP EXERCISE/YOGA

THE CLASSES ON THIS PAGE REQUIRE REGISTRATION.

**LOOKING FOR CLASS SCHEDULES?**  
Please pick them up at our facilities  
**OR visit [www.foothills.org](http://www.foothills.org).**

## PILATES AGES 15 & UP

Pilates is a system of movement and exercise developed by Joseph H. Pilates to improve posture, increase flexibility and abdominal / lower back strength. Pilates uses controlled movements to tone and strengthen the body.

### FIRST-TIME PILATES STUDENT:

PRIOR TO ATTENDING A PILATES CLASS, IT IS HIGHLY RECOMMENDED THAT YOU ATTEND A PILATES FUNDAMENTALS TRAINING.

### PILATES FUNDAMENTALS TRAINING

This introductory class addresses the underlying principles of Pilates, body alignment, breathing and will familiarize you with the equipment.

Fee: \$7 (District Rate: \$5) Single Session

### PILATES – MATWORK

Exercises are performed lying on mats on the floor.

Fee: \$65 (District Rate: \$52) 1 x/week for 6 weeks

### PILATES – CORE CONDITIONING

Matwork Pilates using rings, balls and other equipment.

Fee: \$65 (District Rate: \$52) 1 x/week for 6 weeks

### PILATES – REFORMER

Exercises performed on Allegro® Reformer equipment.

Fee: \$95 (District Rate: \$79) 1 x/week for 6 weeks

### PILATES – BEGINNING REFORMER

Exercises performed on Allegro® Reformer equipment at a slower pace with focus on learning proper form and improving stability.

Fee: \$95 (District Rate: \$79)

## GROUP EXERCISE AGES 15 & UP

### AB BLASTER

This ½-hour class is designed to target your abdominal and core region.

Fee: \$24 (District Rate: \$20) 1 x/week for 6 weeks

### BOOT CAMP

This full body workout uses body weight exercises, callisthenics and other challenging drills.

Fee: \$36 (District Rate: \$30) 1 x/week for 6 weeks

### INDOOR CYCLING

Enjoy classes in the Edge Cycling Studio. Schedule several rides per week!

Fee: \$24 (District Rate: \$20) 1 x/week for 4 weeks

### NIA

Combine the energy of dance, the explosive power of martial arts and the gentle flow of Tai Chi with the breathing and flexibility of Yoga into one excellent cardio workout.

Fee: \$65 (District Rate: \$52) 2 x/week for 6 weeks

### TAI CHI

Perform a series of postures in a slow and graceful manner. Benefits may include improvements in concentration, memory, balance, flexibility, muscle strength and relaxation. Great for all ages, abilities and skill levels.

#### TAI CHI – BEGINNING & TAI CHI – CONTINUING

Fee: \$36 (District Rate: \$30) 1 x/week for 6 weeks

#### TAI CHI FOR ALL LEVELS

Fee: \$65 (District Rate: \$52) 2 x/week for 6 weeks

### ZUMBA

This heart-pumping mix of aerobics and Latin dance moves makes this class a sure-fire way to keep in shape!

Fee: \$65 (District Rate: \$52) 2 x/week for 6 weeks

## PRIVATE & SEMI-PRIVATE PILATES MAT & REFORMER SESSIONS

Work with a certified Pilates instructor on the reformer or explore the benefits of matwork. Each session will be personalized to your physical needs and goals. Call 303-409-2114 for price information and to set up your appointment.

### SEMI-PRIVATE SESSIONS:

Per Person \$35 (District Rate: \$30)

### PILATES ONE-HOUR PRIVATE SESSIONS:

1 Session \$60 (District Rate: \$50)

3 Sessions \$165 (District Rate: \$135)

10 Sessions \$480 (District Rate: \$400)

**FUNCTIONAL EVALUATION:** Work with a certified Pilates instructor to assess your current functionality and range of motion.

Per Person \$55 (District Rate: \$45)

## JAZZERCISE LITE

Agnes 18 & up

Results come easy in this original dance fitness, total-body conditioning program with low impact options. Bring a mat or towel to use during class. Call 303-795-6969 or visit [www.jazzercise.com](http://www.jazzercise.com). Specials available! Registration and fees are paid to instructor at class.

Fee: \$30 per month / Drop-In: \$7 per class

## YOGA

AGES 15 & UP

Yoga is a gentle form of exercise that creates awareness of the mind/body connection. Many styles are offered at our facilities to develop flexibility, tone and balance. Try them all or find the one that suits your personal needs.

