

FITNESS Registration Classes JAN – MAY 2022



JAN 3 - MAY 27 (No Classes Mar 21-27, Apr 17, May 28-30)*

- Ages 15+

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

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).

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

[CLICK HERE to register for Virtual Fitness Classes](#)

or go to www.foothills.org/go/ and search 'Virtual'

Meditation Classes

CLASS NAME	Price	Course Dates	Days/Times
Everyday Mindfulness Intro To Meditation Course -Learn the basics of mindfulness practices with guided meditation	\$72 (ND \$90)-1x/wk for 6wks	FEB 16-MAR 30 , NO class 3/2	WED 8-9am
			WED 5:45-6:45pm
Everyday Mindfulness Meditation Course - meditation course designed to build on meditation practices and deepen mindfulness	\$48/(ND \$63) 1x/wk for 4wks	FEB 16-MAR 30 , NO class 3/2	WED 8-9am
			WED 5:45-6:45pm

[CLICK HERE to register for Meditation Classes](#)

or go to www.foothills.org/go/ and search 'Meditation'

Outdoor Classes

- NO passes/Multi-Visit Cards accepted for admission.
- Price per 4-week session (1x/wk): \$48 (Non-District: \$62.40)
- No discounts apply.

CLASS NAME	MON	TUE	WED	THU	FRI	Level
Group Training Classes - Outdoor	Session 1: MAY 3 - 24					
Bootcamp (Trappers Glen Park) Total body workout of cardio, strength and core utilizing body weight and more		6:30-7:30pm				2, 3

[CLICK HERE to register for Outdoor Classes](#)

or go to www.foothills.org/go/ and search 'Outdoor'

Chronic Condition Exercise Programs

- 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/enroll.

DEFER the DISEASE Classes	PRICE	MON	TUE	WED	THU	Level
Balance, Stability & Mobility Group Training	3 month Pass: \$200 (Non-District:\$220)*		2-3pm		2-3pm	1,2
Strength & Cardio Group Training		1-2pm		1-2pm		2,3

[CLICK HERE for details on Defer the Disease Program](#)

or call 303-409-2114

This schedule was updated 01/05/2022. Changes may occur, please check www.foothills.org for updates.

FITNESS Drop-In Classes

JAN – MAY 2022



JAN 3 - MAY 27 (No Classes Mar 21-27, Apr 17, May 28-30)*

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: \$5.75 (Non-District \$7.75) OR use of Multi-visit Card.

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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	
Quick Burn Best of HIIT in 30 min! **	Edge PTC (Edge Ice Arena)	12-12:30pm Michelle B.		12-12:30pm Michelle B.			3,3+	
Whole Body Fitness Challenging strength, cardio & mobility all in one. Focus: MON-Cardio FRI-strength **MON classes begin 1/17	Peak Community & Wellness Center	8:30-9:30am** Lora C				8:30-9:30am Lora C	2,3,3+	
Retro Hi/Lo High cardio, low impact, easy dance routines with resistance training added; 60-80% HRM			9-10am Terri			9-10am Susan	2,3	
SilverSneakers Classic Chair-based exercises to build strength and range of motion		9:45-10:45am Susan			9:45-10:45am Liz		9:45-10:45am Carla/Christine	1,2
SilverSneakers Circuit Standing, low impact choreography alternated w/standing upper body						10:15-11:15am Susan		2
SilverSneakers Boom Move Build cardio endurance in a convenient 30-min. session							11-11:30am Carla/Christine	2,3
SilverSneakers Boom Muscle Improve strength/flexibility/endurance 30-min. workout							11:30am-12pm Carla/Christine	2,3
Stability Ball Core Conditioning, toning exercises, and stretching on the ball				10:15-11:15am				2,3
Morning Stretch Increase range of motion with variety of stretches in various postures			11am-12pm Susan	11am-12pm Kristin	11am-12pm Liz	11am-12pm Kim		1,2,3
Zumba Gold Latin-inspired dance and fitness Class designed for beginners and senior adults				11:30am-12:30pm Luciana		11:30am-12:30pm Luciana		2
Bend, Flex & Roll Improve ease of movement with foam rolling and myofascial release techniques						4:15-5:15pm Terri		1,2,3
Happy Hour Intervals Varied intensity cardio and strength intervals in HIIT or Circuit formats			5-6pm Michelle		5-6pm Terri			2,3
Zumba High-energy Latin inspired dance fitness party			6:15-7:15pm Yeti		6:15-7:15pm Pam			2,3
Fit for Life Low-impact aerobic class, perfect for beginners!		Ridge Rec Center	8:15-9:15am Susan		8:15-9:15am Susan		8:15-9:15am Susan	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 C 1:15-2:15pm-Laura C 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 C		12-1pm 1:15-2:15pm Suzanne		12-1pm 1:15-2:15pm Laura C	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 C	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.

This schedule was updated 01/05/22. Changes may occur, please check www.ifoohills.org for updates.

