

# FITNESS Strength & Conditioning Programs★

JUN 1 – AUG 10 (★No classes JUL 1 – 7)

## New to Performance Training?

– Get started with our Introductory Evaluation –

This sport specific assessment will evaluate current fitness level and future goals to allow each individual to begin their training at the level that best suits their skills & abilities. **Price: \$20/person**

**Call 303-409-2207 to schedule your evaluation time!**

Level	Designed for
1	Limited range of motion, post rehab, chronic conditions
2	Beginning exerciser, apparently healthy, no restrictions
3	Advanced exerciser, apparently healthy
3+	Athletic/Highly advanced abilities

## Edge Performance Training @ Edge Ice Arena – NOW OPEN!

Information: 303-409-2207

### Crosstraining Drop-in Classes (Ages 15+)

Attend classes with Daily Admission \$5.50 (Non-District: \$7.50) or use Multi-Visit Card.  
 Included with Premier, 3-month, and AO/SS/SNF passes.

Classes	MON	TUE	WED	THU	FRI	SAT	Level
<b>Hi-Cross</b> – 30-minute high intensity functional crosstraining. Build strength & conditioning, improve metabolism & endurance through short but intense bursts of effort.	Noon-12:30pm	6-6:30pm	Noon-12:30pm	6-6:30pm			2, 3, 3+
<b>Bootcamp</b> – high energy group training. Get bigger, stronger, faster using a variety of drills & exercises.					8-9am		2, 3, 3+

### Open Performance Training (Ages 15+)

Use available by Daily Session Fee (\$10) or use 12-punch Multi-Visit Card (\$100)

Activity	MON	TUE	WED	THU	FRI	SAT	Level
<b>Open Performance Training</b> – Certified strength training onsite during each session. Workout of the Day provided or work out independently on your own routine.	12:30-2pm	6:30-8am	12:30-2pm	6:30-8am			ALL
	5:30-7:30pm	4-6pm	5:30-7:30pm	4-6pm			

### Registration Classes (Youth Ages 8 – 18)

Register at [www.ifoohills.org/go/](http://www.ifoohills.org/go/) • NO passes or Multi-Visit Cards accepted for admission to Registration Classes.

Activity	Price	MON		TUE		WED		THU		FRI		Level
		MON	TUE	WED	THU	FRI	SAT					
<b>Sports Performance 101</b> – Certified Strength & Conditioning Trainers work with participants to develop speed, agility & quickness using a variety of weights, bells, ladders, ropes & more!	\$56		9:45-11am			9:45-11am						ALL
	Non-D: \$67		4:15-5:30pm			4:15-5:30pm						

## Cage Performance Training @ Foothills Fieldhouse

Information: 303-409-2207

### Drop-in Classes (Ages 15+)

Attend classes with Daily Admission \$5.50 (Non-District: \$7.50) or use Multi-Visit Card.  
 Included with Premier, 3-month, and AO/SS/SNF passes.

Classes	MON	TUE	WED	THU	FRI	SAT	Level
<b>Hi-Cross</b> – 30-minute high intensity functional crosstraining. Build strength & conditioning, improve metabolism & endurance through short but intense bursts of effort.		6-6:30pm		6-6:30pm			2, 3, 3+
<b>Bootcamp</b> – high energy group training. Get bigger, stronger, faster using a variety of drills & exercises.						8-9am	2, 3, 3+

### Registration Classes (Youth Ages 8 – 18)

Register at [www.ifoohills.org/go/](http://www.ifoohills.org/go/) • NO passes or Multi-Visit Cards accepted for admission to Registration Classes.

