

WINTER/SPRING 2012



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 JAN 2 – JUN 1 (STABILITY BALL CLASS BEGINS FEB 7)

(SEE SPRING BREAK SCHEDULE FOR MAR 26 – 31, NO CLASSES MAY 28)

SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE.

LOC LAND FITNESS CLASSES – PEAK								
	ACTIVITY	MON	TUE	WED	THU	FRI	LEVEL	
P E A K	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		♥	
	Stability Ball (Core Conditioning)		10:00-10:50am <i>NEW!</i>				♥	
	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	★	
	Aeroboxing		5:30-6:20pm		5:30-6:20pm		★★	
Body Lift	Noon-12:50pm	7:30-8:20pm	Noon-12:50pm	7:30-8:20pm	Noon-12:50pm	♥		

LOC LAND FITNESS CLASSES – RIDGE							
	ACTIVITY	MON	TUE	WED	THU	FRI	LEVEL
R I D G E	Fit for Life	8:40-9:30am		8:40-9:30am		8:40-9:30am	★

LOC AQUA FITNESS CLASSES – RIDGE (CLASSES RUN JAN 2 – MAY 25)							
	ACTIVITY	MON	TUE	WED	THU	FRI	LEVEL
R I D G E	Splash Aerobics (Lap Pool)	AM	8:35-9:30am <i>NEW!</i>	8:35-9:30am	8:35-9:30am <i>NEW!</i>	8:35-9:30am	♥
		PM		7:05-8:00pm		7:05-8:00pm	
	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
L I L L E Y G U L C H	Splash Aerobics	8:35-9:30am		8:35-9:30am		8:35-9:30am	♥
	Deep Water	1:05-2:00pm		1:05-2:00pm		1:05-2:00pm	♥

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 2012



FITNESS & WELLNESS REGISTRATION CLASS SCHEDULES

PILATES • YOGA • TRAINING WITHOUT LIMITS • YOUTH TRAINING

AGES 15 & UP – UNLESS OTHERWISE NOTED. SCHEDULE IS SUBJECT TO CHANGE.

NOTE: YOU **MUST** REGISTER FOR THE CLASSES BELOW • INFORMATION: 303-409-2263 (GERI)

SESS #1: JAN 2 – FEB 4	SESS #2: FEB 6 – MAR 10	SESS #3: MAR 12 – APR 21 (No classes MAR 26-31)	SESS #4: APR 23 – MAY 26
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PILATES CLASSES									
ACTIVITY	LOC	FEE	MON	TUE	WED	THU	FRI	SAT	LEVEL
Pilates Matwork	PEAK	\$55 D: \$44				9:05-9:55am #4493 (PEAK) (AO/SS Discount)			♥
Pilates Core Conditioning			6:00-6:50pm #4491(RIDGE)		6:00-6:50pm #4492 (RIDGE)				
PILATES - REFORMER	AM PEAK	\$80 D: \$66		6:00-6:50am #4457		6:00-6:50am #4470			♥
				7:00-7:50am #4458		7:00-7:50am #4471			
			9:00-9:50am #4451	9:30-10:20am #4459	9:00-9:50am #4465	9:30-10:20am #4472	9:00-9:50am #4477	8:30-9:20am #4481	
		10:00-10:50am #4452	10:30-11:20am #4460	10:00-10:50am #4466	10:30-11:20am #4473	10:00-10:50am #4478			
		11:00-11:50am #4453	11:30am-12:20pm #4461	11:00-11:50am #4467	11:30am-12:20pm #4474	11:00-11:50am #4479			
		PM PEAK	\$80 D: \$66	Noon-12:50pm #4454					
		5:30-6:20pm #4462		5:30-6:20pm #4468	5:30-6:20pm #4475				
		6:30-7:20pm #4463		6:30-7:20pm #4469	6:30-7:20pm #4476				
PILATES Gentle Reformer	PEAK	\$40 D: \$33		1:00-1:30pm #4485		7:30-8:00pm #4486			♥
Jumpboard Pilates	PEAK	\$80 D: \$66	5:30-6:20pm #4487	8:30-9:20am #4488		8:30-9:20am #4489			♥

YOGA CLASSES – Wear loose clothing, and bring a blanket to class									
ACTIVITY	LOC	FEE	MON	TUE	WED	THU	FRI	SAT	LEVEL
Cardio Yoga	PEAK	\$55 D: \$44	5:30-6:30pm #4496						★★
Sunrise Yoga						7:00-8:00am #4503			
Yoga for a Better Back						4:00-5:00pm #4497			★
Yoga Fusion	PEAK	\$60 D: \$48			6:00-7:15pm #4500				♥
	RIDGE		9:15-10:30am #4498		9:15-10:30am #4499				
Yoga for All Levels	PEAK	\$60 D: \$48		6:30-7:45pm #4501					♥
Yoga for Athletes							11:30am-12:30pm #4506		
Yoga Stretch (AO/SS Discount)**				8:30-9:30am #4502**					
Yoga Bootcamp		\$55 D: \$44					8:00-9:00am #4504		★★

