

# FITNESS Registration Classes JUN-SEP 2022



MAY 31 - SEP 2 (No Classes May 28-30, Jul 2-4, Sep 3-5)\*

- Ages 15+
- NO passes/Multi-Visit Cards accepted for admission.
- No discounts apply.

Level, Designed for:
<b>1</b> - Limited Range of Motion, Post Rehab, Chronic Conditions
<b>2</b> - Beginning Exerciser, Apparently Healthy, No Restrictions
<b>3</b> - Advanced Exerciser, Apparently Healthy, No Restrictions
<b>3+</b> - Athletic, Advanced Endurance and/or Abilities

## Outdoor Classes Session 1: MAY 31 - JUL 1 Session 2: JUL 5 - JUL 31 Session 3: AUG 1 - SEP 2

Group Training Classes	Price	MON	TUE	WED	THU	Level
<b>Zumba (Clement Park Amphitheater)</b> High-energy Latin inspired dance fitness party	\$60 (ND: \$75) 1x/wk for 5wks		7-8am Yetti			2,3
<b>Bootcamp (Powderhorn Park)</b> Total body workout of cardio, strength and core utilizing body weight and more			6:30-7:30pm David		6:30-7:30pm Lexie	3,3+

[Click here to register for Group Training Classes](#)

or go to [www.foothills.org/go/](http://www.foothills.org/go/) and search 'Outdoor'

Mind Body Classes (Easton Regional Park, unless otherwise noted)	Price	MON	TUE	WED	THU	Level
<b>Tai Chi - All Levels (Clement Park Amphitheater)</b> *Session 1 & 2 only Series of poses performed w/steady focus paired with deep breath work	\$60 (ND: \$75) 1x/wk for 5wks				7-8am* Jean	2,3
<b>Yoga for Cancer Survivors</b> Yoga practice for anyone who has had cancer impact their health; find strength & resilience through yoga!				8-9am Melissa		2,3
<b>Intro to Yoga Styles (All Levels)</b> Practice a different style of Yoga each week including: Gentle, Vinyasa, Meditation Nidra & Yin Yoga				6:30-7:30pm Kate		2,3
<b>Yoga for all Levels</b> Poses offered at multiple levels to align muscles & joints					6-7pm Melissa	2,3

[Click here to register for Outdoor Mind Body Classes](#)

or go to [www.foothills.org/go/](http://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
<b>Balance, Stability &amp; Mobility Group Training</b>	3 month Pass: \$200 (Non-District:\$220)*		2-3pm		2-3pm	1,2
<b>Strength &amp; Cardio Group Training</b>		1-2pm		1-2pm		2,3

[Click here for details on Defer the Disease Program](#)

or call 303-409-2114

This schedule was updated 07/06/2022. Changes may occur, please check [www.foothills.org/](http://www.foothills.org/) for updates.

# FITNESS Drop-In Classes

# JUN-SEP 2022



MAY 31 - SEP 2 (No Classes May 28-30, Jul 2-4, Sep 3-5)

