

FITNESS Registration Classes SEP – DEC 2021



AUG 30 - DEC 23 (No Classes Sep 4-6, Nov 22-Nov 28)*

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

- Virtual Classes are purchased by the season. Registration required.
- Price per Season-2x/wk: \$20 (Non-District: \$27), 1x/wk: \$12 (Non-District: \$16).

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, Advanced Endurance and/or Abilities

Group Fitness	MON	TUE	WED	THU	SUN	Level
SilverSneakers Classic Chair-based exercises to build strength and range of motion Liz	9:45-10:45am Liz		9:45-10:45am Liz			1,2
Restorative Yoga Achieve deepened muscle relaxation with steady, supported poses Audrey	6:30-7:30pm Audrey					2,3
willPower & Grace® Bodyweight barefoot conditioning program to sculpt, slim and stretch Kath			8:30-9:30am Kath		9:15-10:15am Kath	2,3

Virtual Classes are registration based.

[Visit Foothills registration webpages at www.foothills.org/go/](http://www.foothills.org/go)

and search "Virtual" to find classes and to register.

Please contact 303-409-2264 or tgillan@fhprd.org if you have questions.

Chronic Condition Exercise Programs - DEFER the DISEASE

- Program designed to help individuals with chronic conditions/issues regain and maintain optimal health!
- 1st Time Participants MUST COMPLETE PRE-SCREENING PAPERWORK & ASSESSMENT before enrolling! Call 303-409-2114 to schedule.
- PK AR=Peak Aerobic Room SPR=Spruce Ponderosa

DEFER the DISEASE Classes	PRICE	MON	TUE	WED	THU	Level
Balance, Stability & Mobility Group Training	\$82 (ND: \$94.50)		2-3pm (PK AR)		2-3pm (PK AR)	1,2
Strength & Cardio Group Training	5wk class, 2x/wk	1-2pm (PK AR)		1-2pm (PK AR)		2,3

This schedule was updated 10/18/2021. Changes may occur, please check www.foothills.org for updates.

FITNESS Drop-In Classes

SEP – DEC 2021



AUG 30 - DEC 23 (No Classes Sep 4-6, Nov 22-Nov 28)*

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 PIN=Pinyon Room MPL=Maple Room RD=Ridge Dance Rm

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3+ - Athletic, Advanced Endurance and/or Abilities

Drop-in Land/Aqua Fitness Classes

Indoor Fitness Classes	Location	MON	TUE	WED	THU	FRI	Level
Now includes Fitness Classes at the EDGE! ** Reservations Required. See bottom of the schedule for reservation link. Details: 303-409-2207							
Bootcamp Agility, calisthenics & more in short drills.**	Edge Performance Training @Edge Ice Arena**					SAT 8-9am Michelle M.	3,3+
Quick Burn Best of HIIT in 30 min! **		12-12:30pm Michelle B.		12-12:30pm Michelle B.			3,3+
High School Weightlifting After school workout includes standard lifts, kettlebells, TRX, power sled & more.**		3-3:45pm Brenden		3-3:45pm Brenden			2,3,3+
Jump Start Hi-lo, step, circuit and more to start your morning!	Peak Community & Wellness Center	6-7am Jill (AR)		6-7am Jill (AR)		6-7am Jill (AR)	2,3
Fab Friday Varied intensity intervals & movement patterns that will challenge your brain and body						8:30-9:30am Lora C (AR)	2,3
Retro Hi/Lo High cardio, low impact, easy dance routines with resistance training added; 60-80% HRM			9-10am Terri (AR)		9-10am Susan (AR)		2,3
SilverSneakers Classic Chair-based exercises to build strength and range of motion		9:45-10:45am Liz (AR)		9:45-10:45am Liz (AR)		9:45-10:45am Carla (AR)	1,2
SilverSneakers Circuit Standing, low impact choreography alternated w/standing upper body					10:15-11:15am Susan (AR)		2
SilverSneakers Boom Move Build cardio endurance in a convenient 30-min. session						11-11:30am Carla (AR)	2,3
SilverSneakers Boom Muscle Improve strength/flexibility/endurance 30-min. workout						11:30am-12pm Carla (AR)	2,3
Stability Ball Core Conditioning, toning exercises, and stretching on the ball			10:15-11:15am (AR)				2,3
Morning Stretch 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
Zumba Gold Latin-inspired dance and fitness Class designed for beginners and senior adults			11:30am-12:30pm Luciana (AR)		11:30am-12:30pm TBD (AR)		2
Bend, Flex & Roll -Improve ease of movement with foam rolling and myofascial release techniques					4:15-5:15pm Terri (AR)		1,2,3
Happy Hour Intervals Varied intensity cardio and strength intervals in HIIT or Circuit formats		5-6pm Michelle M. (AR)		5-6pm 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 Pam (AR)			2,3	
Fit for Life Low-impact aerobic class, perfect for beginners!	Ridge Rec Center	8:15-9:15am Susan (RD)		8:15-9:15am Susan (RD)		8:15-9:15am Susan (RD)	2
Aqua Fitness Classes	Location	MON	TUE	WED	THU	FRI	Level
Poolates Exercises paired with controlled breathing for improved posture and core strength	Ridge Therapy Pool		12-1pm-Laura 1:15-2:15pm-Laura 6:30-7:30pm-Pam		12-1pm-Yvonne 1:15-2:15pm-Yvonne 6:30-7:30pm-Pam		1,2,3
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 and resistance moves using equipment and body weight	Ridge Pool	8:30-9:30am Suzanne	8:30-9:30am Suzanne	8:30-9:30am Suzanne	8:30-9:30am Kath	8:30-9:30am Laura	2,3

