

# FALL 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 AUG 30 – DEC 17**

SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE.

LOC <b>GROUP EXERCISE CLASSES – PEAK</b>								
ACTIVITY		MON	TUE	WED	THU	FRI	LEVEL	
<b>PEAK</b>	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	10:10-11:00am	10:00-10:50am	10:10-11:00am		★
	Silver Sneakers® Muscular Strength		11:00-11:50am		11:00-11:50am			♥
	Silver Sneakers® Cardio Circuit						11:00-11:50am	♥
	Aerobicing			5:30-6:20pm		5:30-6:20pm		★★

LOC <b>GROUP EXERCISE CLASSES – RIDGE</b>								
ACTIVITY		MON	TUE	WED	THU	FRI	LEVEL	
<b>RIDGE</b>	Fit for Life		8:40-9:30am		8:40-9:30am		8:40-9:30am	★

LOC <b>AQUA FITNESS CLASSES – RIDGE</b>								
ACTIVITY		MON	TUE	WED	THU	FRI	LEVEL	
<b>RIDGE</b>	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 <b>AQUA FITNESS CLASSES – LILLEY GULCH (No classes AUG 30 – SEP 6)</b>								
ACTIVITY		MON	TUE	WED	THU	FRI	LEVEL	
<b>LILLEY GULCH</b>	Splash Aerobics		8:30-9:30am		8:30-9:30am		8:30-9:30am	♥
	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 <sup>ST</sup> TIME EXERCISER	♥	ALL	ALL SKILL LEVELS & ABILITIES
★★	2	CONTINUING EXERCISER			

# FALL 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](http://WWW.IFOOTHILLS.ORG)).

SCHEDULE IS SUBJECT TO CHANGE.

<b>SESS #1: SEP 7 – OCT 9</b>	<b>SESS #2: OCT 11 – NOV 13</b>	<b>SESS #3: NOV 15 – DEC 18*</b> (4-week session) *No classes NOV 22-27
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<b>PILATES CLASSES</b>									
ACTIVITY	TIME	FEE	MON	TUE	WED	THU	FRI	SAT	LEVEL
Pilates Matwork	AM	\$55 D: \$44				9:05-9:55am #6539 (PEAK) (AO/SS Discount)			♥
Pilates Core Conditioning	PM				6:00-6:50pm #6540 (SW PLAZA)				
PILATES - REFORMER  Location - PEAK Evergreen Room	AM	\$80 D: \$66		6:00-6:50am #6508		6:00-6:50am #6522			♥
				7:00-7:50am #6509		7:00-7:50am #6523			
			8:00-8:50am #6500	8:30-9:20am #6510	8:00-8:50am #6516	8:30-9:20am #6524	8:30-9:20am #6534		
			9:00-9:50am #6501		9:00-9:50am #6517		9:00-9:50am #6530	9:30-10:20am #6535	
			10:00-10:50am #6502	10:30-11:20am #6512	10:00-10:50am #6518	10:30-11:20am #6526	10:00-10:50am #6531		
	11:00-11:50am #6503	11:30am-12:20pm #6513	11:00-11:50am #6519	11:30am-12:20pm #6527	11:00-11:50am #6532				
	PM	\$80 D: \$66	Noon-12:50pm #6504				Noon-12:50pm #6533		♥
			5:30-6:20pm #6505	5:30-6:20pm #6514	5:30-6:20pm #6520	5:30-6:20pm #6528			
			6:30-7:20pm #6506	6:30-7:20pm #6515	6:30-7:20pm #6521	6:30-7:20pm #6529			
			7:30-8:20pm #6507						

<b>YOGA CLASSES – Wear loose clothing, and bring a blanket to class</b>									
ACTIVITY	LOC	FEE	MON	TUE	WED	THU	FRI	SAT	LEVEL
Cardio Yoga	PEAK	\$55 D: \$44	5:30-6:30pm #6491						★★★
Yoga for Golfers	PEAK		6:30-7:30pm #6496						
Yoga Fusion	PEAK				6:00-7:00pm #6493				
Yoga for All Levels (1 x/wk)	LG	\$60 D: \$48	7:30-8:45pm #6497		7:30-8:45pm #6498				♥
	PEAK			6:30-7:45pm #6494					
Yoga for All Levels (2 x/wk)	RIDGE	\$94 D: \$75	9:15-10:30am #6499		9:15-10:30am #6499				
Yoga Stretch (AO/SS Discount)**	PEAK	\$55 D: \$44		8:30-9:30am #6490** (Beginning)		8:00-9:00am #6492** (Continuing)			
Yoga for KIDS (Ages 7-14)	PEAK					4:15-5:15pm #6495			

<b>SPORT &amp; STRENGTH CONDITIONING CLASSES</b>									
ACTIVITY	LOC	FEE	MON	TUE	WED	THU	FRI	SAT	LEVEL
Strong Women (2 x / wk)	PEAK	\$83 D: \$67		10:00-11:00am #6476		10:00-11:00am #6476			♥
	PEAK		6:30-7:30pm #6473	6:30-7:30pm #6472	6:30-7:30pm #6473	6:30-7:30pm #6472			★★★
Brand New You! (2 x / wk)	PEAK			6:00-7:00pm #6475		6:00-7:00pm #6475			♥
Kids Kinetics (Ages 5-12)	PEAK	\$44 D: \$36	4:15-5:15pm #6474						♥

# FALL 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](http://WWW.IFOOTHILLS.ORG)).

SCHEDULE IS SUBJECT TO CHANGE.

SESS #1: SEP 7 – OCT 9	SESS #2: OCT 11 – NOV 13	SESS #3: NOV 15 – DEC 18* (4-week session) *No classes NOV 22-27
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### 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
Body Lift	SW PLAZA	PM	\$30 D: \$25				5:30-6:30pm #6455			♥
Nia ( 2 x / wk)	RIDGE	AM	\$57 D: \$46	9:45-10:35am #6464		9:45-10:35am #6464				♥
Tai Chi - Beginning	PEAK	PM	\$30 D: \$25			1:15-2:05pm #6456				♥
Tai Chi - Continuing	PEAK	PM				2:15-3:05pm #6457				★★
Zumba (1 x /wk)	PEAK	PM	\$30 D: \$25					5:00-5:50pm #6463		♥
Zumba (2 x /wk)	PEAK	PM	\$57 D: \$46	6:30-7:20pm #6461	6:30-7:20pm #6462	6:30-7:20pm #6461	6:30-7:20pm #6462			♥
Aqua Zumba	RIDGE	AM	\$30 D: \$25	8:35-9:30am #6458						♥

### 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 #6468		9:00-9:50am #6468				★
Senior Adult Strength Training – Continuing (2 x / wk)	PEAK	AM		10:00-10:50am #6470		10:00-10:50am #6470				★★
		PM			2:15-3:05pm #6471		2:15-3:05pm #6471			★★

### INDOOR CYCLING

ACTIVITY	LOC	FEE	MON	TUE	WED	THU	FRI	SAT	LEVEL	
Indoor Cycling Classes	EDGE CYCLING STUDIO	\$30 (D: \$25) or Drop-in: \$7.25 (D: \$5.25)		5:45-6:35am #6482		5:45-6:35am #6487		9:00-9:50am #6479	♥	
NO PUNCH CARDS!			6:30-7:20pm #6481	9:00-9:50pm #6483	6:30-7:20pm #6486	9:00-9:50pm #6488				♥
				5:30-6:20pm #6484		5:30-6:20pm #6489				
				6:30-7:20pm #6485		6:30-7:20pm #6480				

### FITNESS & WELLNESS INTENSITY LEVEL CHART

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

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