TRAINING WITHOUT LIMITS									
ACTIVITY	LOC	FEE	MON	TUE	WED	THU	FRI	SAT	LEVEL
Cycle Fusion (1x/wk)	PEAK	\$42 D: \$34						10:00-10:50am #4539	
Brand New You (2x/wk)				6:00-7:00pm #4537		6:00-7:00pm #4537			♥
Strong to the Core (2x/wk)			\$83 D: \$67		10:00-11:00am #4536		10:00-11:00am #4536		♥
Functional Core Training (2x/wk)				6:30-7:30pm #4538		6:30-7:30pm #4538			♥

YOUTH TRAINING									
ACTIVITY	LOC	FEE	MON	TUE	WED	THU	FRI	SAT	LEVEL
Body Dynamics	PEAK	\$30 D: \$25	4:00-5:00pm #4549						♥
Functional Training						4:00-5:00pm #4546			♥
Jumpboard Pilates			\$45 D: \$40			4:00-5:00pm #4547			♥
Yogalates			\$30 D: \$25		4:00-4:50pm #4548				♥

WINTER/SPRING 2012



FITNESS & WELLNESS REGISTRATION CLASS SCHEDULES

ARTHRITIS FOUNDATION AQUATICS PROGRAM • GROUP EXERCISE CLASSES

SENIOR ADULT FITNESS & WELLNESS (AGES 15 & UP – UNLESS OTHERWISE NOTED)

INFORMATION: 303-409-2264 (ANN)

NOTE: YOU MUST REGISTER FOR THE CLASSES BELOW • SCHEDULE IS SUBJECT TO CHANGE.

SESS #1: JAN 2 – FEB 4	SESS #2: FEB 6 – MAR 10	SESS #3: MAR 12 – APR 21 (No classes MAR 26-31)	SESS #4: APR 23 – MAY 26
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ARTHRITIS FOUNDATION AQUATICS PROGRAM										
– Active Options & SilverSneakers® 40% Discounts apply to classes below.										
ACTIVITY	LOC	TIME	FEE	MON	TUE	WED	THU	FRI	SAT	LEVEL
Arthritis Foundation Aquatics Program (1x/wk) Therapy Pool	RIDGE THERAPY	AM	\$30 D: \$25					10:00-11:00am #4903		♥
	LG	PM			1:05-2:00pm #4902					

GROUP EXERCISE CLASSES – Active Options & SilverSneakers® 40% Discounts apply to classes below.										
ACTIVITY	LOC	TIME	FEE	MON	TUE	WED	THU	FRI	SAT	LEVEL
Flirty Girl Fitness	PEAK	AM	\$30 D: \$25					10:00-10:50am #4526		
Barre Revolution	PEAK	AM	\$30 D: \$25						10:30-11:20am #4516	♥
		PM			Noon-12:50pm #4515					
Nia® (1 x / wk)	RIDGE	AM	\$30 D: \$25					9:45-10:35am #4532		♥
Nia® (2 x / wk)			\$57 D: \$46	9:45-10:35am #4528		9:45-10:35am #4528				
Tai Chi - Beginning	PEAK	PM	\$30 D: \$25			1:15-2:05pm #4529				♥
Tai Chi - Continuing	PEAK	PM				2:15-3:05pm #4530				★★
ZUMBA® (1 x / wk)	PEAK	AM or PM	\$30 D: \$25				10:00-10:50am #4524	5:00-5:50pm #4519	8:30-9:20am #4525	♥
ZUMBA® (2 x / wk)	PEAK	PM	\$57 D: \$46	6:30-7:20pm #4517	6:30-7:20pm #4518	6:30-7:20pm #4517	6:30-7:20pm #4518			♥
ZUMBA® (Beginners – 1 x / wk)	PEAK	AM	\$30 D: \$25	10:00-10:50am #4521			10:00-10:50am #4522		9:30-10:20am #4520	★

SENIOR ADULT FITNESS & WELLNESS – Active Options & SilverSneakers® 50% Discounts apply to classes below.											
ACTIVITY	LOC	TIME	FEE	MON	TUE	WED	THU	FRI	SAT	LEVEL	
N'Balance	PEAK	AM	\$30 D: \$25				11:30-12:20pm #4895			★	
Senior Adult Strength Training – Beginning (2 x / wk)		AM			9:00-9:50am #4890		9:00-9:50am #4890				★
		PM		\$38 D: \$30		6:00-6:50pm #4893		6:00-6:50pm #4893			
Senior Adult Strength Training – Continuing (2 x / wk)		AM			10:00-10:50am #4891		10:00-10:50am #4891				★★
		PM				2:15-3:05pm #4892		2:15-3:05pm #4892			★★
Senior Adult Strength Training – Basic Orientations	PM		\$7 D: \$5	One 60-Minute Class designed to teach basic guidelines for resistance training, weight room etiquette and safety in the Cardio/Weight Room. Classes on select FRIDAYS at NOON-12:50pm (#4909) Schedule available on Fitness Bulletin Boards or call 303-409-2264.						★	

***Active Options & SilverSneakers® Members MUST REGISTER AT FRONT DESK to receive Discounts on classes indicated above.**

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			