

# FITNESS & WELLNESS GENERAL/GROUP EXERCISE/AQUA FITNESS • DROP-IN CLASSES

PRICES IN THIS CATALOG AND AVAILABILITY ARE SUBJECT TO CHANGE WITHOUT NOTICE.

## 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 GUIDE – FREE!

If you need a Quick Reference on Cardio/Weight Room use, pick up a FREE guide at any facility Front Desk.

### CARDIO/WEIGHT ROOM ORIENTATION Ages 9 & up

This introductory class will familiarize participants with proper use of cardiovascular and weight training equipment. Our professional staff will instruct on basic exercise guidelines, weight room etiquette and proper equipment adjustments. Dress for activity!

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

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

**NOTE: YOUTH UNDER AGE 9 ARE NOT PERMITTED TO USE EQUIPMENT Certification in 3 simple steps!**

1. Youth MUST pass the YOUTH CARDIO WEIGHT ROOM TEST prior to admission to our Cardio/Weight Rooms. (Test may be taken at any Front Desk at NO COST).

[Youth are encouraged to attend the Cardio/Weight Room Orientation to prepare for the test.]

2. Parents MUST submit a signed authorization waiver for the youth prior to admission to our Cardio/Weight Rooms.

3. The following rules apply, depending on age of youth:  
▶ Ages 9 – 12: MUST BE SUPERVISED BY AN ADULT at all times while in the Cardio/Weight Room.  
▶ Ages 13 – 15: May work out independently.

## Holiday Drop-in Class Schedules

**NOV 22 – 24 & DEC 20 – 29, 2010  
MAR 28 – 30, 2011**

While our regular class schedule is unavailable during traditional Fall, Winter and Spring Breaks, we host modified schedules for those who wish to stay on track! Look for class schedules at our Front Desks or at [www.ifoorthills.org](http://www.ifoorthills.org).

**Drop-in Fees, Annual Passes  
& Multi-Visit Cards apply.**

**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 5).**

## 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® CARDIO CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout.

### 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 class for all levels.

## 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 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! Our friendly and knowledgeable staff will guide you through effective workouts designed to meet your body's needs.

### 1-HOUR SESSIONS:

1 Session	\$50 (D: \$40)
3 Sessions	\$145 (D: \$115)
5 Sessions	\$210 (D: \$165)
10 Sessions	\$400 (D: \$320)

### SEMI-PRIVATE 1-HOUR SESSIONS:

Per Person \$30 (D: \$25)

### ACTIVE OPTIONS/SILVER SNEAKERS®

1-HR Session \$25

## FITNESS ASSESSMENT

Ages 9 & up

Measure your current health status for height, weight, blood pressure, strength, endurance and flexibility – includes one-on-one consultation and a comparison report to analyze results.

ADULT – Ages 16 & up:

YOUTH – Ages 9-15:

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

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

AO/SS MEMBERS – FREE! (1 x/year)

## FACILITATED STRETCHING

Ages 9 & up

Safe, effective method of stretching muscles, improving range of motion and relieving tension with the assistance of a personal trainer.

Fee: \$50 (District Rate: \$40)

## FITNESS ON TOUR MONTHLY WORKOUT SERIES

Don't want to register for an entire series of classes but you enjoy exploring new ideas and concepts to keep your exercise routine fresh and fun?

Check out our new schedule of one-hit wonders online or at any of our facilities!

Fee: Regular Drop-In rates or use a Multi-Visit Card.

## WORKPLACE WELLNESS

FOOTHILLS WANTS TO HELP

YOUR WORKPLACE THRIVE WITH HEALTH!

WORKPLACE WELLNESS PACKAGES

ARE AVAILABLE NOW!

CALL 303-409-2114 FOR DETAILS!

## 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 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.



## KIDS KINETICS

Ages 5-12

Kids learn basic motor skills and other quality physical activities while having fun. Kids Kinetics combines fun and fitness as well as safety for kids.

Fee: \$44 (District Rate: \$36) 5 weeks • 1 x wk

## FOOTHILLS GROUP TRAINING AGES 15 & UP

Reach your goals in a fun, affordable and effective program – all the benefits of one-on-one training with the added support of a group setting.

## STRONG WOMEN

Level 1 (Beginner) or Level 2 (Continuing)

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: \$83 (District Rate: \$67) 5 weeks • 2 x wk

## 2010 HOLIDAY WORKOUT OPTIONS

### HALLOWEEN CHOREOGRAPHY CLASS (#6460-1)

• FRI, OCT 15, 22, 29 TIME: 10:00 – 10:50am  
Peak Community & Wellness Center  
Fee: \$18 (District Rate: \$15) REGISTER EARLY!

### HOLD FOR THE HOLIDAYS (#6465-1)

• NOV 22 – JAN 1  
6-week Holiday Fitness Challenge  
Fee: \$15 (District Rate: \$12) REGISTER EARLY!

