

WINTER/SPRING 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.

CLASSES RUN JAN 4 – MAY 29 (*No CLASSES MAR 29 – APR 2) SCHEDULE IS SUBJECT TO CHANGE.

LOC **GROUP EXERCISE CLASSES – PEAK**

ACTIVITY	MON		TUE		WED		THU		FRI		LEVEL	
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		10:00-10:50am		10:00-10:50am		10:00-10:50am				★	
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**

ACTIVITY	MON	TUE	WED	THU	FRI	LEVEL
FIT FOR LIFE	8:40-9:30am		8:40-9:30am		8:40-9:30am	★

RIDGE **AQUA FITNESS CLASSES – RIDGE**

ACTIVITY	MON		TUE		WED		THU		FRI		LEVEL
SPLASH AEROBICS	AM	8:30-9:30am				8:30-9:30am				♥	
	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**

ACTIVITY	MON	TUE	WED	THU	FRI	LEVEL
SPLASH AEROBICS	8:30-9:30am		8:30-9:30am		8:30-9:30am	♥
AQUATONE	9:30-10:30am		9:30-10:30am		9:30-10:30am	♥
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			

WINTER/SPRING 2010

FITNESS & WELLNESS REGISTRATION CLASS SCHEDULES



AGES 15 & UP – UNLESS OTHERWISE NOTED.

- PILATES (INFORMATION – GERI: 303-409-2263)
- YOGA (INFORMATION – GERI: 303-409-2263)
- INDOOR CYCLING (INFORMATION – ANN: 303-409-2264)

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

SESS #1: JAN 4 – FEB 6 | SESS #2: FEB 8 – MAR 13 | SESS #3: MAR 15 – APR 24 | SESS #4: APR 26 – MAY 29

PILATES CLASSES – No classes MAR 29 – APR 3

ACTIVITY	TIME	FEE	MON	TUE	WED	THU	FRI	SAT	LEVEL
Pilates Matwork	AM	\$55 D: \$44				9:00-9:50am #4532 (PEAK) (AO/SS Discount)			♥
Pilates Core Conditioning	PM				6:00-6:50pm #4534 (SW PLAZA)				
PILATES - REFORMER	AM	\$80 D: \$66		6:00-6:50am #4460		6:00-6:50am #4473			♥
				7:00-7:50am #4461		7:00-7:50am #4474			
			8:00-8:50am #4450	8:30-9:20am #4546	8:00-8:50am #4467	8:30-9:20am #4547		8:30-9:20am #4485	
			9:00-9:50am #4451		9:00-9:50am #4468		9:00-9:50am #4481	9:30-10:20am #4486	
			10:00-10:50am #4452	10:30-11:20am #4463	10:00-10:50am #4469	10:30-11:20am #4476	10:00-10:50am #4482		
			11:00-11:50am #4453	11:30am-12:20pm #4464	11:00-11:50am #4470	11:30am-12:20pm #4477	11:00-11:50am #4483		
Location - PEAK Evergreen Room	PM	\$80 D: \$66	11:00-11:50am #4453						♥
			11:00-11:50am #4453						
			11:00-11:50am #4453						
			11:00-11:50am #4453						
			11:00-11:50am #4453						
			11:00-11:50am #4453						

YOGA CLASSES – Wear loose clothing, and bring a blanket to class – No classes MAR 29 – APR 3

ACTIVITY	LOC	FEE	MON	TUE	WED	THU	FRI	SAT	LEVEL
Cardio Yoga	PEAK	\$55 D: \$44	5:30-6:30pm #4497						★★
Power Yoga	PEAK							9:15-10:15am #4491	
Sunrise Yoga	PEAK						7:00-8:00am #4492		
Yoga Fusion	PEAK				6:00-7:00pm #4498				
Yoga for Golfers	PEAK			6:30-7:30pm #4494					
Yoga for All Levels	LG	\$94 D: \$75	7:30-8:45pm #4489		7:30-8:45pm #4489				♥
	PEAK	\$60 D: \$48		6:30-7:45pm #4488					
	RIDGE	\$94 D: \$75	9:15-10:30am #4487		9:15-10:30am #4487				
Yoga Stretch (AO/SS Discount)	PEAK	\$55 D: \$44		8:30-9:30am #4496(AO/SS Discount)		8:30-9:30am #4499 (AO/SS Discount)			
Yoga for KIDS (Ages 7-14)	PEAK				4:30-5:30pm #4490				