## 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.

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

## Drop-in Land/Aqua Fitness Classes

Indoor Fitness Classes	Location	MON	TUE	WED	THU	FRI	Level	
<b>Quick Burn</b> Best of High Intensity Interval Training (aka HIIT) in 30 min of your max effort!	Edge PTC (Edge Ice Arena)	12-12:30pm Michelle B.		12-12:30pm Michelle B.			3,3+	
<b>Fit for Life</b> Low-impact aerobic class, perfect for beginners! <b>*No Classes 8/8-8/19 due to facility closure.</b>		8:15-9:15am* Susan		8:15-9:15am* Susan		8:15-9:15am* Kath	2	
<b>Jump Start</b> Hi-lo, step, circuit and more to start your morning!	Peak Community & Wellness Center	6-7am Jill		6-7am Jill		6-7am Jill	2,3	
<b>Whole Body Fitness</b> 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+	
<b>Retro Hi/Lo</b> High cardio, low impact, easy dance routines with resistance training added; 60-80% HRM			9-10am Terri			9-10am Susan	2,3	
<b>SilverSneakers Classic</b> 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
<b>Stability Ball</b> Core Conditioning, toning exercises, and stretching on the ball			10:15-11:15am					2,3
<b>SilverSneakers Circuit</b> Standing, low impact choreography alternated w/standing upper body						10:15-11:15am Susan		2
<b>Morning Stretch</b> Increase range of motion with variety of stretches in various postures		11am-12pm Susan	11am-12pm Kristin	11am-12pm Liz	11am-12pm Kristin			1,2,3
<b>SilverSneakers Boom Move</b> Build cardio endurance in a convenient 30-min. session							11-11:30am Carla/Lexie	2,3
<b>SilverSneakers Boom Muscle</b> Improve strength/flexibility/endurance 30-min. workout							11:30am-12pm Carla/Lexie	2,3
<b>Zumba Gold</b> Latin-inspired dance and fitness Class designed for beginners and senior adults			11:30am-12:30pm Luciana			11:30am-12:30pm Luciana		2
<b>Happy Hour Intervals</b> Varied intensity cardio and strength intervals in HIIT or Circuit formats		5-6pm Michelle			5-6pm Terri			2,3
<b>Aeroboxing</b> Circuit format includes kickboxing, upper & lower and strength training exercises			5:30-6:30pm Jill			5:30-6:30pm Jill		2,3
<b>Zumba</b> High-energy Latin inspired dance fitness party		6:15-7:15pm Yetti			6:15-7:15pm Pam H			2,3
Aqua Fitness Classes	Pool Location	MON	TUE	WED	THU	FRI	Level	
<b>Splash Aerobics</b> Low impact cardio and resistance moves using equipment and body weight <b>*Outdoor classes end: 8/12 No classes: 8/15-8/19 Ridge Splash classes begin 8/22: M,T,W,Th,F 8:30am</b>	Deer Creek	8-9am* Suzanne		8-9am* Suzanne		8-9am* Laura C	2,3	
	Weaver Hollow		8-9am* Suzanne		8-9am* Kath			
<b>Poolates</b> Exercises paired with controlled breathing for improved posture and core strength <b>**No classes 8/8-8/19 due to facility closure.</b>	Ridge Rec Center - Therapy		12-1pm** Laura C		12-1pm** Yvonne		1,2,3	
			1:15-2:15pm** Laura C		1:15-2:15pm** Yvonne			
			6:30-7:30pm** Pam S		6:30-7:30pm** Pam S			
<b>Moving For Life</b> Multi-joint movement patterns to improve stability, range of motion and strength <b>**No classes 8/8-8/19 due to facility closure.</b>		12-1pm** 1:15-2:15pm** Laura C		12-1pm** Suzanne		12-1pm** 1:15-2:15pm** Laura C	1, 2	

[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 07/06/22. Changes may occur, please check www.foothills.org for updates.

# FITNESS Mind-Body Classes

# JUN-SEP 2022



MAY 31 - SEP 2 (No Classes May 28-30, Jul 2-4, Sep 3-5)

## 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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<b>1</b> - Limited Range of Motion, Post Rehab, Chronic Conditions
<b>2</b> - Beginning Exerciser, Apparently Healthy, No Restrictions
<b>3</b> - Advanced Exerciser, Apparently Healthy, No Restrictions
<b>3+</b> - Athletic, Advanced Endurance and/or Abilities

Drop-in Mind Body Classes	Loc	MON	TUE	WED	THU	FRI	SAT	Level
<b>Gentle Yoga</b> Slow and easy yoga practice to restore optimal range of motion	Peak Community & Wellness Center		8-9am Laura B		8-9am Laura B			1,2
<b>willPower &amp; grace®</b> Bodyweight barefoot (optional) conditioning to strengthen & stretch the body and mind				8:30-9:30am Kath				2,3
<b>Yoga for all Levels</b> Poses offered at multiple levels to align muscles and joints		9:15-10:15am Dawn	6:30-7:30pm Kristin/Laura B	9:15-10:15am Dawn				1,2,3
<b>Tai Chi (All Levels)</b> Series of poses performed w/steady focus paired with deep breath work		1-2pm Jean						2,3
<b>Yoga Sculpt</b> hand weights, cardio bursts and yoga postures. Yoga with strength building exercises				4:30-5:30pm Laura P				2,3
<b>Restorative Yoga</b> 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/](http://www.foothills.org/go/) (NO passes/Multi-Visit Cards accepted for admission!)

Session 1: MAY 31 - JUL 1    Session 2: JUL 5 - JUL 31    Session 3: AUG 1 - SEP 2

## Pilates Reformer Classes (Peak Community & Wellness Center — EVERGREEN 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.	\$78(Non-District: \$94)-1x/wk for 5 weeks		6-7am Laura A		6-7am Laura A			2,3
			7:15-8:15am Laura A					
		8-9am Pam	8:30-9:30am Laura A	8-9am Pam	8:30-9:30am Laura A	8-9am Jessica		
		9:15-10:15am Pam	9:45-10:45am Laura A	9:15-10:15am Pam	9:45-10:45am Laura A	9:15-10:15am Jessica	9:15-10:15am Karen	
		10:30-11:30am Pam	11am-12pm Geri	10:30-11:30am Pam	11am-12pm Laura A	10:30-11:30am Jessica	10:30-11:30am Karen	
				1-2pm Pam				
		5:15-6:15pm Karen	4:30-5:30pm Laura A	5:15-6:15pm Karen				
		6:30-7:30pm Karen	5:45-6:45pm Laura A	6:30-7:30pm Karen	6:30-7:30pm Nicole			
<b>Cardio Jumpboard Reformer</b> Full body aerobic toning and strength workout					12:15-1:15pm Laura A			2,3
<b>Gentle Reformer</b> 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	1:30-2:30pm Pam	11:45am-12:45pm Laura A		1,2

