

**FITNESS Crosstraining Classes★**
**APR 1 – JUN 1**

Class	Ages	Descriptions	Level	Price			
<b>Bootcamp (1x/wk)</b>	15+	High energy group training using variety of drills & exercises.	2,3	30-day Unlimited: \$45 Non-D: \$60			
<b>Hi-Cross (2x/wk)</b>			2,3	10-visit card: \$60 Non-D: \$75			
			3, 3+	Single Visit: \$8 Non-D: \$12			
			3, 3+				
Location	MON	TUE	WED	THU	FRI	SAT	SUN
Cage Training Center @ Foothills Fieldhouse	Hi-Cross 6-6:30pm	Hi-Cross 6-6:30pm	Hi-Cross 6-6:30pm	Hi-Cross 6-6:30pm		Bootcamp 8-9am	

**Unleash the Beast 30-Day Challenge (Ages 15+)**

*Don't just set goals – EXCEED them! This program is your opportunity to push yourself to the next level.*

**Includes:** Individual Training session (to start), 30-day unlimited training classes and a final Post Assessment. All activities are hosted by certified, qualified strength & conditioning coaches who will motivate you and keep you on pace to reaching your goals!

**Price: \$100 (Non-District: \$110) Call 303-409-2114 to get started!**

**Performance/Sport Training Sessions (Youth Ages 7 – 18)**

Register for classes at [www.ifoohills.org/go/](http://www.ifoohills.org/go/)  
303-409-2114

SESS #1: JAN 2 – FEB 2	SESS #2: FEB 3 – MAR 9	SESS #3: MAR 10 – APR 20	SESS #4: APR 22 – JUN 1	
Location	Activity	Day/Time	Level	Price
Cage Training Center @ Foothills Fieldhouse	<b>Introductory Evaluation NEW PARTICIPANTS MUST ATTEND!</b> Sport Specific Assessments to evaluate current fitness level and future goals. Allows participants to begin their training at the level that best suits their abilities and skills. <b>One-time only class.</b>	TBD		\$20 Non D: \$27
	<b>Sports Performance 101</b> Performance training coaches work with participants at all levels to develop speed, agility and quickness using a variety of weights, bells, ladders, ropes and more!	MON/WED or TUE/THU 4:30-5:30pm	2, 3, 3+	\$70 Non-D: \$88
	<b>Individual &amp; Team Performance Training</b> Variety of options available for: One-on-One Sessions Sport Specific Conditioning & Skills Development Team Training and More! Call 303-409-2114 for more information or to schedule sessions.	Variety of options	3, 3+	Varies

LEVEL	DESIGNED FOR
<b>1</b>	Limited range of motion, post rehab, chronic conditions
<b>2</b>	Beginning exerciser, apparently healthy, no restrictions
<b>3</b>	Advanced exerciser, apparently healthy
<b>3+</b>	Athletic/Highly Advanced abilities

# FITNESS Drop-in Classes★

APR 1 – JUN 1 (★No classes MAY 25 – 27)

**Pick up a NEW Fitness Crosstraining Class Schedule for advanced workouts.**

Ages 15+ (Classes are first come – first served!)

Drop-in Fitness Classes are included with Premier, 3-Month and AO/SS/S&F passes.

Attend classes with Daily Admission: \$5.50 (Non-District: \$7.50) OR use a Multi-Visit Card.

Information: 303-409-2264

LEVEL	DESIGNED FOR
<b>1</b>	Limited range of motion, post rehab, chronic conditions
<b>2</b>	Beginning exerciser, apparently healthy, no restrictions
<b>3</b>	Advanced exerciser, apparently healthy