CLICK HERE to Reserve your spot online for Drop-in Classes. ** REQUIRED for Edge PTC Classes. Walk-ins may be available, but are not guaranteed. Questions: 303-409-2264 or tgillan@fhprd.org.

FITNESS Mind-Body Classes

SEP – DEC 2021



AUG 30 - DEC 23 (No Classes Sep 4-6, Nov 22-Nov 28)*

Drop-in Mind-Body Classes - Ages 15+ (Classes are 1st come, 1st served!)

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

Level, Designed for:
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3+ - Athletic, Advanced Endurance and/or Abilities

Drop-in Mind Body Classes	Loc	MON	TUE	WED	THU	FRI	SUN	Level
Gentle Yoga Slow and easy yoga practice to restore optimal range of motion	Peak Community & Wellness Center		8-9am Maddie (SPR)		8-9am Laura (SPR)			1,2
Tai Chi (Beginners) Slower paced series of poses performed w/steady focus paired with deep breath work						9:15-10:15am Jean (MPL)		2
Tai Chi (All Levels) Series of poses performed w/steady focus paired with deep breath work		1-2pm Jean (MPL)						2,3
willPower & Grace® Bodyweight barefoot conditioning program to sculpt, slim & stretch					8:30-9:30am Kath (AR)		9:15-10:15am Kath (AR)	2,3
Restorative Yoga Achieve deepened muscle relaxation with 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		9:15-10:15am Dawn (SPR)	6:30-7:30pm Kristin (SPR)	9:15-10:15am Dawn (SPR)				1,2,3

[CLICK HERE](#) to Reserve your spot online for Drop-in Classes.

Walk-ins may be available, but are not guaranteed. Questions: 303-409-2264 or tgillan@fhprd.org.

Registration Mind-Body Classes

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

Session 1: AUG 30-OCT 8* Session 2: OCT 11-NOV 12 Session 3: NOV 15-DEC 23*

Pilates Reformer Classes (Peak Community & Wellness Center — EVERGREEN 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(\$92: Non-District)-1x/wk for 5 weeks	8-9am Pam	6-7am Laura	8-9am Pam	6-7am Laura	8-9am Jessica		2,3
		9:15-10:15am Pam	7:15-8:15am Laura	9:15-10:15am Pam		9:15-10:15am Jessica		
		10:30-11:30am Pam	8:30-9:30am Laura	10:30-11:30am Pam	8:30-9:30am Laura	10:30-11:30am Jessica		
			9:45-10:45am Laura		9:45-10:45am Laura			
			11am-12pm Geri		11am-12pm Laura			
				1-2pm Pam				
			4:30-5:30pm Laura					
			5:45-6:45pm Laura		6:30-7:30pm Nicole			
CardioJumpboard Reformer Full body aerobic toning and strength workout		1-2pm Laura			12:15-1:15pm Laura			2,3
Gentle Reformer Ideal exercise for those new to reformer or with limited range of motion		11:45am-12:45pm Laura		11:45am-12:45pm Pam		11:45am-12:45pm Laura		1,2

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!

