

FITNESS & WELLNESS GENERAL/GROUP EXERCISE – AQUA & LAND FITNESS (DROP-IN)

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

EXERCISE IS MEDICINE!

In addition to improving a person's overall health, increasing physical activity has proven beneficial in the management of and treatment for many health concerns, including:

- Abnormal ECG
- Anxiety
- Arthritis
- Cancer
- Cigarette Smoking
- Coronary Artery Disease
- Depression
- Diabetes
- Elevated Cholesterol
- High Blood Pressure
- Obesity
- Osteoporosis
- Pregnancy
- Sedentary Lifestyle

WHAT'S THE RECOMMENDED DOSAGE? *

30 minutes of physical activity and 10 minutes of stretching and light muscle training five days a week are advised for most people. Contact our Fitness & Wellness Department at 303-409-2114 to find out what exercise programs would be best for you!

**Consult your physician before beginning any exercise program, or if you exhibit any of the above conditions. Although the format of all fitness classes is structured for the safety of all participants, it is important that you know your own limits!*

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 equipment, weight room etiquette and basic exercise guidelines. Dress for activity!

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

YOUTH CARDIO/WEIGHT ROOM POLICY Ages 9-15

NOTE: YOUTH UNDER AGE 9 ARE NOT PERMITTED TO USE EQUIPMENT
Get certified to use our cardio/weight rooms – easy as 1, 2, 3!

1. Pass the YOUTH CARDIO WEIGHT ROOM TEST (Test is FREE and may be taken at any of our Facility Front Desks).
2. Submit a signed authorization waiver completed by parent or guardian.
3. Enjoy use of our facilities!

Upon completion of above steps, the following rules apply:

► Ages 9 – 12: May use the Cardio/Weight Rooms WHILE UNDER SUPERVISION OF A PERSON AGE 15 OR OLDER.

► Ages 13 – 15: May use the Cardio/Weight Rooms independently.

NOTE TO PATRONS

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

DROP-IN CLASSES 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 7).

GROUP EXERCISE AGES 15 & UP DROP-IN CLASSES

AQUA FITNESS • DROP-IN CLASSES

DEEP WATER

Tone your muscles and increase your strength with a variety of exercises designed for a deep water workout.

SPLASH AEROBICS

Improve cardiovascular endurance and increase muscle tone as you exercise 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 and range of motion in the therapy pool.

POOLATES

Improve muscle strength and core stability utilizing the resistance of water and a series of land-based exercises modified to maximize the benefits of water. All levels are welcome!

LAND FITNESS • 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!

BODY LIFT

This group barbell class will strengthen your whole body by challenging all major muscle groups with dynamic, functional moves including squats, lunges, presses – all set to upbeat music.

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!

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.

WITHOUT LIMITS PERSONAL TRAINING AGES 15 & UP

Stay focused and energized as you reach your fitness goals with expert staff and the latest training techniques and options! All Personal Trainers at Foothills Park & Recreation District are certified by a national organization and/or have a degree in Exercise Science.

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

FITNESS ASSESSMENT

Ages 9 & up

Measure your current health status for height, weight, blood pressure, strength, endurance and flexibility. Consultation and analysis of results are included.

ADULT – Ages 16 & up:

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

YOUTH – Ages 9 & up:

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

AO/SS MEMBERS – FREE! (1 x/year)

BODY COMPOSITION ANALYSIS

Measure lean body mass vs fat tissue.

Fee: \$12 (District Rate: \$10)

INDIVIDUAL TRAINING

Ages 15 & up

Work one-on-one with a Certified Personal Trainer to meet your fitness goals.

1-HOUR SESSIONS:

1 Session

Adult/Youth

\$55 (D: \$45)

Active Options/Silver Sneakers®

\$35 (D: \$30)

3 Sessions

\$150 (D: \$120)

5 Sessions

\$225 (D: \$175)

10 Sessions

\$420 (D: \$330)

SEMI-PRIVATE TRAINING

Ages 15 & up

Double up and enjoy the savings! Sessions are for 2 people working with a Certified Personal Trainer.

