

Fitness Virtual Registration Classes

NOV 9-DEC 20

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

Registration REQUIRED. Multi-Visit Cards are NOT accepted.

Combo Classes (In-person & Virtual Offerings)--Live feed for an in-person class, no patron

Price: \$20 (Non-D: \$27); \$18 w/Active Options, Premier, 3-month, and Insurance-Based Passes

Group Fitness Classes	LOC	MON	TUE	WED	THU	FRI	Level
Gentle Yoga (flexibility/balance)	Comfort of your own Home!		8-9a Maddie		8-9a Dawn W		1,2,3
Fit for Life (cardio/strength)		8:30-9:30a Shane		8:30-9:30a Shane			2
Cardio Challenge (cardio/strength)			9:00-10:00a Patty		9:00-10:00a Patty		2,3
SilverSneakers® Classic (strength/flexibility)		10-11a Liz		10-11a Liz			1,2
Morning Stretch (flexibility/balance)		11:30a-12:30p Liz		11:30a-12:30p Liz			1,2,3
willPower & Grace					4:15-5:15p Kath	SUN 9:15-10:15a	2,3
Happy Hour Intervals (cardio/strength)		5-6p Michelle		5-6p Terri			2,3
Aeroboxing (cardio/strength)			5:30-6:30p Jill		5:30-6:30p Jill		2,3
Restorative Yoga (flexibility/balance)		6:30-7:30p Audrey					2,3
Yoga for all Levels (flexibility/balance)				6:30-7:30p Laura P.			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 11/9/2020. Changes may occur, please check 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 Daily 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
Step N Strength (cardio/strength)	Peak Community Wellness Center	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

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/strength)	RG Lap Pool	8:15-9:15am Suzanne	8:15-9:15am Suzanne	8:15-9:15am Laura C	8:15-9:15am Kath	8:15-9:15am Laura C	2,3

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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 303-409-2264 or tgillan@fhprd.org if you need assistance or 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.				
		5-6pm Patty	10:30-11:30am Geri	5-6pm Patty	10:30-11:30am Laura A.				
			12-1pm Geri	6:30-7:30pm Patty	6:30-7:30pm Nicole				
		4:30-5:30pm 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			1,3		

Mind-Body Drop in Classes are now utilizing an

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Drop-in Classes

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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
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

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