

# FITNESS Virtual Classes

## MAR-MAY 2021



MAR 1-MAY 28 (No Classes Mar 29-Apr 2, May 29-31)\*

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

Virtual class purchases are for a SEASON. Registration is required. 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.

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

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

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

Group Fitness Classes	MON	TUE	WED	THU	FRI	Level
<b>Jump Start</b> Hi-lo, step, circuit & more to start your morning!	6-7am Jill L		6-7am Jill L			2,3
<b>Fit for Life</b> Low-impact aerobic class, perfect for beginners!	8:15-9:15am Susan		8:15-9:15am Susan			2
<b>Cardio Challenge</b> Moves performed at or near your cardio zone (60-80%HRm)		9:00-10:00am Terri		9:00-10:00am Susan		2,3
<b>SilverSneakers Classic</b> Chair-based exercises to build strength & range of motion	9:45-10:45am Liz		9:45-10:45am Liz			1,2
<b>SilverSneakers Boom Move &amp; Muscle</b> Build cardio, strength & flexibility in (2) 30-min segments					11am-12pm Carla/Cindy	2,3
<b>Morning Stretch</b> Increase range of motion with variety of stretches in various postures	11am-12pm Liz		11am-12pm Liz			1,2,3
<b>Zumba Gold®</b> Latin-inspired dance and fitness. Class designed for beginners and senior adults.		11:30a-12:30pm Cindy		11:30a-12:30pm Cindy		2,3
<b>Happy Hour Intervals</b> Varied intensity cardio & strength intervals with variety of pieces	5-6pm Michelle		5-6pm Terri			2,3
<b>Aeroboxing</b> 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
<b>Gentle Yoga</b> Slow and easy yoga practice to restore optimal range of motion		8-9am Maddie		8-9am Laura		1,2,3
<b>Restorative Yoga</b> Achieve deepened muscle relaxation w/ steady, supported poses	6:30-7:30pm Audrey					2,3
<b>Yoga for all Levels</b> Poses offered at multiple levels to align muscles and joints		6:30-7:30pm Kristin S.				1,2,3
<b>willPower &amp; Grace®</b> Dynamic & fun barefoot program combines cardio, flexibility, posture, & balance. No equipment needed.				4:15-5:15pm Kath	<b>SUN</b> 9:15-10:15a Kath	2,3

## Virtual Only Classes

Classes	MON	TUE	WED	THU	FRI	Level
<b>Tai Chi (beginning)</b> Entry level introduction to basic poses performed to improve balance & flexibility		1-2pm Jean				2,3
<b>Deep Relaxation Yoga</b> 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 register. Please contact 303-409-2264 or tgillan@fhprd.org if you have questions!

# FITNESS Drop-In Classes

MAR-MAY 2021



MAR 1-MAY 28 (No Classes Mar 29-Apr 2, 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
3	Advanced Exerciser, Apparently Health, No Restrictions
3+	Athletic/Advanced Endurance and/or Abilities

## Drop-in Land/Aqua Fitness Classes

Indoor Fitness Classes	LOC.	MON	TUE	WED	THU	FRI	Level	
<b>Fit for Life</b> Low-impact aerobic class, perfect for beginners!	TBD	8:15-9:15am Susan		8:15-9:15am Susan		8:15-9:15am TBD	2	
<b>Jump Start</b> 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	
<b>Step N Strength</b> (cardio/strength) step aerobics & resistance training using a variety of equipment		8:30-9:30am Carla (AR)		8:30-9:30am Carla (AR)		8:30-9:30am Lora C (AR)	2,3	
<b>Cardio Challenge</b> Moves performed at or near your cardio zone (60-80%HRm)			9-10:00am Terri (AR)		9-10:00am Susan (AR)		2,3	
<b>SilverSneakers Classic</b> 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	
<b>SilverSneakers Circuit</b> Low impact choreography combined w/ strength training					10:15-11:15am Susan (AR)		2	
<b>SilverSneakers Boom Move</b> Build cardio endurance in convenient 30-min flowing session						11am-11:30am Carla /Cindy(AR)	2,3	
<b>SilverSneakers Boom Muscle</b> Improve strength/flexibility/endurance 30-min workout						11:30am-12:00pm Carla /Cindy(AR)	2,3	
<b>Stability Ball</b> Core Conditioning, toning exercises, and stretching on the ball				10:15am-11:15am Instructor (AR)			2,3	
<b>Morning Stretch</b> Increase range of motion with variety of stretches in various postures		11am-12pm Liz (SPR)	11am-12pm Kristin (SPR)	11am-12pm Liz (SPR)	11am-12pm Kim (SPR)			1,2,3
<b>Zumba Gold</b> Latin-inspired dance and fitness. Class designed for beginners and senior adults			11:30a-12:30pm Cindy (AR)		11:30a-12:30pm Cindy (AR)			2
<b>Happy Hour Intervals</b> Varied intensity cardio & strength intervals with variety of pieces		5-6:00pm Michelle (AR)			5-6:00pm Terri (AR)			2,3
<b>Aeroboxing</b> Circuit format includes kickboxing, upper & lower and strength training exercises				5:30-6:30pm Jill (AR)		5:30-6:30pm Jill (AR)		2,3
<b>Zumba</b> High-energy Latin inspired dance fitness party!		6:15-7:15pm Yetti (AR)			6:15-7:15pm Pam (AR)			2,3
Aqua Fitness Classes	LOC.	MON	TUE	WED	THU	FRI	Level	
<b>Poolates</b> 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	
<b>Moving For Life</b> 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	
<b>Splash Aerobics</b> 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 use SIGN UP GENIUS as our [ONLINE FITNESS CLASS RESERVATION SYSTEM](#). Spots must be reserved in advance to attend. Please contact 303-409-2264 or [tgillan@fhprd.org](mailto:tgillan@fhprd.org) if you have questions!

