

FITNESS Registration Classes

MAR - MAY 2022



MAR 1 - 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.
- Prices are per Season

Group Fitness	Price	MON	TUE	WED	THU	Level
SilverSneakers Classic Chair-based exercises to build strength and range of motion	\$20 (ND: \$27) 2x/wk	9:45-10:45am Susan		9:45-10:45am Liz		1,2
Restorative Yoga Achieve deepened muscle relaxation with steady, supported poses	\$12 (ND: \$16) 1x/wk	6:30-7:30pm Audrey				2,3
willPower & grace® Bodyweight barefoot conditioning program to sculpt, slim and stretch				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'

Mind-Body Experiences

Event Name	Price	Course Dates	Days/Times
Sound Bath -This is a meditative event, intentionally using sound to invite therapeutic or restorative effects. A gentle yet powerful experience for the mind and body.	\$20(ND:\$25)	MAR 19	SAT 5-6pm
Everyday Mindfulness Meditation Course - Meditation course designed to build on meditation practices and deepen mindfulness	\$48 (ND \$63) 1x/wk for 4wks	APR 6 - 27	WED 5:45-6:45pm

[Click here to register for Mind-Body Experiences](#)

or go to www.foothills.org/go/ and search "Meditation" or "Sound Bath"

Outdoor Classes

- NO passes/Multi-Visit Cards accepted for admission.
- No discounts apply.

Group Training Classes	Price	Course Dates	Days/Times
Bootcamp (Trappers Glen Park) Total body workout of cardio, strength and core utilizing body weight and more.	\$48/(ND \$63) 1x/wk for 4wks	MAY 3 - 24	TUE 6:30-7:30pm

[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

[Click here for details & to register for the latest Fitness Challenges!](#)

or call 303-409-2114 for details

This schedule was updated 02/28/22. Changes may occur, please check www.foothills.org for updates.

FITNESS Drop-In Classes

MAY 2 - MAY 27 (No Classes May 28-30)*

MAR - MAY 2022



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+	
Jump Start Hi-lo, step, circuit and more to start your morning! **No classes	Peak Community & Wellness Center	6-7am Jill		6-7am Jill		6-7am Jill	2,3	
Whole Body Fitness Challenging strength, cardio & mobility all in one. Focus: MON-strength FRI-cardio		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/Lexie	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/Lexie	2,3
SilverSneakers Boom Muscle Improve strength/flexibility/endurance 30-min. workout							11:30am-12pm Carla/Lexie	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 TBD			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
Happy Hour Intervals Varied intensity cardio and strength intervals in HIIT or Circuit formats		5-6pm Michelle			5-6pm Terri			2,3
Aeroboxing Circuit format includes kickboxing, upper & lower and strength training exercises			5:30-6:30pm Jill			5:30-6:30pm Jill		2,3
Zumba High-energy Latin inspired dance fitness party			6:15-7:15pm Yetti		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 Kath	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 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 Fitness Classes.

Walk-ins may be available, but are not guaranteed. Information: 303-409-2263 or anns@fhprd.org

This schedule was updated 04/25/22. Changes may occur, please check www.foothills.org for updates.

FITNESS Mind-Body Classes

MAR - MAY 2022



MAR 1 - 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				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/Laura B	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 Fitness Classes.

Walk-ins may be available, but are not guaranteed. Information: 303-409-2263 or anns@fhprd.org

Registration Mind-Body Classes

Register for classes at www.foothills.org/go/

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

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	4-5pm TBD				
			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 Pam	1:15-2:15pm Laura A	11:45am-12:45pm Pam		11:45am-12:45pm Laura A		1,2

A one-time, Pilates Orientation class is required for first time Pilates students; offered the week prior to each session (MON 4pm or Wed 2:15pm). [Click here](http://www.foothills.org/go/) or visit www.foothills.org/go/ to register. Need more personal attention to get started? Individual Pilates training options are available! Information: 303-409-2263 or anns@fhprd.org

This schedule was updated 02/28/22. Changes may occur, please check www.foothills.org for updates.

FITNESS Personal Training & Sport Performance

MAR - MAY 2022



MAR 1 - 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

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

Session 3: MAR 14-APR 24* Session 4: APR 25-MAY 27*

Sport Performance Classes (Edge Performance Training Center @ Edge Ice Arena)

SP Youth Strength & Conditioning (9-18yrs)	PRICE (5wks)	MON	TUE	WED	THU	FRI	SAT	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			
SP Baseball Specific Strength & Conditioning Work on speed, strength, exercises for arm health, agility & quickness.					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.ifoohills.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)				
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.ifoohills.org/go/ and search 'Group Training'

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