Activity	Price	MON		TUE		WED		THU		FRI		Level
		MON	TUE	WED	THU	FRI	SAT					
<b>Sports Performance 101</b> – Certified Strength & Conditioning Trainers work with participants to develop speed, agility & quickness using a variety of weights, bells, ladders, ropes & more!	\$56		9:45-11am			9:45-11am						ALL
	Non-D: \$67		4:15-5:30pm			4:15-5:30pm						

# FITNESS Personal & Group Training\*

## Summer 2019

JUN 1 – AUG 30 (★No classes JUL 1 – 7, AUG 31 – SEP 2)

### Cardio/Weight Room Orientations

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

Level	Designed for
1	Limited range of motion, post rehab, chronic conditions
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3+	Athletic/Highly advanced abilities

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 Ridge		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 Ridge	Non-D: \$8	Call 303-409-2263 for appointment	
	Peak		2 <sup>nd</sup> WED monthly • 11:15am-12:15pm	

### Strength Training Classes

Classes are taught by certified Personal Trainers in a small group setting.

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

SESS #1: JUN 2 – 30	SESS #2: JUL 8 – AUG 3	SESS #3: AUG 4 – 30						Level
303-409-2263	Loc	Price	MON	TUE	WED	THU	SAT	
<b>NEW!!! Elements of Strength (Ridge Outdoor Area) – (2x/wk)</b> Work on the essential foundations of building strength..	Ridge	\$56 Non-D: \$70	4-5pm		4-5pm			2, 3
<b>Ladies Strength Training –</b> Learn proper techniques to tone muscles & burn fat with this 1-hour class designed specifically for women.	1x/wk	\$28 Non-D: \$36					9-10am	2, 3
	2x/wk	\$56 Non-D: \$70		6-7pm		6-7pm		
<b>Strictly Strength (2x/wk) –</b> Total body resistance training emphasizing the core using a variety of equipment.	Peak	\$56 Non-D: \$70	6:30-7:30pm		6:30-7:30pm			2, 3
<b>Senior Adult Strength Training (2x/wk) for ages 60+ –</b> Learn and practice proper strength training techniques to improve muscular strength and endurance. (20% Discount for AO/SS/S&F)	Peak	\$31 Non-D: \$41	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.ifoohills.org/go/](http://www.ifoohills.org/go/)

Location: Peak Community & Wellness Center unless noted

Specialty Fitness Program – 303-409-2114

Options & Pricing



# Defer the Disease

*get back to being you!*

**Do you or someone you know have any of the following chronic conditions or issues?**

Cancer • Parkinson's Disease • Multiple Sclerosis • Arthritis  
 Cardiovascular Disease • COPD • Diabetes • Osteoporosis • Obesity  
 Joint or Musculoskeletal Issues

Any Degenerative Disease or Condition that Limits your Daily Functions or Limits your Quality of Life

If YES, this evidence-based exercise program may be the perfect prescription for improved health!  
 Call 303-409-2114 or visit us at [www.ifoohills.org](http://www.ifoohills.org) to learn more.

**3-Month Program – Price: \$175 (Non-District: \$185)**

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)	JUN – AUG	FRI	8-10am

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 Training 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: \$162 (Non-District: \$177)

**303-409-2263**

# FITNESS Drop-in Classes★

**JUN 1 – AUG 30** (★No regularly scheduled classes JUL 1 – 7, AUG 31 – SEP 2)

(See Summer Break Schedule for JUL 1 – 7)

**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
1	Limited range of motion, post rehab, chronic conditions
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## 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 and full body toning		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>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 (No classes AUG 12 – 18 for Facility Maintenance Shut Down)

Land Fitness Classes	MON	TUE	WED	THU	FRI	Level
<b>Fit for Life</b> – strength training & low impact aerobics	8:30-9:20am		8:30-9:20am		8:30-9:20am	2
<b>Aqua Fitness Classes</b>						
<b>Splash Aerobics (Lap Pool)</b> – improve endurance & muscle strength. Wear water shoes. <b>*THU CLASS: AUG 22 &amp; 29 ONLY 8:35-9:30am</b>	8:35-9:30am	8:35-9:30am	8:35-9:30am	*AUG 22 & 29 ONLY 7:05-8pm		2, 3
<b>Arthritis Foundations Aquatics Program (Therapy Pool)</b> – reduce pain & stiffness by working individual joints and muscles					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 (No classes AUG 19 – 25 for Facility Maintenance Shut Down)