*This schedule was updated 3/25/2021. Changes may occur, please check [www.ifoohills.org](http://www.ifoohills.org) for updates.*

# FITNESS Mind-Body Classes

MAR-MAY 2021



MAR 1-MAY 28 (No Classes Mar 29-Apr 2, May 29-31)\*

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

## Drop-in Mind-Body Classes

Price Per class: \$8.50 (Non-D: \$12.75) OR use Elite-X/Mind Body 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
<b>Gentle Yoga</b> 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 Laura (SPR)			1,2
<b>Yoga for all Levels</b> Poses offered at multiple levels to align muscles and joints		9:15-10:15am Dawn (PIN)	6:30-7:30pm Kristin (SPR)	9:15-10:15am Dawn (PIN)				1,2,3
<b>Tai Chi</b> Series of poses performed w/steady focus paired with deep breathwork		1-2pm Jean (SPR)						2,3
<b>willPower &amp; Grace®</b> Dynamic & fun barefoot program combines cardio, flexibility, posture, & balance						4:15-5:15pm Kath (AR)	SUN 9:15-10:15a Kath (AR)	2,3
<b>Restorative Yoga</b> Achieve deepened muscle relaxation w/ steady, supported poses		6:30-7:30pm Audrey (SPR)						1,2,3

**Registration Mind-Body Classes** Register for classes at [www.foothills.org/go/](http://www.foothills.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
<b>Pilates Reformer</b> 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 PATTY	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			
<b>CardioJumpboard Reformer</b> Full body aerobic toning and strength workout								2,3
<b>Gentle Reformer</b> 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				1,2
<b>NeuroFit® Reformer</b> Designed to address neurological deficits & to build strength & flexibility		1-2p LAURA		1-2p PAM	1:30-2:30p LAURA			1,3

**A one-time, Pilates Functional Orientation class is required for first time Pilates students and is offered the week before each session begins. Visit [www.foothills.org/go/](http://www.foothills.org/go/) to register.**  
**Need more personal attention to get started? Individual Pilates training options are available!**  
**Call 303-409-2264 for more details & scheduling options!**

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](mailto:tgillan@fhprd.org) if have questions!

*This schedule was updated 3/25/2021. Changes may occur, please check [www.foothills.org](http://www.foothills.org) for updates.*

# FITNESS Personal Training & Sport Performance

MAR 1-MAY 28 (No Classes Mar 29-Apr 2, May 29-31)\*

MAR-MAY 2021



## Drop-in Activities

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

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

Want Cardio Weightroom Orientations/Individual training info? Call 303-409-2207 for details/scheduling options