Peak Community & Wellness Center							
Land Fitness Classes	MON	TUE	WED	THU	FRI	SAT	Level
<b>Jump Start</b> – hi-lo, step, circuit & more	6-6:50am		6-6:50am		6-6:50am		2, 3
<b>TRX®</b> – Suspension Training® for functional strength		6-6:50am		6-6:50am			2, 3
<b>Fit for Life</b> – strength training & low impact aerobics		8-8:50am		8-8:50am			2
<b>Step-N-Strength</b> – step aerobics & strength training	9-9:50am		9-9:50am		9-9:50am		2, 3
<b>Cardio Challenge</b> – work in 60-80% zone for 25-40 minutes		9-9:50am		9-9:50am			2, 3
<b>Stability Ball</b> – core conditioning		10-10:50am					2, 3
<b>Stretch</b> – lower stress & increase flexibility	10-10:50am	10-10:50am	10-10:50am	10-10:50am			1, 2, 3
<b>SilverSneakers® Circuit</b> – standing, low impact choreography alternated with standing upper-body strength work				10-10:50am			2
<b>SilverSneakers® Classic</b> – chair based strength & flexibility	11-11:50am		11-11:50am		11-11:50am		1, 2
<b>Body Lift &amp; Core</b> – group barbell & 20-min core conditioning	Noon-12:50pm						2, 3
<b>Zumba® in the Circuit</b> – Latin-inspired dance combined with circuit strength training			12-12:50pm				2, 3
<b>Zumba Gold®</b> – dance fitness party designed specifically for beginners, special populations and senior adults		12-12:50pm		12-12:50pm			2
<b>Happy Hour Intervals</b> – step, body bars & more	5-5:50pm		5-5:50pm				2, 3
<b>Aeroboxing</b> – upper & lower body moves plus circuit training		5:30-6:20pm		5:30-6:20pm			3
<b>Zumba®</b> – high energy Latin-inspired dance fitness party	6:30-7:20pm	6:30-7:20pm	6:30-7:20pm	6:30-7:20pm		8:30-9:20am	2, 3

Ridge Recreation Center							
Land Fitness Classes	MON	TUE	WED	THU	FRI	SAT	Level
<b>Fit for Life</b> – strength training & low impact aerobics	8:30-9:20am		8:30-9:20am		8:30-9:20am		2
Aqua Fitness Classes							
<b>Splash Aerobics (Lap Pool)</b> – improve endurance & muscle strength. Wear water shoes.	8:35-9:30am	8:35-9:30am 7:05-8pm	8:35-9:30am	8:35-9:30am 7:05-8pm	8:35-9:30am		2, 3
<b>Arthritis Foundations Aquatics Program (Therapy Pool)</b> – improve range of motion & flexibility					10:05-11am		1, 2
<b>Moving-4-Life (Therapy Pool)</b> – improve joint stability, strength & range of motion	1-2pm	1-2pm	1-2pm	1-2pm	1-2pm		1, 2
<b>Poolates (Therapy Pool)</b> – improve posture & core stability		10-11am	10:30-11:30am 6-7pm	10-11am			2, 3

Lilley Gulch Recreation Center							
Land Fitness Classes	MON	TUE	WED	THU	FRI	SAT	Level
<b>Stretch</b> – lower stress & increase flexibility <b>*No classes MAY 28 &amp; 30.</b> <i>No classes JUN – AUG. Classes resume in September 2019.</i>		8:30-9:20am*		8:30-9:20am*			1, 2, 3
Aqua Fitness Classes							
<b>Splash Aerobics (Lap Pool)</b> ***FRI class is now at RIDGE. – improve endurance & muscle strength – Wear water shoes	11:35am -12:30pm		11:35am -12:30pm		***class is now at RIDGE		2, 3
<b>Deep Water</b> – tone muscles & increase strength. MUST wear flotation belt provided					1:05-2pm		2, 3

Foothills Fieldhouse							
Land Fitness Classes	MON	TUE	WED	THU	FRI	SAT	Level
<b>Strong by Zumba®</b> – body weight, muscle conditioning, cardio & plyometric training synced to original music matching every move		9:05-9:55am					2, 3
<b>SilverSneakers® Boom Muscle</b> – build strength with free weights & athletic moves inspired by popular sports	9:15-9:45am		9:15-9:45am				2, 3
<b>Stretch</b> – lower stress & increase flexibility	10-10:50am		10-10:50am				1, 2, 3