INDOOR CYCLING – No classes MAR 29 – APR 3

ACTIVITY	LOC	FEE	MON	TUE	WED	THU	FRI	SAT	LEVEL
Indoor Cycling Classes NO PUNCH CARDS!	EDGE CYCLING STUDIO	\$30(D: \$25) OR Drop-In: \$7.25 D: \$5.25		5:45-6:35am #4505		5:45-6:35am #4506			♥
				9:00-9:50am #4509		9:00-9:50am #4510		9:00-9:50am #4511	♥
			5:30-6:20pm #4516	5:30-6:20pm #4513	5:30-6:20pm #4517	5:30-6:20pm #4508			♥
			6:30-7:20pm #4518	6:30-7:20pm #4507	6:30-7:20pm #4519	6:30-7:20pm #4512			♥

WINTER/SPRING 2010

FITNESS & WELLNESS REGISTRATION CLASS SCHEDULES (AGES 15 & UP – UNLESS OTHERWISE NOTED)



- **SPORT & STRENGTH CONDITIONING** (INFORMATION – GERI: 303-409-2263)
- **GROUP EXERCISE*** (INFORMATION – ANN: 303-409-2264)
- **SENIOR ADULT STRENGTH TRAINING*** (INFORMATION – ANN: 303-409-2264)

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

SESS #1: JAN 4 – FEB 6	SESS #2: FEB 8 – MAR 13	SESS #3: MAR 15 – APR 24	SESS #4: APR 26 – MAY 29
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No classes MAR 29 – APR 3

SPORT & STRENGTH CONDITIONING CLASSES

ACTIVITY	LOC	TIME	FEE	MON	TUE	WED	THU	FRI	SAT	LEVEL
Iron Women I – 2 x / wk	PEAK	PM	\$83 D: \$67		6:30-7:30pm #4540		6:30-7:30pm #4540			♥
Iron Women II – 2 x / wk	PEAK	AM			10:00-11:00am #4539		10:00-11:00am #4539			★★
	PEAK	PM		6:30-7:30pm #4541		6:30-7:30pm #4541				★★
Group Strength & Endurance – 2 x / wk	PEAK	AM		6:00-7:00am #4544		6:00-7:00am #4544				♥
Group Training for Weight Loss – 2 x / wk	PEAK	AM		9:00-10:00am #4545		9:00-10:00am #4545				♥

GROUP EXERCISE CLASSES – Active Options & SilverSneakers® Discounts apply to classes below.

*AO/SS FEE: 1 x/week \$15 (D: \$12) • 2 x/week \$30 (D: \$24)

ACTIVITY	LOC	TIME	FEE	MON	TUE	WED	THU	FRI	SAT	LEVEL
AB Blaster	PEAK	PM	\$20 D: \$16					3:30-4:00pm #4536		♥
Boot Camp	PEAK	AM	\$30 D: \$25						8:15-9:05am #4504	♥
Nia	RIDGE	AM	\$57 D: \$46	9:45-10:35am #4500		9:45-10:35am #4500				♥
Tai Chi - Beginning – 1 x / wk	PEAK	PM	\$30 D: \$25			1:15-2:05pm #4502				♥
Tai Chi - Continuing – 1 x / wk	PEAK	PM				2:15-3:05pm #4503				★★
Zumba – 2 x / wk	PEAK	PM	\$57 D: \$46	6:30-7:20pm #4501		6:30-7:20pm #4501				♥
					6:30-7:20pm #4537		6:30-7:20pm #4537			♥
Aqua Zumba – 2 x / wk	RIDGE	AM	\$57 D: \$46	8:30-9:30am #4535		8:30-9:30am #4535				♥

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

*AO/SS FEE: \$17 (D: \$14)

ACTIVITY	LOC	TIME	FEE	MON	TUE	WED	THU	FRI	SAT	LEVEL
Senior Adult Strength Training – Beginning – 2 x / wk	PEAK	AM	\$38 D: \$30	9:00-9:50am #4905		9:00-9:50am #4905				★
Senior Adult Strength Training – Continuing – 2 x / wk	PEAK	AM		10:00-10:50am #4907		10:00-10:50am #4907				★★
		PM			2:15-3:05pm #4908		2:15-3:05pm #4908			★★

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.