FITNESS Mind-Body Classes

JAN – MAY 2022



JAN 3 - MAY 27 (No Classes Mar 21-27, Apr 17, May 28-30)*

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

• Price per class: \$8.75 (Non-District: \$13)

OR Mind-Body Multi-Visit Card (10 visits): \$65 (Non-District: \$82)

• Multi-Visit Card Discount for Premier, 3-month, Active Options or Insurance-Based passes.

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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		8-9am Laura B			1,2
willPower & grace® Bodyweight barefoot conditioning program to sculpt, slim & stretch **Begins MAR 2				8:30-9:30am** Kath				2,3
Tai Chi (Beginning) Slower paced series of poses performed w/steady focus paired with deep breath work						9:15-10:15am Jean		2
Yoga for all Levels Poses offered at multiple levels to align muscles and joints		9:15-10:15am Maddie	6:30-7:30pm Kristin	9:15-10:15am Laura B				1,2,3
Tai Chi (All Levels) Series of poses performed w/steady focus paired with deep breath work		1-2pm Jean						2,3
Yoga Sculpt hand weights, cardio bursts and yoga postures. Yoga with strength building exercises				4:30-5:30pm Laura P				2,3
Restorative Yoga Achieve deepened muscle relaxation with steady, supported poses		6:30-7:30pm Audrey						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.ifoohills.org/go/

(NO passes/Multi-Visit Cards accepted for admission!)

Session 1: JAN 3-FEB 6

Session 2: FEB 7-MAR 13

Session 3: MAR 14-APR 24*

Session 4: APR 25-MAY 27*

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.	\$78(Non-District: \$94)-1x/wk for 5 weeks	8-9am Pam	6-7am Laura A	8-9am Pam	6-7am Laura A	8-9am Jessica		2,3
		9:15-10:15am Pam	7:15-8:15am Laura A	9:15-10:15am Pam		9:15-10:15am Jessica		
		10:30-11:30am Pam	8:30-9:30am Laura A	10:30-11:30am Pam	8:30-9:30am Laura A	10:30-11:30am Jessica		
			9:45-10:45am Laura A		9:45-10:45am Laura A			
			11am-12pm Geri		11am-12pm Laura A			
				1-2pm Pam				
			4:30-5:30pm Laura A					
			5:45-6:45pm Laura A			6:30-7:30pm Nicole		
Cardio Jumpboard Reformer Full body aerobic toning and strength workout					12:15-1:15pm Laura A			2,3
Gentle Reformer Ideal exercise for those new to reformer or with limited range of motion		11:45am-12:45pm Laura A	1:15-2:15pm Laura A	11:45am-12:45pm Pam		11:45am-12:45pm Laura A		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.ifoohills.org/go/](http://www.ifoohills.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!

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FITNESS Personal Training & Sport Performance JAN – MAY 2022



JAN 3 - MAY 27 (No Classes Mar 21-27, Apr 17, May 28-30)*

Want Individual, Private Small Groups, or TEAM Training info?

Contact 303-409-2207 or anns@fhprd.org for details.

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3+ - Athletic, Advanced Endurance and/or Abilities

Registration Classes

Session 1: JAN 3-FEB 6 Session 2: FEB 7-MAR 13 Session 3: MAR 14-APR 24* Session 4: APR 25-MAY 27*

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

Sport Performance Classes (Edge Performance Training Center @ Edge Ice Arena)								
SP Youth Strength & Conditioning (9-18yrs)	PRICE (5wks)	MON	TUE	WED	THU	FRI	SAT/SUN	Level
SP101 - Sport Base Training Strength & conditioning techniques, improve performance & reduce injuries.	\$82 (ND: \$94.50) 2x/wk	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+
Sport Speed & Agility Multi-directional drills, acceleration, deceleration, change of direction & specific strength exercises that translate to increased speed.	\$42 (ND: \$55) 1x/wk		5-6pm		5-6pm		10-11am	
SP Adult Strength & Conditioning	PRICE (5wks)	MON	TUE	WED	THU	FRI	SAT/SUN	Level
Multi-Sport Strength & Conditioning Improve your playing ability & reduce injury risk through proper training.	\$42 (ND: \$55) 1x/wk						SAT 11:15am-12:15pm	2,3,3+
Ladies Soccer Specific Strength & Conditioning							SUN 10-11am	

[CLICK HERE to register for SP Group Training](#) or go to www.foothills.org/go/ and search 'Group Training'

Personal Training Classes (Peak Community & Wellness Center or Lilley Gulch)								
	PRICE (5wks)	MON	TUE	WED	THU	FRI	SAT	Level
Cardio Weight Room Orientations 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+ (20% off for Active Options & Insurance Based passholders).	\$72 (ND: \$90) 2x/wk	10-11am (Peak)		10-11am (Peak)				
			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)			

[CLICK HERE to register for PT Group Training](#) or go to www.foothills.org/go/ and search 'Group Training'

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