

Fitness 2018 WINTER BREAK Schedule

Sunday, December 23 - Friday, December 28

(NO Classes DEC 24-25 & DEC 29-JAN 1) (See Winter Break Fitness Schedules for JAN 2-JUN 1)

INFORMATION: 303-409-2264

Peak & Lilley Gulch Closed: 12/24-25; 12/31-1/1 **Ridge Closed:** 12/25 **Ridge OPEN 9am-5pm:** 12/24, 12/31 & 1/1

DROP IN - Price: \$5.50(ND: \$7.50) or use multi-visit card or Premier, 3-Month, AO/SS/S&F passes

Location	Activity	WED 12/26	THU 12/27	FRI 12/28	Level
PEAK	TRX - Suspension Training for functional strength		6-6:50am Omar		2,3
	Step-n-Strength - step aerobics & strength training	9-9:50am Carla			2,3
	Stretch - lower stress & increase flexibility	10-10:50am Kim	10-10:50am Kim		1,2,3
	SilverSneakers® Classic - chair-based strength & balance	11-11:50am Michelle		11-11:50am Michelle	1,2,3
	Zumba Gold - dance fitness party designed for beginners & senior adults		12-12:50pm Luciana		2
	Happy Hour Intervals - use a variety of equipment in this interval format class	5-5:50pm Michelle			2,3
	Zumba - high energy Latin-inspired dance fitness party		6:30-7:20pm Luciana		2,3
RIDGE	Fit for Life - strength training & low impact aerobics	8:30-9:20am Karen		8:30-9:20am Dawn	2
	Splash Aerobics - improve cardio endurance & muscle strength		8:35-9:30am Kath	8:35-9:30am Judy	2,3
	Poolates - improve posture & core stability	10:30-11:30am Carla	10-11am Kath		2,3
LILLEY GULCH	Splash Aerobics - improve cardio endurance & muscle strength	11:35-12:30pm Judy			2,3
FIELD-HOUSE	SilverSneakers® Boom Muscle - strength & athletic class for active seniors	9:15-9:45am Cindy			2,3
	Stretch - lower stress & increase flexibility	10-10:50am Cindy			1,2,3

MIND-BODY DROP IN - Price: \$8 (ND: \$12) or use Mind-Body multi-visit card

Location	Activity	Date, Time - Instructor	Level
PEAK	willPower & grace® - full-body barefoot conditioning workout of postures & drills	SUN 12/23 9:15-10:05am THU 12/27 4:30-5:20pm (no class 12/30) Kath	2,3

This schedule was published 11/27/18. Changes may occur, please check www.ifoohills.org/fitness for updates.

FITNESS INTENSITY LEVELS	1 - Limited Range of Motion, Post Rehab, Chronic Conditions 2 - Beginning Exerciser, apparently Healthy, No Restrictions 3 - Advanced Exerciser, Apparently Healthy, No Restrictions
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