

# Fitness Virtual Registration Classes

## SEP 8-DEC 20

**Session 1: SEP 8-OCT 11\*    Session 2: OCT 12-NOV 15    Session 3: NOV 16-DEC 20\***

**\*(NO Classes MON 9/7)**

**\*(NO Classes 11/23-11/29)**

**Registration REQUIRED. No drop-ins allowed. Multi-Visit Cards are NOT accepted.**

## Group Fitness - Virtual Programs

Price per 5-week session (1x/wk): \$20 (Non-D: \$27); FREE w/Active Options, Premier, 3-month, and Insurance-Based Passes

Virtual Fitness Classes	LOC	MON	TUE	WED	THU	FRI	Level
<b>Jump Start (cardio/strength)</b>	<b>Peak Community &amp; Wellness Center</b>					6:00-7:00am Jill	3,3+
<b>Fit for Life (cardio/strength)</b>		8:30-9:30am Shane					2
<b>Cardio Challenge (cardio/strength)</b>			9:00-10:00am Patty				2,3
<b>SilverSneakers® Classic (strength/flexibility)</b>				10am-11am Liz			1,2
<b>SilverSneakers® Circuit (cardio/strength)</b>					10:30-11:30am Patty		2
<b>SilverSneakers® BOOM (cardio/strength)</b>						11:30am-12:00pm Carla	2,3
<b>Morning Stretch (flexibility/balance)</b>		11:30am-12:30pm Liz					1,2,3
<b>Zumba Gold® (cardio)</b>			12-1pm Luciana				2,3
<b>Happy Hour Intervals (cardio/strength)</b>					5-6pm Terri		2,4

## Mind-Body - Virtual Programs

Price per 5-week session (1x/wk): \$20 (Non-D: 27); 10% discount for Active Options & Insurance-Based Passes.

Virtual Mind-Body Classes	MON	TUE	WED	THU	FRI	Level
<b>Restorative Yoga (flexibility/balance)</b>	6:30-7:30pm Audrey					2,3
<b>Yoga for all Levels (flexibility/balance)</b>		6:30-7:30pm Laura P.				1,2,3
<b>Gentle Yoga (flexibility/balance)</b>				8-9am Dawn W		1,2,3

### FITNESS INTENSITY LEVEL CHART

Level	Designed For
1	Limited Range of Motion, Post Rehab, Chronic Conditions
2	Beginning Exerciser, Apparently Healthy, No Restrictions
3	Advanced Exerciser, Apparently Healthy, No Restrictions
3+	Athletic/Highly Advanced Abilities

This schedule was updated 9/11/2020. Changes may occur, please check [www.foothills.org](http://www.foothills.org) for updates.

# Fitness Indoor DROP-IN Classes

## SEP 8-DEC 20

Ages 15+ Drop-in Fitness Classes included with: Premier, 3-month, Active Options & Insurance-Based passes. Attend with Dialy admission: \$5.50(Non-District \$7.50) OR use of Multi-visit Card. For info call 303-409-2263

### Land Based Fitness Classes

AR=Aerobic Room SPR=Spruce Ponderosa Rooms PNR=Pinyon Room MPL=Maple Room

Indoor Fitness Classes	LOC.	MON	TUE	WED	THU	FRI	Level
Jump Start (cardio/strength)	Peak Community & Wellness Center	6:00-7:00am Jill (AR)		6:00-7:00am Jill (AR)		6:00-7:00am Jill (AR)	3,3+
Step N Strength (cardio/strength)		8:30-9:30am Carla (AR)		8:30-9:30am Carla (AR)		8:30-9:30am Lora C (AR)	
Fit for Life (cardio/strength)		8:30-9:30am Shane (SPR)		8:30-9:30am Shane (SPR)		8:30-9:30am Shane (SPR)	2
Cardio Challenge (cardio/strength)			9-10am Patty (AR)		9-10am Patty (AR)		2,3
SilverSneakers Classic (cardio/flexibility)		10-11am Liz (AR)		10-11am Liz (AR)		10-11am Carla (AR)	1,2
SilverSneakers Circuit (cardio/strength)					10:30am-11:30pm Patty (AR)		2
SilverSneakers Boom Muscle (cardio/strength)						11:30am-12:00pm Carla (AR)	2,3
Stability Ball (flexibility/balance)			10:30am-11:30pm Patty (AR)				2,3
Morning Stretch (flexibility/balance)		11:30am-12:30pm Liz (AR)	10-11am Kristin (SPR)	11:30am-12:30pm Liz (AR)	10-11am Kim (SPR)		1,2,3
Zumba Gold (cardio)			12-1pm Luciana (AR)		12-1pm Cindy (AR)		2
Happy Hour Intervals (cardio/strength)		5-6pm Michelle (AR)		5-6pm Terri (AR)			2,3
Aeroboxing (cardio/strength)			5:30-6:30pm Jill (AR)		5:30-6:30pm Jill (AR)		2,3
Zumba (PM) (cardio)		6:30-7:30pm Yetti (AR)		6:30-7:30pm Luciana (AR)			2,3
Price per 5-week session							

