

FITNESS Virtual Classes

JAN-MAY 2021



Jan 4-May 28 (No Classes Mar 22-28, Apr 4, May 29-31)*

Ages 15+ (Classes are 1st come, 1st served!)

Classes are 5-wks in length, registration required in advance to reserve your spot. Price per Season-2x/wk: \$20 (Non-D: \$27), 1x/wk: \$12(Non-D: \$15). Discounted for Active Options, Premier, 3-month, and Insurance-Based Passes.

Combo Classes (Direct feed for Live, in-person classes)

Session 1: JAN 4- FEB 7 Session 2: FEB 8-MAR 14 Session 3: MAR 15-APR 25* Session 4: APR 26-MAY 28*

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

Group Fitness Classes	MON	TUE	WED	THU	FRI	Level
Jump Start Hi-lo, step, circuit & more to start your morning!	6-7am Jill L		6-7am Jill L			2,3
Fit for Life Low-impact aerobic class, perfect for beginners!	8:15-9:15am Shane		8:15-9:15am Shane			2
Cardio Challenge Moves performed at or near your cardio zone (60-80%HRm)		9:00-10:00am Patty		9:00-10:00am Patty		2,3
SilverSneakers Classic Chair-based exercises to build strength & range of motion	9:45-10:45am Liz		9:45-10:45am Liz			1,2
SilverSneakers Boom Move & Muscle Build cardio, strength & flexibility in (2) 30-min segments					11am-12pm Carla/Cindy	2,3
Morning Stretch Increase range of motion with variety of stretches in various postures	11am-12pm Liz		11am-12pm Liz			1,2,3
Zumba Gold® Latin-inspired dance and fitness Class designed for beginners and senior adults		11:30a-12:30pm Yetti		11:30a-12:30pm Yetti		2,3
Happy Hour Intervals Varied intensity cardio & strength intervals with variety of pieces	5-6pm Michelle		5-6pm Terri			2,3
Aeroboxing Circuit format includes kickboxing, upper & lower and strength training exercises		5:30-6:30p Jill L		5:30-6:30p Jill L		2,3+
Mind-Body Classes	MON	TUE	WED	THU	FRI	Level
Gentle Yoga Slow and easy yoga practice to restore optimal range of motion		8-9am Maddie		8-9am Instructor		1,2,3
Restorative Yoga Achieve deepened muscle relaxation w/ steady, supported poses	6:30-7:30pm Audrey					2,3
Yoga for all Levels Poses offered at multiple levels to align muscles and joints		6:30-7:30pm Kristin S.				1,2,3
willPower & Grace® Bodyweight barefoot conditioning program to sculpt, slim & stretch				4:15-5:15pm Kath	SUN 9:15-10:15a Kath	2,3
Tai Chi Series of poses performed in w/ steady focus paired with deep breathwork	1-2pm Jean					2, 3

Virtual Only Classes

Classes	MON	TUE	WED	THU	FRI	Level
Tai Chi (beginning) Entry level introduction to basic poses performed to improve balance & flexibility		1-2pm Jean				2,3
Deep Relaxation Yoga Poses focused on lengthening and stretching the body to relieve daily stress and encourage sound rest and relaxation	7:30-8:30pm Audrey					2,3

Virtual Classes are registration based. [Visit the FHPRD registration webpages at www.foothills.org/go/](http://www.foothills.org/go/) and search Virtual Fitness to find classes and reserve your spot. Please contact 303-409-2264 or tgillan@fhprd.org if you need assistance or have questions!

This schedule was updated 12/8/2020. Changes may occur, please check www.foothills.org for updates.

FITNESS Drop-In Classes

JAN-MAY 2021



Jan 4-May 28 (No Classes Mar 22-28, Apr 4, May 29-31)

Ages 15+ (Classes are 1st come, 1st served!)