### CARDIO YOGA

Take Yoga to the next level in this class of challenging poses and breathing methods designed to increase cardiovascular endurance.

Fee: \$65 (District Rate: \$52) 1 x/week for 6 weeks

### POWER YOGA

Focus on creating the highest level of energy, vitality and freedom.

Fee: \$65 (District Rate: \$52) 1 x/week for 6 weeks

### SUNRISE YOGA

Awaken the mind and body to the potential of the day.

Fee: \$65 (District Rate: \$52) 1 x/week for 6 weeks

### YOGA FOR ALL LEVELS

Learn proper breathing techniques and body alignment as you advance at your own pace.

Fee: \$70 (District Rate: \$57) 1 x/week for 6 weeks

Fee: \$108 (District Rate: \$88) 2 x/week for 6 weeks

### YOGA FUSION

This class is yoga with a blend of pilates, strength and toning exercises to give a fresh new twist to the yoga experience.

Fee: \$65 (District Rate: \$52) 1 x/week for 6 weeks

### YOGA STRETCH

Through balance poses, relaxation moves and core strengthening, you will reduce low back pain and improve posture and focus!

Fee: \$65 (District Rate: \$52) 1 x/wk for 6 weeks

Fee: \$100 (District Rate: \$80) 2 x/wk for 6 weeks

## YOGA FOR YOUTH

AGES 7-14

### KIDS YOGA

Integration of traditional Yoga poses, breathing exercises and relaxation techniques in a playful atmosphere for youth!

Fee: \$65 (District Rate: \$52) 1 x/week for 6 weeks

## ACTIVE OPTIONS (AO) & SILVER Sneakers® (SS)

At Foothills Park & Recreation District, our Senior Adult Programs are second to none. We have over 1,000 members and we offer a variety of programs ranging from fitness classes to social events. Join us and experience what wellness is all about! These programs have the use of the Peak Community & Wellness Center, the Edge Ice Arena, and the Ridge and Lilley Gulch Recreation Centers.

### ACTIVE OPTIONS

AGES 62 & UP

**ACTIVE OPTIONS**, a Fitness & Wellness Program, since 1995, has been awarded special recognition by The Komen Foundation, National Recreation and Parks Association, and Colorado Women's Health Campaign, for its impact on improved physical health in older adults.

**Annual Fee: \$270 (District Rate: \$235)**

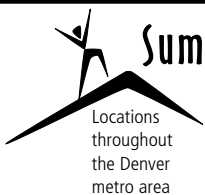
### SILVER Sneakers®

**SILVER Sneakers®** – the leading senior exercise program in the United States, is a unique exercise, physical activity and social oriented program designed to encourage eligible members to increase their levels of physical activity and motivate them to continue activity. Enroll at Peak Community & Wellness Center. Members of participating Medicare Healthplans may be eligible. For eligibility benefits, please call 303-409-2264.

## GENERAL INFORMATION

### ACTIVE OPTIONS OR SILVER Sneakers® PASS INCLUDES:

- **FREE Orientation – 1st & 3rd TUE of every month at 10:30am at the Peak**  
Sign up at the Peak Front Desk or call 303-409-2200 to learn more about Foothills facilities, programs and events offered for our senior adult population!
- **Complimentary Fitness Assessment**  
Annual fitness testing is crucial to any wellness program – printed results will indicate your functional fitness levels and will provide recommendations for your fitness needs. Schedule your assessment today! Contact Ann at 303-409-2264 or [anns@fhprd.org](mailto:anns@fhprd.org).
- **Complimentary Attendance to ALL Drop-In Group Exercise, Aqua Fitness Classes (page 31) & Public Skate.**
- **Discounts to Specialized Registration Classes (see Page 33)**
  - **Yoga Stretch, Pilates Matwork, Zumba, Tai Chi and Nia**  
Fee: \$30 (District Rate: \$24) 2 x/wk for 6 weeks  
Fee: \$15 (District Rate: \$12) 1 x/wk for 6 weeks
  - **Strength Training (Beginning & Continuing)**  
Fee: \$20 (District Rate: \$16) 2 x/wk for 6 weeks
- **Sign up for Email List**
  - Receive information about upcoming Senior Adult activities & events by emailing Ann at [anns@fhprd.org](mailto:anns@fhprd.org).