*This schedule was published on 4-1-19. Changes may occur, please check [www.foothills.org/fitness](http://www.foothills.org/fitness) for updates.*

# FITNESS Mind-Body Classes★

**APR 1 – JUN 1 (★ No classes MAY 25 – 27)**

LEVEL	DESIGNED FOR
<b>1</b>	Limited range of motion, post rehab, chronic conditions
<b>2</b>	Beginning exerciser, apparently healthy, no restrictions
<b>3</b>	Advanced exerciser, apparently healthy

## Drop-in Classes

Ages 15+ (Classes are first come – first served!) Information: 303-409-2263

Attend these classes with our Mind-Body Multi-Visit Card (reduces the cost per class)!

**Mind-Body Multi-Visit Card (10 visits): \$60 (Non-District: \$75) Discounts for Premier, 3-Month and AO/SS/S&F passes.**  
**Mind-Body Drop-in Price: \$8 (Non-District: \$12) per visit**

Classes	Loc	Day	Time	Level
<b>Weekend Zen</b> – Start your weekend off with a relaxing, well-rounded Yoga class that is enjoyable for beginner and seasoned yogis alike!	Ridge	SAT	8:15-9:15am	2, 3
<b>willPower &amp; grace®</b> – Combines alignment-based movements from Pilates & Yoga with strong, athletic calisthenics and dance principles – yielding safe, effective workouts for all ages	Peak	SUN	9:15-10:05am	2, 3
		THU	4:30-5:20pm	
<b>Tai Chi for Health</b> – Gentle movements in traditional Sun-Style patterns improve balance and flexibility	Peak	MON	1-1:50pm	1, 2, 3
<b>Gentle Yoga</b> – Slower paced Yoga practice using movement and breath to restore optimal function and range of movement	Peak	TUE	8-9am	1, 2
		THU	8-9am / 5-6pm	
<b>Yoga for All Levels</b> – Practice involving full body movement and breathing techniques to stretch and align muscles& joints	Ridge	MON/WED	9:15-10:30am	1, 2, 3
	Peak	TUE	6:30-7:45pm	1, 2, 3
<b>Pilates Mat</b> – Performed on the floor using an exercise or yoga mat, employs controlled breathing using your own body weight to build core strength.	Peak	WED	10-10:50am	2, 3
<b>Restorative Flow Yoga</b> – First portion of class moves you from pose to pose, followed with restorative poses to allow your muscles & connective tissues to relax	Peak	MON	6:30-7:30pm	2, 3

## Registration Classes

Ages 15+ (unless otherwise noted)

 Register at [www.foothills.org/go/](http://www.foothills.org/go/) (No passes/Multi-Visit cards accepted for admission to registration classes.)

Yoga	Price	Day	Dates	Time
<b>Yin Yoga and the Enneagram</b> – A Study of Self. 6-wk exploration of Yoga philosophy, deep stretching, meditative practices and self-study.	\$48 Non-D: \$63	TUE	JAN 8 – FEB 12	6:30-8pm
<b>Body &amp; Brain Healing Yoga Workshop</b> – Discover a unique 5-step practice through this 5-week workshop. Help quiet your mind, experience peace along with unique flexibility, balance and strength exercises.	\$40 Non-D: \$52	THU	JAN 3 – 31	Noon-1pm

## Pilates Reformer Classes at Peak Community & Wellness Center

SESS #1: JAN 2 – FEB 2      SESS #2: FEB 3 – MAR 9      SESS #3: MAR 10 – APR 20      SESS #3: APR 22 – JUN 1

**First-Time Pilates Participants MUST ATTEND a Pilates Fundamentals Orientation**
**Price: \$15 (Non-District: \$20)**
**DAY DATES TIMES**

*This introductory class addresses the principles of Pilates, body alignment, breathing and operation of equipment. Pilates Fundamentals Orientations are held the week prior to the start of each session on the dates and times shown at the right ▶*