### TAKE OFF THE TURKEY (DROP-IN)

• FRI, NOV 26 TIME: 7:30 – 9:00am  
Ridge Recreation Center Dance Studio  
Drop-in Fee: \$7.25 (District Rate: \$5.25)

### HOLIDAY STRESS BUSTER (#6460-2)

• FRI, DEC 3, 10, 17 TIME: 10:00 – 10:50am  
Peak Community & Wellness Center  
Fee: \$18 (District Rate: \$15) REGISTER EARLY!

## 2011 SCHEDULE

### FITNESS FRENZY – FREE: JAN 3 – 15, 2011

• Bring your resolutions and try some of our  
FANTASTIC Fitness Classes for FREE!

### BRAND NEW YOU! JAN 17 – FEB 25 (#6475)

Group Personal Training class designed to  
give you results!  
Fee: \$83 (District Rate: \$67) REGISTER EARLY!

### SPRING INTO FITNESS: MAR 7 – APR 30 (#4523)

Refresh your workout and reach peak  
performance levels!  
Fee: \$18 (District Rate: \$15) REGISTER EARLY!

### NATIONAL EMPLOYEE HEALTH & WELLNESS DAY – FREE!

• WED, MAY 18  
MAY is Fitness Awareness Month. In celebration,  
this day will include FREE admission/classes  
for any businesses and their employees!

303-409-2114

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

THE CLASSES ON THIS PAGE REQUIRE REGISTRATION.

## 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 REQUIRED THAT YOU ATTEND A PILATES FUNDAMENTALS ORIENTATION.

### PILATES FUNDAMENTALS ORIENTATION

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: \$55 (District Rate: \$44) 1 x/week for 5 weeks

### PILATES – CORE CONDITIONING

Matwork Pilates using rings, balls and other equipment.

Fee: \$55 (District Rate: \$44) 1 x/week for 5 weeks

### PILATES – REFORMER

Exercises performed on Allegro® Reformer equipment.

Fee: \$80 (District Rate: \$66) 1 x/week for 5 weeks

## GROUP EXERCISE AGES 15 & UP

### BODY LIFT

This full body workout uses body weight exercises, calisthenics and other challenging drills for amazing results!

Fee: \$30 (District Rate: \$25) 1 x/week for 5 weeks

### INDOOR CYCLING

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

Fee: \$30 (District Rate: \$25) 1 x/week for 5 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: \$57 (District Rate: \$46) 2 x/week for 5 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: \$30 (District Rate: \$25) 1 x/week for 5 weeks

### ZUMBA

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

Fee: \$57 (District Rate: \$46) 2 x/week for 5 weeks

### AQUA ZUMBA

All the benefits and fun of Zumba with the low impact of water exercise.

Fee: \$30 (District Rate: \$25) 1 x/week for 5 weeks

## FITNESS EVENTS & HAPPENINGS . . .

For detailed schedules, information & registration (if required), please check [www.ifoohills.org](http://www.ifoohills.org), ask at a Front Desk or call 303-409-2114.

## 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 303-409-2263 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)

## 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: \$55 (District Rate: \$44) 1 x/week for 5 weeks

### YOGA FOR ALL LEVELS

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

Fee: \$60 (District Rate: \$48) 1 x/week for 5 weeks

\$94 (District Rate: \$75) 2 x/week for 5 weeks

### YOGA FOR GOLFERS

Learn techniques designed to release tension and stress, increase range of motion and strength, enhance focus and improve golf swing.

Fee: \$55 (District Rate: \$44) 1 x/week for 5 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: \$55 (District Rate: \$44) 1 x/week for 5 weeks

### YOGA STRETCH

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

Fee: \$55 (District Rate: \$44) 1 x/wk for 5 weeks

## YOGA FOR KIDS AGES 7-14

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

Fee: \$55 (District Rate: \$44) 1 x/week for 5 weeks

## BOOTCAMPS

### BCOR @ WOODMAR PARK

BCOR bridges the gap between gym membership and personal training. Choose your intensity level and show up – we'll entertain you and you'll burn 500-1,000 calories per hour! Contact [www.BCOR.net](http://www.BCOR.net) or 303-359-4490.

### BOOTCAMP CHALLENGE @ RIDGE RECREATION CENTER

Group exercise meets personal training in this program designed for EVERY fitness level. See measurable results in just 6 weeks! Contact Kim at 720-628-2901 or email [Kim@bootcamp-challenge.com](mailto:Kim@bootcamp-challenge.com).

### CODE PINK BOOT CAMP @ CLEMENT PARK/SW PLAZA

This fitness boot camp is designed for women of all fitness levels. No need to be in shape to get started! Most women shed 5-12 pounds of body fat in just one month. Visit [www.CodePinkBootCamp.com](http://www.CodePinkBootCamp.com) for exciting details, photos and registration information or call 888-949-7465.