Elite-X Training Classes		PK AR=Peak Aerobic Room EPT= Edge Perf Training SPR=Spruce Ponderosa					Level
Classes	Location	MON	TUE	WED	THU	FRI	SAT
<b>Body Xtreme Bootcamp</b> Agility, calisthenics, and more in short drills	EPT						8-9am Michelle M.
<b>Quick Burn High Intensity Training</b> Best of HIIT in 30min! *12:30-1pm MAR 9-25		12-12:30p Michelle B.	12-12:30p* Michelle B.	12:00-12:30p Michelle B.	12-12:30p* Michelle B.		
<b>Basic Lifts</b> Squats, deadlifts, bench press, rows & more basic lifts.		2:30-3:30pm Brenden		2:30-3:30pm Brenden		2:30-3:30pm Brenden	
<b>Elite-X Open Training</b> Missed your class? Drop-in to train independently or Try our Workout of the Day!		12:45-2:15pm		12:45-2:15pm			

All DROP IN Fitness Classes & Activities are now using an [ONLINE FITNESS CLASS RESERVATION SYSTEM](#). Spots must be reserved in advance to attend. Information: 303-409-2207 or Anns@fhprd.org

## Registration Small Group Training

Register for classes at [www.ifoohills.org/go/](http://www.ifoohills.org/go/) (NO passes/Multi-Visit Cards accepted for admission!)  
PK AR=Peak Aerobic Room LG=Lilley Gulch EPT= Edge Performance Training SPR=Spruce Ponderosa

Sessions: MAR 15-APR 25\* Session 4: APR 26-MAY 28\*

Sport Performance (SP) Training - Edge Performance Training (located at Edge Ice Arena)								
SP Youth Classes (ages 9-18)	FEE for 5wks	MON	TUE	WED	THU	FRI	SAT/SUN	Level
<b>Basketball Specific Strength</b> Girls Strength w/Coach A (1.5 hr class)	\$123 (ND: \$136) 2x/wk		6-7:30am		6-7:30am			2,3,3+
<b>Basketball Specific Strength</b> Boys Strength w/Coach A (1.5 hr class)	\$63 (ND: \$79) 1x/wk						2-3:30pm (SUN)	
<b>Sport Performance 101</b> Learn proper mechanics, improve sports ability & reduce injuries with foundational movements.	\$82 (ND: \$94.50) 2x/wk	3:45-4:45pm		3:45-4:45pm				2,3
			3:45-4:45pm		3:45-4:45pm			
<b>Sport Speed &amp; Agility</b> Multi-directional drills, acceleration, deceleration & more.	\$82 (ND: \$94.50) 2x/wk T/Th & \$42 (ND: \$55) 1x/wk Sat		5-6pm		5-6pm		10-11am (SAT)	2,3,3+
<b>Sport Strength &amp; Power</b> Jumps, full body weight training & plyometrics.			6:15-7:15pm		6:15-7:15pm		11:15am- 12:15pm (SAT)	
<b>Sport Conditioning</b> Outlast the competition, maximize your fitness & overall endurance.			7:30-8:30pm		7:30-8:30pm		12:30-1:30pm (SAT)	
<b>Hockey Dryland Conditioning</b> Work on strength, power, speed, agility, grip strength and endurance specific to hockey. <i>For best results, sign up for multiple sessions/days each month!</i>	\$42 (ND: \$55) 1x/wk	5-6pm	5-6pm	5-6pm	5-6pm	5-6pm		
<b>Individual, Private Small Groups, or TEAM Trainings (Ages 9+)</b>	Price varies	For more information and to schedule training, please call 303-409-2207 to schedule.						2,3,3+

  

Personal Training	FEE	MON	TUE	WED	THU	FRI	SAT/SUN	Level
<b>Strength Training Plus Nutrition</b> (1.5hrs/class & session varies from above)	\$60 (ND: \$75) 1x/wk						SUN 9:30- 11am (EPT)	2,3,3+
<b>Ladies Strength Training</b>	\$37 (ND: \$47) 1x/wk						SAT 11am-12pm (LG)	2,3
<b>Senior Adult Strength Training</b> (2x/wk)	\$72 (ND: \$90) 2x/wk		1:15-2:15pm (EPT)		1:15-2:15pm (EPT)			2,3
<b>Ladies Strength Training</b>			6-7pm (LG)		6-7pm (LG)			2,3

Session 4: APR 26-MAY 28\*

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
<b>Balance &amp; Stability Training</b>	\$82 (ND: \$94.50) 5wk class, 2x/wk	1-2pm (SPR)	2-3pm (PK AR)	1-2pm (SPR)	2-3pm (PK AR)			1,2
<b>Strength &amp; Cardio Endurance Training</b>		3:45-4:45pm (SPR)	3:15-4:15pm (PK AR)	3:45-4:45pm (SPR)	3:15-4:15pm (PK AR)			2,3