**WED DEC 26, 2018 . . . . . 5:15 – 6:15 p.m.**  
**MON JAN 28, MAR 4, APR 15. . . . . 5:15 – 6:15 p.m.**  
**FRI DEC 28, FEB 1, MAR 8, APR 15. . . . . Noon – 1 p.m.**

Classes	Price	MON	TUE	WED	THU	FRI	SAT	Level	
<b>Pilates Reformer</b> – Pilates is a system of movement and exercise developed to improve posture, increase flexibility and core strength. The Reformer is a unique piece of equipment that helps build control and balance in the body while increasing strength.	\$69 Non-D: \$87		6-6:50am		6-6:50am			2, 3	
			8-8:50am	7-7:50am	8-8:50am	7-7:50am	8-8:50am	8:30-9:20am	2, 3
			9-9:50am	8:30-9:20am	9-9:50am	9:30-10:20am	9-9:50am	9:30-10:20am	2, 3
			10-10:50am	9:30-10:20am	10-10:50am	10:30-11:20am	10-10:50am		2, 3
			6:30-7:20pm	10:30-11:20am					2, 3
			7:30-8:20pm	4:30-5:20pm	5:30-6:20pm				
<b>Pilates Gentle Reformer</b> – Ideal for new students, anyone with limited range of motion, musculoskeletal chronic conditions or post-rehabilitation.			5:30-6:20pm	6:30-7:20pm	6:30-7:20pm			2, 3	
		11-11:50am		11-11:50am	5:30-6:20pm	11-11:50am		1, 2	
<b>Cardio Reformer</b> – A full body Pilates workout using jumpboards providing a great abdominal and core strengthening workout while increasing your heart rate. Reformer experience is required before entering this class.		12-12:50pm	6:30-7:20pm	7-7:50am				3	
<b>Pilates For M.S.</b> – This specialized Reformer Class is designed for anyone with Multiple Sclerosis and will help keep muscles strong & flexible.		1-1:50pm		1-1:50pm	12:30-1:20pm			1, 2	

## FITNESS Personal & Group Training

APR 1 – JUN 1

LEVEL	DESIGNED FOR
1	Limited range of motion, post rehab, chronic conditions
2	Beginning exerciser, apparently healthy, no restrictions
3	Advanced exerciser, apparently healthy

### Cardio/Weight Room Orientations

Highly recommended for 1<sup>st</sup> time participants.

303-409-2263	Loc	Price	Day/Time	Level
<b>Cardio/Weight Room Orientations (Ages 9+)</b> Introductory class to familiarize participants with proper use of equipment, weight room etiquette & basic exercise guidelines.	Peak	\$6	3 <sup>rd</sup> FRI monthly • 10-11am	ALL
	Lilley Gulch		1 <sup>st</sup> SAT monthly • 10-11am	
<b>Senior Adult Strength Training Orientations (Ages 55+)</b> Introductory class to learn basic guidelines for resistance training, weight room etiquette, overall weight room safety and a base program to do on your own or in the supervised classes below.	Lilley Gulch	Non-D: \$8	Call 303-409-2263 for appointment	
	Peak		2 <sup>nd</sup> WED monthly • 11:15am-12:15pm	

### Strength Training Classes Register for classes at [www.foothills.org/go/](http://www.foothills.org/go/)

SESS #1: JAN 2 – FEB 2	SESS #2: FEB 3 – MAR 9	SESS #3: MAR 10 – APR 20*	SESS #4: APR 22 – JUN 1*					
		*No classes MAR 25 – 31	*No classes MAY 25 – 27					
303-409-2263	Loc	Price	MON	TUE	WED	THU	SAT	Level
<b>Ladies Strength Training</b> Learn proper techniques to tone muscles & burn fat with this 1-hour class designed specifically for women.	1x/wk	\$35 Non-D: \$45					9-10am	2, 3
	2x/wk	\$69 Non-D: \$87		6-7pm		6-7pm		
<b>Strictly Strength (2x/wk)</b> Total body resistance training emphasizing the core using a variety of equipment.	Peak	\$69 Non-D: \$87	6:30-7:30pm		6:30-7:30pm			2, 3
<b>Senior Adult Strength Training (2x/wk) for ages 60+</b> Group training led by a personal trainer who guides you through proper strength training techniques to improve muscular strength and endurance. (20% Discount for AO/SS/S&F)	Peak	\$38 Non-D: \$50	9-9:50am		9-9:50am			2, 3
			10-10:50am		10-10:50am			
			2:15-3:05pm		2:15-3:05pm			