Fee: \$35 (District Rate: \$30) per person (1-hr session)

GROUP TRAINING

Ages 15 & up

Groups of 3 or more work with a Certified Personal Trainer. Bring in a small group for added support and fun!

Fee: \$20 (District Rate: \$18) per person (1-hr session)

FACILITATED STRETCHING

Ages 9 & up

Stretch muscles, improve range of motion and relieve tension with the assistance of a personal trainer.

Fee: \$28 (District Rate: \$23) 30-minute session

BRAND NEW YOU

Unleash your health potential and become all you desire in this group training class designed to keep you on the path for life-long wellness!

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

STRONG TO THE CORE

Work with a certified personal trainer to improve your strength, core and balance using weight machines, free weights, stability balls and other balance tools.

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

FUNCTIONAL TRAINING

Using a combination of body weight, stability equipment, medicine balls, kettlebells and a variety of proven methods, you will be training for skill and agility in all your routine movements!

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

THERAPY POOL SEMI-PRIVATE TRAINING

Designed for individuals with chronic conditions such as arthritis, joint pain, stiffness, etc. This highly focused, fun and safe program uses the buoyancy of the therapy pool to provide gentle resistance for muscle building and free range of movement. (Limited to 2-4 participants.)

Fee: \$83 (District Rate: \$67) 5 weeks • 1 x/wk

FALL YOUTH FITNESS EXPO SEP 6 – 9 (TUE – FRI)

Explore the possibilities for our Foothills Youth Fitness Programs with FREE CLASS TRIALS all week!

BODY DYNAMICS: Get here and get moving with this body-centered workout.

Fee: \$30 (D: \$25) 1x/wk for 5 wks

YOGALATES: Get lean and limber using a combination of Yoga and Pilates exercises!

Fee: \$30 (D: \$25) 1x/wk for 5 wks

FUNCTIONAL TRAINING: Training with peak form to increase speed, agility, strength and endurance.

Fee: \$30 (D: \$25) 1x/wk for 5 wks

JUMPMAT PILATES: Sign up for a unique experience and take your core stability and strength to a new level.

Fee: \$45 (D: \$40) 1x/wk for 5 wks

FOR DETAILS & SPECIFIC SCHEDULES, PLEASE CALL 303-409-2114.

ENDURANCE/SPORT CONDITIONING

If you are interested in individual or team sessions, please call 303-409-2114.



FITNESS & WELLNESS CLASS DESCRIPTIONS - GROUP EXERCISE/BOOTCAMP

REGISTRATION CLASSES below for **AGES 15 & UP**
REQUIRE REGISTRATION and are **NOT** included with Annual Passes.
Offerings are subject to change without notice.

FEE: \$30 (DISTRICT RATE: \$25) 1 X/WK (5-WK SESSION)

FEE: \$57 (DISTRICT RATE: \$46) 2 X/WK (5-WK SESSION)

DROP-IN FEE: \$7.25 (DISTRICT RATE: \$5.25) SUBJECT TO SPACE AVAILABILITY

NOTE: MULTI-VISIT CARDS OR PASSES (SEE PAGE 7) CANNOT BE USED FOR THE CLASSES BELOW

GROUP EXERCISE AGES 15 & UP REGISTRATION CLASSES

BARRE REVOLUTION

This class combines basic ballet movements with core conditioning, pilates and stretching. It is a total body workout using a ballet barre, pilates rings, small balls and other small equipment.

INDOOR CYCLING

Enjoy group classes on Lemond bikes with our expert instructors in the Edge Cycling Studio.

NIA

Through movement we find health with this conditioning blend of dance, Tai Chi and Yoga.

TAI CHI

Perform a series of postures in a slow and graceful manner. Notice improved concentration, memory, balance and more!

TOTAL BODY FITNESS

Tone and sculpt your body with kick boxing, weight training and high intensity movements to boost metabolism, maximize fat burning, strengthen your core and improve bone density.