**A one-time, Pilates Fundamentals Orientation is required for first time Pilates students; offered the week prior to each session (MON 4pm or Wed 2:15pm). [Click here](#) or 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! Information: 303-409-2263 or anns@fhprd.org**

*This schedule was updated 07/06/2022. Changes may occur, please check [www.foothills.org](http://www.foothills.org) for updates.*

# FITNESS Personal Training & Sport Performance

## JUN-SEP 2022



MAY 31 - SEP 2 (No Classes May 28-30, Jul 2-4, Sep 3-5)

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

Contact 303-409-2263 or [anns@fhprrd.org](mailto:anns@fhprrd.org) for details.

Level, Designed for:
<b>1</b> - Limited Range of Motion, Post Rehab, Chronic Conditions
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<b>3</b> - Advanced Exerciser, Apparently Healthy, No Restrictions
<b>3+</b> - Athletic, Advanced Endurance and/or Abilities

### Registration Classes

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

**Session 1: MAY 31 - JUL 1    Session 2: JUL 5 - JUL 31    Session 3: AUG 1 - SEP 2**

### Personal Training Classes (Peak Community & Wellness Center or Lilley Gulch)

Small Group Training (Ages 15+)	PRICE	MON	TUE	WED	THU	FRI/SAT	Level
<b>Cardio Weight Room Orientations</b> Exercise guidelines, safety & machine demos; 1st THU monthly.	\$8 (ND: \$12) one class				2:30-3:30pm (Peak)		2,3
<b>Senior Adult Strength Training</b> Strength & balance for ages 60+ (20% off for Active Options & Insurance Based passholders).	\$72 (ND: \$90) 2x/wk for 5 wks	10-11am (Peak)		10-11am (Peak)			
			1:15-2:15pm (Peak)		1:15-2:15pm (Peak)		
<b>Ladies Strength Training</b> Tone muscles & burn fat! <i>*No classes 8/22-9/3 due to LG facility closure</i>	\$37 (ND: \$48) 1x/wk for 5 wks					SAT 11am-12pm (Lilley Gulch)*	2,3
	\$72 (ND: \$90) 2x/wk for 5 wks		6-7pm (Lilley Gulch)*		6-7pm (Lilley Gulch)*		

[Click here to register for PT Group Training](#)

or go to [www.foothills.org/go/](http://www.foothills.org/go/) and search 'Group Training'

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

SP Youth Strength & Conditioning (9-15yrs)	PRICE	MON	TUE	WED	THU	FRI/SAT	Level
<b>SP 101 - Athletic Development Strength Training</b> Focus on Strength & conditioning techniques, improve performance & reduce injuries.	\$82 (ND: \$94.50) 2x/wk for 5 wks	3:45-4:45pm		3:45-4:45pm			2,3
<b>SP Speed &amp; Agility</b> Multi-directional drills, acceleration, deceleration, change of direction & specific strength exercises that translate to increased speed.			3:45-4:45pm		3:45-4:45pm		2,3,3+
<b>SP Conditioning</b> Strength, Agility, Speed & Power -important training for all athletes.	\$42 (ND: \$55) 1x/wk for 5 wks					FRI 3:45-4:45pm	
<b>SP Power</b> Increase vertical jump, explosiveness, athletic strength & power to be most effective in your sport.	\$82 (ND: \$94.50) 2x/wk for 5 wks	5-6pm		5-6pm			2,3,3+

[Click here to register for SP Group Training](#)

or go to [www.foothills.org/go/](http://www.foothills.org/go/) and search 'Group Training'

### FREE SPORT PERFORMANCE TESTING!!!! (The Cage Training Center @ Foothills Fieldhouse)

#### Sport Performance (SP) Athletic Testing -MUST register in advance!

SP Youth Offerings (Ages 9-15+)	PRICE	Course Dates	Days/Times	Level
<b>General Athletic Combine Testing</b> Includes the following standard tests: Broad Jump, Med Ball Put, Broad Jump Med Ball Put, 15s Dot Drill, 10-yd Acceleration & Pro Agility 5-10-5	FREE	THU 7/28	5-6pm	2,3, 3+
		SAT 7/30	4-5pm	
		SAT 8/13	3-4pm	
		WED 8/24	6:30-7:30pm	

[Click here to register for the FREE testing](#)

or go to [www.foothills.org/go/](http://www.foothills.org/go/) and search 'Combine Testing'

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