### Summit Cancer Solutions

**Cancer survivors - call today to join an exercise program designed just for you!**

Only \$150 for 6 months! Scholarships are available  
CALL- 303-409-2206 [www.summitcancersolutions.org](http://www.summitcancersolutions.org)

This non-profit program is sponsored by the Cancer, Cardiovascular Disease and Pulmonary Disease Grants Prog at the CO Dept of Public Health and Environment.

## HELPFUL HANDS KNITTING CLUB

Join us every Friday at 10:00-11:00am at the Peak Community & Wellness Center. All are welcome. Bring your own project (knitting, crocheting, needlepoint), supplies and a treat to share. Once a month, we work on a community service project. Coffee will be provided.

## SENIOR ADULT EVENTS & EXCURSIONS

### OCT – DEC 2009:

- **9TH ANNUAL SENIOR ADULT OPEN HOUSE • FRI, OCT 9**  
**9:00am – 1:00pm at the Peak**  
Join us for this fun-filled day! We will have informational booths with resources for Senior Adults, give-aways, door prizes . . . plus FREE breakfast and lunch provided by our sponsors!
- **CENTRAL CITY CASINO TRIP • THU, OCT 22**  
**11:00am – 5:00pm (meet at 10:45am at the Peak)**  
Join us with your friends for a trip up the mountain to test your good fortune!  
**Fee: \$12 (District Rate: \$10)**
- **TRAIL OF LIGHTS • FRI, DEC 18**  
**6:00 – 8:30pm (meet at 5:45pm at the Peak)**  
Enjoy the Trail of Lights at Denver Botanical Gardens at Chatfield!  
**Fee: \$15 (District Rate: \$13) includes admission**

### JAN – MAY 2010:

- **LET'S CELEBRATE!**  
**THU, JAN 21 • 12:30 – 2:00pm**
- **VINO & VALENTINES**  
**FRI, FEB 12 • 7:00 – 9:00pm**
- **LUCK O'THE IRISH CENTRAL CITY TRIP**  
**WED, MAR 18 • 11:00am – 5:00pm**

**LOOK FOR DETAILS OF OUR EVENTS AT OUR FACILITIES OR AT [WWW.IFOOTHILLS.ORG](http://WWW.IFOOTHILLS.ORG).**

## SENIOR ADULT POTLUCKS – FREE FRIENDS, FOOD & FUN!

Bring your favorite dish to share with friends at the Peak Community & Wellness Center.

**2ND WED EACH MONTH • 12:30-2:00pm**

**SEP 9 • Healing Unleashed**  
**OCT 14 • Cards or Crafts – You decide!**  
**NOV 11 • Cooking on a Budget**  
**DEC 9 • Holiday Celebration**

**For details or information about Potlucks in 2010, call Ann at 303-409-2264, or visit [www.ifoohills.org](http://www.ifoohills.org).**

## SENIOR ADULT GOLF TOURNAMENT

**THU, SEP 24, 2009 • 8:00am – Noon**  
Active Options, SilverSneakers® and friends . . . give it your best shot and enjoy playing the Executive 9 at Foothills Golf Course with fellow golf enthusiasts! Prizes and goodie bags will be awarded.

**REMEMBER:**  
**Always subject to the Weather!**

**Fee: \$35 per person**  
**golf carts & green fees are included.**

**Please call 303-409-2264**  
**for additional information.**

## SENIOR ADULT STRENGTH TRAINING – BEGINNING OR CONTINUING

Learn proper strength training techniques and guidelines in this small group setting. Build and maintain strength and muscle with the basics in the Beginning Class or continue to improve with new exercises in the Continuing Class.

**Fee: \$65 (District Rate: \$52) 2 x/week for 6 weeks**  
**A0/SS Fee: \$20 (District Rate: \$16) 2 x/week for 6 weeks**

## LOOKING FOR CLASS SCHEDULES?

**Please pick them up at our facilities, or visit**

**[www.ifoohills.org](http://www.ifoohills.org).**

## FIT Physical Therapy, LLC 303-409-2133

**Compassion | Experience | Knowledge | Convenience**

FIT Physical Therapy, LLC is an independently owned private practice on site at The Peak. In addition to providing "traditional" physical therapy, FIT is committed to helping patients transition to positive lifestyle choices within their abilities. Many health insurances accepted.

**For more information or for an appointment, please call 303-409-2133.**

** FIT PHYSICAL THERAPY, LLC**