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

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

Drop-in Land/Aqua Fitness Classes

Indoor Fitness Classes	LOC.	MON	TUE	WED	THU	FRI	Level	
Fit for Life Low-impact aerobic class, perfect for beginners!	TBD	8:15-9:15am Shane		8:15-9:15am Shane		8:15-9:15am Shane	2	
Jump Start Hi-lo, step, circuit & more to start your morning!	Peak Community Center	6-7am Jill L		6-7am Jill L		6-7am Jill L	2,3	
Step N Strength Suspension Training to build functional abilities & skills		8:30-9:30am Carla (AR)		8:30-9:30am Carla (AR)		8:30-9:30am Lora C (AR)	2,3	
Cardio Challenge Moves performed at or near your cardio zone (60-80%HRm)			9-10:00am Patty (AR)		9-10:00am Patty (AR)		2,3	
SilverSneakers Classic Chair-based exercises to build strength & range of motion		9:45-10:45am Liz (AR)		9:45-10:45am Liz (AR)		9:45-10:45am Carla /Cindy(AR)	1,2	
SilverSneakers Circuit Low impact choreography combined w/ strength training					10:15-11:15am Patty (AR)		2	
SilverSneakers Boom Move Buuild cardio endurance in convenient 30-min flowing session						11am-11:30am Carla /Cindy(AR)	2,3	
SilverSneakers Boom Muscle Improve strength/flexibility/endurance 30-min workout						11:30am-12:00pm Carla /Cindy(AR)	2,3	
Stability Ball Core Conditioning, toning exercises, and stretching on the ball				10:15am-11:15am Patty (AR)			2,3	
Morning Stretch Increase range of motion with variety of streches in various postures		11am-12pm Liz (SPR)	11am-12pm Kristin (SPR)	11am-12pm Liz (SPR)	11am-12pm Kim (SPR)			1,2,3
Zumba Gold Latin-inspired dance and fitness Class designed for beginners and senior adults			11:30a-12:30pm Yetti (AR)		11:30a-12:30pm Yetti (AR)			2
Happy Hour Intervals Varied intensity cardio & strength intervals with variety of pieces		5-6:00pm Michelle (AR)			5-6:00pm Terri (AR)			2,3
Aeroboxing Circuit format includes kickboxing, upper & lower and strength training exercises				5:30-6:30pm Jill (AR)		5:30-6:30pm Jill (AR)		2,3
Zumba High-energy Latin inspired dance fitness party		6:15-7:15pm Yetti (AR)		6:15-7:15pm Yetti (AR)			2,3	
Aqua Fitness Classes	LOC.	MON	TUE	WED	THU	FRI	Level	
Poolates Exercises paired with controlled breathing for improved posture & core strength	RG Therapy Pool		12-1pm 1:15-2:15pm Laura		12-1pm 1:15-2:15pm Kath		2,3	
Moving For Life Multi-joint movement patterns to improve stability, range of motion and strength		12-1pm 1:15-2:15pm Laura		12-1pm 1:15-2:15pm Suzanne		12-1pm 1:15-2:15pm Laura	1, 2	
Splash Aerobics Low impact cardio & resistance moves using equipment/body weight	RG Lap Pool	8:15-9:15am Suzanne	8:15-9:15am Suzanne	8:15-9:15am Suzanne	8:15-9:15am Kath	8:15-9:15am Laura	2,3	

All DROP IN Fitness Classes & Activities 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!

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FITNESS Mind-Body Classes

JAN-MAY 2021



Jan 4-May 28 (No Classes Mar 22-28, May 29-31)*

Ages 15+ (Classes are 1st come, 1st served!)

Drop-in Mind-Body Classes

Price Per class: \$8.50 (Non-D: \$12.75) OR use Mind-body/Elite-X Multi-Visit Card (10 visits): \$62 (Non-District: \$78) *Discount for Premier, 3-month, Active Options or Insurance-Based passes.* **AR=Aerobic Room**
SPR=Spruce Ponderosa Rooms PIN=Pinyon Room MPL=Maple Room

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

Mind Body Classes	Price	MON	TUE	WED	THU	FRI	SAT/SUN	Level	
Gentle Yoga Slow and easy yoga practice to restore optimal range of motion	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.		8-9:00am Maddie (SPR)		8-9:00am Instructor(SPR)			1,2	
Tai Chi Series of poses performed in w/ steady focus paired with deep breathwork		1-2pm Jean (SPR)							2,3
willPower & Grace® Bodyweight barefoot conditioning program to sculpt, slim & stretch						4:15-5:15pm Kath (AR)		SUN 9:15-10:15a Kath (AR)	2,3
Restorative Yoga Achieve deepened muscle relaxation w/ steady, supported poses			6:30-7:30pm Audrey (SPR)						1,2,3
Yoga for all Levels Poses offered at multiple levels to align muscles and joints				6:30-7:30pm Kristin (SPR)					1,2,3

Registration Mind-Body Classes Register for classes at www.ifoohills.org/go/ (NO passes/Multi-Visit Cards accepted for admission!)
Session 1: JAN 4- FEB 7 Session 2: FEB 8-MAR 14 Session 3: MAR 15-APR 25* Session 4: APR 26-MAY 28*

Pilates Reformer Classes (Peak Community & Wellness Center--MAPLE Room)