ZUMBA CLASSES

Foothills offers a variety of Zumba classes that are designed to meet your personal needs, levels and abilities:

ZUMBA

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

ZUMBA GOLD

Zumba for Everyone Else! Zumba's dance rhythms specifically designed for beginners, special populations and senior adults.

ZUMBA TONING

Zumba with the addition of light weight toning sticks similar to maracas for a safe, effective full-body toning workout.

AQUA ZUMBA

This class is Zumba's fitness party with the low impact of water exercise.

BOOT CAMPS

BOOT CAMP CHALLENGE @ RIDGE RECREATION CENTER

Group exercise meets personal training in this program designed for EVERY fitness level. See measurable results in just 6 weeks! Send email to Kim@bootcamp-challenge.com or call Kim at 720-628-2901.

CODE PINK BOOT CAMP @ CLEMENT PARK

Get in the best shape of your life and you don't have to be in shape to get started! This fitness boot camp is designed for women of all levels. Most women shed 5-12 lbs of body fat in just one month! For details, photos and registration, visit www.CodePinkBootCamp.com or call 888-949-7465.

**Class schedules are available at our Front Desks.
For details and class schedules of our programs and events
at any of our facilities, please also visit our website at www.ifoohills.org.**

**Be sure to check out FACILITY PASS options on page 7
for a great way to SAVE MONEY on Fun & Fitness!**

FITNESS & WELLNESS CLASS DESCRIPTIONS - PILATES/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,
YOU ARE REQUIRED TO 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/wk for 5 weeks

PILATES – CORE CONDITIONING

Matwork Pilates using rings, balls and other equipment.

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

PILATES – REFORMER

Exercises performed on Allegro[®] Reformer equipment.

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

PILATES – GENTLE REFORMER

Ideal for new students, anyone with limited range of motion or those coming out of injuries or rehabilitation.

Fee: \$40 (District Rate: \$33) 1 x/wk for 5 weeks

JUMPBOARD PILATES

A full body Pilates workout using jumpboards that gives a great abdominal and core strengthening workout while increasing your heart rate. Prior experience on the Reformer is required before entering this class.

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

PILATES TRAINING SESSIONS

Work with a certified Pilates instructor to personalize your Pilates regimen.

FUNCTIONAL ASSESSMENT: Define restrictions, limitations and imbalances in functional movement through a series of postural measurements with the assistance of a certified Pilates instructor.

Fee: \$55 (District Rate: \$45)

INDIVIDUAL TRAINING: Work one-on-one to reach your goals.

1 Session	\$65 (District Rate: \$55)
3 Sessions	\$180 (District Rate: \$150)
10 Sessions	\$550 (District Rate: \$500)

SEMI-PRIVATE/GROUP TRAINING: Work with a group of 2-4 to receive personalized training.

1 Session	\$40 (District Rate: \$35) per person
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Call 303-409-2263 for more information.

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/wk for 5 weeks

YOGA FOR A BETTER BACK

Maintain back health, aid in recovery and prevent future back problems through techniques of Iyengar Yoga.

Fee: \$55 (District Rate: \$44) 1 x/wk 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/wk for 5 weeks (1¼ hr class)

YOGA BOOTCAMP

A great workout that involves kickboxing, weight training with BOSU and stability balls ending with yoga flow.

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

YOGA FOR ICE SKATERS

Poses practiced during this class will benefit not only overall health but will also assist in limbering and strengthening participants for the demands of their sport.

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

YOGA FUSION

The addition of a fitness regimen to the traditional series of yoga poses that may include strength training, resistance work, cardiovascular activity and Pilates moves.

Fee: \$60 (District Rate: \$48) 1x/wk for 5 weeks (1¼-hr class)

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

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 Community & Wellness Center. In addition to providing "traditional" physical therapy, FIT is committed to helping patients transition to positive lifestyle choices within their abilities. Many health insurance plans are accepted.