Land Fitness Classes	MON	TUE	WED	THU	FRI	Level
<b>Stretch</b> – lower stress & increase flexibility <i>Classes resume in Fall 2019.</i>		Classes resume in Fall 2019				1, 2, 3
<b>Aqua Fitness Classes</b>						
<b>Splash Aerobics (Lap Pool)</b> – improve endurance & muscle strength – Wear water shoes	8:05-9am		8:05-9am		8:05-9am	2, 3
<b>Deep Water</b> – tone muscles & increase strength. MUST wear flotation belt provided					1:05-2pm	2, 3

Columbine West Pool – Aqua Fitness Class	MON	TUE	WED	THU	FRI	Level
<b>Splash Aerobics JUN 4 – AUG 8</b>		8-8:55am		8-8:55am		2, 3

## Foothills Fieldhouse

Land Fitness Classes	MON	TUE	WED	THU	FRI	Level
<b>SilverSneakers® Boom Muscle</b> – build strength with free weights & athletic moves inspired by popular sports (*No class JUN 26, JUL 15)	9:15-9:45am*		9:15-9:45am			2, 3
<b>Stretch</b> – lower stress & increase flexibility (*No class JUN 26, JUL 15)	10-10:50am*		10-10:50am			1, 2, 3

*This schedule was published on 6-25-19. Changes may occur, please check [www.foothills.org/fitness](http://www.foothills.org/fitness) for updates.*

# FITNESS Mind-Body Classes★

**JUN 1 – AUG 30** (★No regularly scheduled classes JUL 1 – 7, AUG 31 – SEP 2)  
 (See Summer Break Schedule for JUL 1 – 7)

## Drop-in Classes

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

Level	Designed for
1	Limited range of motion, post rehab, chronic conditions
2	Beginning exerciser, apparently healthy, no restrictions
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3+	Athletic/Highly advanced abilities

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>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
<b>Chair Yoga (NEW!)</b> – Learn Yoga with modifications using a chair. Increase your balance, strength & flexibility.	Peak	THU	11-11:50am	1, 2, 3
<b>Essentrics® (NEW!)</b> – A dynamic full-body workout suitable for all fitness levels. Combines stretching and strengthening while engaging all 650 muscles.	Peak	FRI	4-5pm	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>Outdoor Yoga</b> – Early risers! Start your day off with a relaxed-paced Yoga practice at Clement Park.	\$32 Non-D: \$42	WED	JUN & JUL ONLY	6:30-7:30am
<b>Outdoor Tai Chi</b> – Enjoy your Tai Chi practice in the beautiful setting of Clement Park.	\$32 Non-D: \$42	TUE	JUN & JUL ONLY	7-7:50am

## Pilates Reformer Classes at Peak Community & Wellness Center

SESS #1: JUN 2 – 30      SESS #2: JUL 8 – AUG 3      SESS #3: AUG 4 – 30

### First-Time Pilates Participants **MUST ATTEND** a Pilates Fundamentals Orientation

**Price: \$15 (Non-District: \$20)**

*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 ▶*

DAY	DATES	TIMES
FRI	MAY 31, JUL 5, AUG 2 . . . . .	Noon – 1 p.m.
SAT	JUN 1 . . . . .	11:15 a.m. – 12:15 p.m.
MON	JUL 1, JUL 29 . . . . .	5:15 – 6:15 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.	\$56 Non-D: \$70		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 11:30am-12:20pm					2, 3
			7:30-8:20pm	4:30-5:20pm	5:30-6:20pm				
				5:30-6:20pm	6:30-7:20pm	6:30-7:20pm			2, 3
<b>Pilates Gentle Reformer</b> – Ideal for new students, anyone with limited range of motion, musculoskeletal chronic conditions or post-rehabilitation.		11-11:50am		11-11:50am	8:30-9:20am 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	

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