Aqua Fitness Classes	LOC.	MON	TUE	WED	THU	FRI	Level
Poolates (Flexibility/Core)	RG Therapy Pool		10-11am Suzanne		10-11am Kath		2,3
Moving For Life (Flexibility)		12-1pm Laura C.		12-1pm Laura C.		12-1pm Laura C.	1,2,
Splash Aerobics (cardio/strenth)	RG Lap Pool	8:30-9:30am Suzanne	8:30-9:30am Suzanne	8:30-9:30am Laura C	8:30-9:30am Kath	8:30-9:30am Laura C	2,3

#### FITNESS INTENSITY LEVEL CHART

Level	Designed For
1	Limited Range of Motion, Post Rehab, Chronic Conditions
2	Beginning Exerciser, Apparently Healthy, No Restrictions
3	Advanced Exerciser, Apparently Healthy, No Restrictions
3+	Athletic/Highly Advanced Abilities

Drop-in Land & Aqua Fitness Classes are now using an [ONLINE FITNESS CLASS RESERVATION SYSTEM.](#)

Spots must be reserved in advance to attend. Please contact 303-409-2114 or [tamia@fhprd.org](mailto:tamia@fhprd.org) if you need assistance of have questions!

# Fitness Mind-Body Classes

## Registration Classes

Session 1: SEP 8-OCT 11\* Session 2: OCT 12-NOV 15 Session 3: NOV 16-DEC 20\*

\*(NO Classes MON 9/7, 11/23-11/29)

Registration REQUIRED. No drop-ins allowed. Multi-Visit Cards & Frequent Use passes are NOT accepted.

Pilates Reformer Classes (Peak Community & Wellness Center--MAPLE Room)								
	Price	MON	TUE	WED	THU	FRI	SAT	Level
Pilates Reformer	\$72 (Non District \$90)	7:30-8:30am Pam	6-7am Laura A.	8-9am Pam	6-7am Laura A.	8-9am Patty	SAT-9-10am Instructor	2,3
		9-10am Pam	7:30-8:30am Laura A.	9:30-10:30am Pam	7:30-8:30am Laura A.	9:30-10:30am Patty		
		10:30-11:30am Pam	9-10am Laura A.	11am-12pm Pam	9-10am Laura A.	11am-12pm Patty		
		5-6pm Patty	10:30-11:30am Geri	5-6pm Patty	10:30-11:30am Laura A.			
		6:30-7:30pm Patty	12-1pm Geri	6:30-7:30pm Patty	6:30-7:30pm Nicole			
			4:30-5:30pm Laura A.					
			6-7pm Laura A.					
CardioJumpboard Reformer					12-1pm Laura A.			2,3
Gentle Reformer		12-1pm Pam		12:30-1:30pm Pam				1,2
NeuroFit® Reformer		1:30-2:30pm Laura		2-3pm Pam	1:30-2:30pm Laura			1,3

Mind-Body Drop in Classes are now utilizing an [ONLINE FITNESS CLASS RESERVATION SYSTEM.](#)

Spots must be reserved in advance to attend. Please contact 303-409-2114 or [tamia@fhprd.org](mailto:tamia@fhprd.org) if you need assistance or have questions!