	Price	MON	TUE	WED	THU	FRI	SAT	Level
Pilates Reformer Pilates is a system of movement and exercise developed to improve posture, increase flexibility, and build core strength. The reformer is a unique piece of equipment that helps build control and balance in the body while increasing strength through use of springs, straps and correct postural alignment.	\$75 (Non District \$92)	8-9a Pam	6-7a LAURA	8-9a PAM	6-7a LAURA	8-9a PATTY		2,3
		9:15-10:15a PAM	7:15-8:15a LAURA	9:15-10:15a PAM		9:15-10:15a PATTY	9:15-10:15a SHARE	
		10:30-11:30a PAM	8:30-9:30a LAURA	10:30-11:30a PAM	8:30-9:30a LAURA		10:30-11:30a SHARE	
			9:45-10:45a LAURA		9:45-10:45a LAURA			
			11a-12p GERI		11a-12p LAURA			
			4:30-5:30p LAURA					
		5:15-6:15p PATTY		5:15-6:15p PATTY				
		6:30-7:30p PATTY		6:30-7:30p PATTY	6:30-7:30p NICOLE			
					12:15-1:15p LAURA			
CardioJumpboard Reformer Full body aerobic toning and strength workout					12:15-1:15p LAURA			2,3
Gentle Reformer Ideal exercise for those new to reformer or with limited range of motion		11:45-12:45p PAM	5:45-6:45p LAURA	11:45a-12:45p PAM		10:30-11:30a PATTY		1,2
NeuroFit® Reformer Designed to address neurological deficits & to build strength & flexibility		1-2p LAURA		1-2p PAM	1:30-2:30p LAURA			1,3

Pilates Functional Orientations
Contactless-Try our New Virtual weightroom Tour option!
 Need more personal attention to get started? Individual Training options are available
Call 303-409-2207 for more details/scheduling options!

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FITNESS Personal Training & Sport Performance

Jan 4-May 28 (No Classes Mar 22-28, Apr 4, May 29-31)*

JAN-MAY 2021



Drop-in Activities

Price Per class: \$8.50 (Non-D: \$12.75) OR use Mind-body/Elite-X
 Multi-Visit Card (10 visits): \$62 (Non-District: \$78) *Discount for Premier, 3-month, Active Options or Insurance-Based passes.*

Level	Designed For
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Elite-X Training Classes								
PK AR=Peak Aerobic Room EPT= Edge Perf Training SPR=Spruce Ponderosa								
Classes	Location	MON	TUE	WED	THU	FRI	SAT	Level
TRX® Performance Training Functional Suspension Training	PK AR		6-7am Brenden		6-7am Brenden			2,3,3+
Body Xtreme Bootcamp Agility, calisthenics, and more in short drills	EPT						8-9am Michelle M.	2,3,3+
Quick Burn High Intensity Training Best of HIIT in 30min!	EPT	12-12:30p Michelle B.	12:30-1:00p Trainer	12:00-12:30p Michelle B.	12:30-1:00p Trainer			2,3,3+

NEW! Elite-X Open Training - Edge Performance Training
 Train independently or Try our Workout of the Day!
Need some extra Guidance? Individual and Team Training Options also available-Call 303-409-2207 for more details!

Registration Classes

Register for classes at www.ifoohills.org/go/ (NO passes/Multi-Visit Cards accepted for admission!)

Session 1: JAN 4- FEB 7 Session 2: FEB 8-MAR 14 Session 3: MAR 15-APR 25* Session 4: APR 26-MAY 28*

Small Group Training Classes								
Sports performance	FEE	MON	TUE	WED	THU	FRI	SAT/SUN	Level
NEW for YOUTH! (ages 9-18) Sports Performance 101	\$82 (ND: \$94.50) 2x/wk		3:45-4:45pm (EPT)		3:45-4:45pm (EPT)			2,3
Personal Training	FEE	MON	TUE	WED	THU	FRI	SAT/SUN	Level
Intro to Basic Lifts			7:15-8:15a Brenden (EPT)			7:15-8:15a Brenden (EPT)		2,3,3+
Senior Adult Strength Training (2x/wk)	\$72 (ND: \$90) 2x/wk		1:15-2:15p Geri (EPT)		1:15-2:15p Geri (EPT)			2,3
Ladies Strength Training			6-7p Kim (LG)		6-7p Kim (LG)			2,3
Ladies Strength Training	\$37 (ND: \$47) 1x/wk						SAT 11a-12p Kim (LG)	2,3
Strength Training Plus Nutrition (1.5hrs/class!)	\$60 (ND: \$75) 1x/wk						SUN 9:30-11a Jessica (EPT)	2,3,3+

Program designed to help individuals with chronic conditions/issues regain and maintain optimal health! 1st Time Participants MUST PRE-SCREENING PAPERWORK & ASSESSMENT before enrolling! Call 303-409-2114 to schedule

DEFER the DISEASE								
Classes	FEE	MON	TUE	WED	THU	FRI	SAT/SUN	Level
Balance & Stability Training	\$50 (ND: \$62.50) 5wk class, 2x/wk	9:30-10:30a (SPR)	2:30-3:30pm (PK AR)	9:30-10:30a (SPR)	2:30-3:30pm (PK AR)			1,2
Strength & Cardio Endurance Training		8:15-9:15a (SPR)	3:45-5:00pm (PK AR)	8:15-9:15a (SPR)	3:45-5:00pm (PK AR)			2,3

Cardio Weightroom Orientations

◆ Contactless-Try our New Virtual weightroom Tour option! ◆ Schedule 1-on-1 session for extra guidance
 ◆ Beginning a new fitness path or wanting extra assistance? Group Personal Training options might be the right FIT for you!
Call 303-409-2207 for more details/scheduling options

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