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

 **FIT PHYSICAL THERAPY** LLC

FITNESS & WELLNESS SPECIAL PROGRAMS, OFFERINGS & INFORMATION



ARTHRITIS FOUNDATION AQUATICS PROGRAM

Water Exercise Classes are for anyone with:

- Arthritis or related diseases
- Joint Pain
- Stiffness and/or limited range of motion.

Our certified instructors provide a fun, safe program using buoyancy of water to provide:

- Gentle resistance to build muscle strength
- Support for the joints to encourage free movement.

Participants can enjoy decreased pain, increased flexibility, better sleep, increased energy, improved outlook and better overall health.

Register for Group Exercise Classes or call 303-409-2264 for Personal Training Options.

88-DAY FITNESS CHALLENGE! (SEP 6 - DEC 2, 2011)

A critical aspect of "getting in shape" is adapting daily habits – anything from what you eat to how you schedule your time. This program focuses on learning to make small, daily changes that will drive you towards attaining your best fitness and health!

EACH WEEK WILL INCLUDE:

An Active Challenge: Become more active throughout each day using suggested methods and ideas.

An Exercise Challenge: Explore a variety of choices for structured cardio and strength workouts offered at a Foothills location, plus suggestions for activities on your own.

A Flexibility Challenge: Increase flexibility with a mix of stretching, Yoga and Pilates exercises.

A Nutrition Challenge: Create awareness of your eating habits and patterns.

A Mind/Body Challenge: Relax, regroup and enjoy some quiet moments throughout the day.

FEE: \$ 88

Call 303-409-2263 for details.

WORKPLACE WELLNESS

FOOTHILLS WANTS TO HELP
YOUR WORKPLACE THRIVE WITH HEALTH!
WORKPLACE WELLNESS PACKAGES
ARE AVAILABLE NOW!

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

ROAD MAP TO HELP IMPROVE CHRONIC CONDITIONS

COMMON CONDITION	SUGGESTED CLASSES
Bone & Joint Issues	Arthritis Foundation Aquatics Program & Aqua Fitness, Functional Training, Pilates, Strength Training, Stretch, Yoga
Depression	All fitness programs offered improve mood and produce positive emotions
High Blood Pressure, High Cholesterol, or Weight Management	Aquatics Fitness, Boot camps, Brand New You, Cardiovascular Personal Training, Group Exercise Classes, Indoor Cycling, Nia, Pilates
Muscular Instability/ Back Pain	Barre Revolution, Brand New You Personal Training, Pilates, Functional/Strength Training, Strong to the Core, Tai Chi, Yoga
Strength & Sports Conditioning	Boot Camp, Endurance/Sport Conditioning Sessions, Functional Training, Training Without Limits

NUTRITION & WELLNESS OFFERINGS

Good eating habits are an essential element to feeling your best. We have on-site programs available to help you find a nutrition plan that works for you! Offerings are led by a Certified Nutrition Therapist.

Private 1-hr Session: \$85 (District: \$80)

Training & Nutrition Combo Pack: \$160 (District: \$155)
(includes one 1-hr Nutrition Counseling Session and two Personal Training Sessions)

Coming NOV 2011: Group Nutrition Seminar "Managing Your Meals thru the Holidays"

**For more information, please call
303-409-2114**

POWERFUL TRAINING PROGRAM FOR CANCER SURVIVORS!

Our program developed by Cancer Fitness Institute (formerly Summit Cancer Solutions) is based on scientifically tested training protocols.

PARTICIPANTS RECEIVE:

- Pre & Post Assessment
- 1 Personal Training Session
- Personalized Exercise Prescription
- 6-Month Pass to all Foothills Facilities
- Participation in CancerFit Exercise Class (2 x/wk)



Fee: \$360 (Scholarships available for qualified persons.)

Call 303-409-2114

GET THE LATEST FITNESS & WELLNESS UPDATES!

Email anns@fhprd.org
to receive regular fitness updates.