FITNESS Personal Training & Sport Performance SEP – DEC 2021



AUG 30 - DEC 23 (No Classes Sep 4-6, Nov 22-Nov 28)*

Want individual training info?

Call 303-409-2207 for details / scheduling options.

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FITNESS Sport Performance

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

Session 1: AUG 30-OCT 8* Session 2: OCT 11-NOV 12 Session 3: NOV 15-DEC 23*

Sport Performance (SP) Classes (Edge Performance Training- Edge Ice Arena) - Individualized sport-specific training & testing; 1:8 coach ratio.

SP Youth Strength & Conditioning	PRICE (5wks)	MON	TUE	WED	THU	FRI	SAT/SUN	Level
SP101 - Sport Base Training Learn proper mechanics, improve performance & reduce injuries	\$82 (ND: \$94.50) 2x/wk M/W, T/Th or M/F <i>Note: if unable to do 2x/wk contact 303-409-2207 for options.</i>	3:45-4:45pm		3:45-4:45pm				2,3
SP102 - Sport Strength & Conditioning Build on base training for optimal strength, function & performance			3:45-4:45pm		3:45-4:45pm			2,3,3+
Gymnastic Specific Strength Strength, power, balance and flexibility for gymnastics (<i>Session dates vary from above</i>)			5-6pm					
Sport Speed & Agility Multi-directional drills, acceleration, deceleration & more			5-6pm		5-6pm			
Sport Strength & Power Jumps, full body weight training & plyometrics			6:15-7:15pm				6:15-7:15pm	

Seasonal Strength & Conditioning for CHSAA (Colorado High School Activities Association) - Off-Season, Preseason & In-Season classes

Sport-specific, individualized programming based on athlete's strengths, weaknesses, sport needs and timing. Planned training will increase strength/power, speed, agility, footwork & quickness, improve joint stability/mobility, avoid overtraining and incorporate proper recovery to be bigger, stronger, faster & better at the right time for your sport - all while minimizing risk of injury.

Off-Season Strength & Conditioning Be ready for tryouts & CHSAA Spring Sports - baseball ▪ lacrosse ▪ track & field ▪ girls golf, soccer & tennis ▪ boys volleyball, swim & dive	\$42 (ND: \$55) 1x/wk <i>Note: 2x/wk recommended for best results.</i>	5-6pm				5-6pm		2,3,3+
Pre-Season Strength & Conditioning Increase intensity as the season nears to be the best for CHSAA Winter Sports - basketball ▪ wrestling ▪ ice hockey ▪ skiing ▪ girls swim & dive			6:15-7:15pm				6:15-7:15pm	
In-Season Strength & Recovery Maintain strength gains while recovering for optimal performance. CHSAA Fall Sports - football ▪ softball ▪ cross county ▪ boys golf & tennis			7:30-8:30pm				7:30-8:30pm	

Personal Training	PRICE (5wks)	MON	TUE	WED	THU	FRI	SAT	Level
Cardio Weight Room Orientations Basic exercise guidelines, safety & machine demos; 1st THU monthly	\$8 (ND: \$12) one class				2:30-3:30pm (Peak)			2,3
Senior Adult Strength Training Strength & balance for ages 60+ (<i>20% off for Active Options & Insurance Based passholders</i>)	\$72 (ND: \$90) 2x/wk		1:15-2:15pm (Peak)		1:15-2:15pm (Peak)			
Ladies Strength Training Tone muscles & burn fat	\$37 (ND: \$47) 1x/wk						11am-12pm (Lilley Gulch)	
	\$72 (ND: \$90) 2x/wk		6-7pm (Lilley Gulch)		6-7pm (Lilley Gulch)			

Personal Training & Sport Performance Individual, Private Small Groups, or TEAM Trainings are also available. Details: 303-409-2207 or anns@fhprd.org

This schedule was updated 10/19/2021. Changes may occur, please check www.foothills.org for updates.