## FITNESS Specialty & Workshops

Register at [www.foothills.org/go/](http://www.foothills.org/go/) (Location: Peak Community & Wellness Center unless otherwise noted)

Specialty Fitness Program and Events – 303-409-2114	Options & Pricing
<b>Chronic Condition Programs:</b> Evidence-based programs led by skilled and certified instructors to improve health, regain stamina, and delay and/or diminish signs and symptoms of dysfunction. Call 303-409-2114 for details or to schedule initial assessment. Paperwork Packet required for new participants. <ul style="list-style-type: none"> <li><b>CancerFit™</b> – Program for adult cancer survivors.</li> <li><b>VitalityFit</b> – Designed for any chronic condition that affects the body's ability to maintain muscular strength, joint range of motion and mobility/balance.</li> <li><b>NeuroFit</b> – Designed for Parkinson's Disease and other Neurological Disorders.</li> </ul>	<b>3-month option:</b> offers on-going start dates and includes facility admission plus specialized training classes  <b>Price: \$170 (Non-D: \$180) 2x/wk</b> <i>(Monthly options available – call 303-409-2114 for details)</i>

Fitness Workshops – 303-409-2263	Price	Date	Day	Time
<b>Body &amp; Brain Healing Yoga Workshop</b> – Discover a unique 5-step practice through this 5-week workshop. Help quiet your mind, experience peace along with unique flexibility, balance and strength exercises.	\$40 Non-D: \$52	JAN 3 – 31	THU	Noon-1pm
<b>Yin Yoga and the Enneagram</b> – A Study of Self. 6-wk exploration of Yoga philosophy, deep stretching, meditative practices and self-study.	\$48 Non-D: \$63	JAN 8 – FEB 12	TUE	6:30-8pm
<b>Intro to Tai Chi</b> – First step in the principles and movements for Tai Chi.	\$15 Non-D: \$21	JAN 10 MAR 7	THU	9-10:30am
<b>Beginning Tai Chi</b> – Second step in the principles and movements for Tai Chi.	\$48 Non-D: \$63	JAN 17 – FEB 21	THU	9-9:50am

Hike Offerings – 303-409-2264	Price	Date	Day	Times
<b>Take-A-Hike Club (All Levels)</b> – Meet at trailheads for 3-5 mile hikes. Monthly schedule emailed following registration.	\$5 Non-D: \$7 (monthly)	MAR – MAY	FRI	9-11am

Massage & Alternative Therapies – 303-409-2114	Price	Days/Times
<b>CranioSacral Therapy (CST)</b> – Gentle hands-on therapy that releases stress and pain.	VARIES	Variety available. Call 303-409-2100.
<b>Massage Therapy</b> – Hands-on soft tissue manipulation to keep muscles & joints functioning properly.		
<b>Reiki</b> – Energetic treatment technique for clearing blockages and restoring health.		
<b>Reflexology</b> – Therapeutic hand & foot massage that improves circulation & neural pathways.		

### Commit to be FIT Let our Fitness Team help you achieve your full potential!

#### 3-month Commit to be Fit Package includes:

FREE Drop-In Fitness Classes • FREE Admission to District Facilities (Exceptions apply) Pre & Post Fitness Assessment • Weekly 1-hour Personal Training Sessions  
 Price: \$480 (Non-District: \$525) Monthly payment options: \$160 (Non-District: \$175)

**303-409-2263**