### FITNESS INTENSITY LEVEL CHART

Level	Designed For
1	Limited Range of Motion, Post Rehab, Chronic Conditions
2	Beginning Exerciser, Apparently Healthy, No Restrictions
3	Advanced Exerciser, Apparently Healthy, No Restrictions
3+	Athletic/Highly Advanced Abilities

## Drop-in Classes

AR=Aerobic Room SPR=Spruce Ponderosa Rooms PIN=Pinyon Room MPL=Maple Room

Indoor Mind Body Classes-Peak Community & Wellness Center									
	Price	MON	TUE	WED	THU	FRI	SAT/SUN	Level	
Tai Chi (beginning Session 2)	MB Fee: \$8.50 (Non Dist \$12.75) MB Multi-Visit Card (10 visits): \$62 (Non Dist \$78) Discount for Premier, 3-month, Active Options or Insurance-Based passes				8-9am Jean (PIN)			2,3	
Gentle Yoga			8-9am Maddie (SPR)		8-9am Dawn (SPR)			1,2	
Yoga Fusion (beginning Session 2)		8:30-9:30am Lora C (PIN)						2,3, 3+	
willPower & Grace						4:15-5:15pm Kath		SUN 9:15-10:15am Kath	2,3
Yoga for All Levels				9:30-10:30am Dawn W (PIN)					1,2,3
Chair Yoga						11:30am-12:30pm Kim (SPR)			1,2
Tai Chi		1-2pm Jean (SPR)							2,3
Restorative Yoga		6:30-7:30pm Audrey (SPR)							1,2,3
Yoga for All Levels				6:30-7:30pm Laura P. (SPR)					1,2,3

This schedule was updated 9/11/2020. Changes may occur, please check [www.foothills.org](http://www.foothills.org) for updates.

# Fitness

## Group Training Classes

### SEP 8-DEC 20

**Session 1: SEP 8-OCT 11\*    Session 2: OCT 12-NOV 15    Session 3: NOV 16-DEC 20\***

**\*(NO Classes MON 9/7)**

**\*(NO Classes 11/23-11/29)**

Registration REQUIRED. No drop-ins allowed. Multi-Visit Cards & Frequent Use passes are NOT accepted.

### Personal & Group Training - Group Training Classes

Outdoor Classes-SESSION 1 ONLY!!								
	Price	MON	TUE	WED	THU	FRI	SAT	Level
Yoga @ Amphitheater Clement Park	\$50 (Non District \$62.50) (5-wk session)	8:30-9:30am Lora C						2,3
Tai Chi @ Amphitheater Clement Park					8am-9am Jean G			1,2,3
ZUMBA @ Amphitheater Clement Park		5:30-6:30pm Luciana					8:30-9:30am Pamela	2,3

Indoor Group Training Classes -Peak Community & Training Center								
		MON	TUE	WED	THU	FRI	SAT	Level
Senior Adult Strength Training (2x/wk)	\$50 (Non District \$62.50) (5-wk session)		2:30-3:30pm Geri (AR)		2:30-3:30pm Geri (AR)			2,3
Defer the Disease:		NOTE: 1st Time Participants MUST APPLY and complete PRE-SCREENING PAPERWORK & ASSESSMENT before enrolling! Call 303-409-2114 to schedule						
Balance & Stability Training		1:30-2:30pm Trainer (AR)		1:30-2:30pm Trainer (AR)				1,2
Strength Training			4:00-5:00pm Trainer (AR)		4:00-5:00pm Trainer (AR)			2,3

Strength Conditioning and Performance Training-Edge Performance Training Center								
	Price	MON	TUE	WED	THU	FRI	SAT	Level
TRX High Performance Training	\$40 (Non District \$52) (5-wk session)		6-7am Trainer		6-7am Trainer			2,3,3+
High Intensity Training Camp							8-9am Michelle M.	2,3,3+
Quick Burn High Intensity Training		12:00-12:30pm Josh		12:00-12:30pm Michelle B				2,3,3+

FITNESS INTENSITY LEVEL CHART	
Level	Designed For
1	Limited Range of Motion, Post Rehab, Chronic Conditions
2	Beginning Exerciser, Apparently Healthy, No Restrictions
3	Advanced Exerciser, Apparently Healthy, No Restrictions
3+	Athletic/Highly Advanced Abilities

This schedule was updated 9/11/2020. Changes may occur, please check [www.foothills.org](http://www.foothills.org) for updates.