

# FITNESS Drop-In Classes

## NOV - DEC 2022



**Foothills**  
Park & Recreation District

NOV 1 - DEC 23 (No Classes Nov 21-27, Dec 24-31)\*

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

- Drop-in Fitness Classes included with: Premier/Sr Adult Premier, 3-month, & Insurance-Based passes.
- Attend with Daily admission: \$5.75 (Non-District \$7.75) OR use of Multi-visit Card.

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

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 David		12-12:30pm David			3,3+	
<b>Fit for Life</b> 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	
<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>Tai Chi (All Levels)</b> Series of movements performed w/steady focus paired with deep breath work					7-8am Tom		1,2,3	
<b>Gentle Yoga</b> Slow and easy yoga practice to restore optimal range of motion			8-9am Laura B		8-9am Laura B		1,2	
<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>willPower &amp; grace®</b> Bodyweight barefoot (optional) conditioning to strengthen & stretch the					8:30-9:30am Kath			2,3
<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>Yoga for all Levels</b> Traditional poses offered at multiple levels to align muscles and joints		9:15-10:15am Dawn			9:15-10:15am Dawn			1,2,3
<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 Renee				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>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>Tai Chi (All Levels)</b> Series of movements performed w/steady focus paired with deep breath work			1-2pm Richard					1,2,3
<b>Happy Hour Intervals</b> Varied intensity cardio and strength intervals in HIIT or Circuit formats		5-6pm Michelle M.			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	
<b>Yoga for all Levels</b> Traditional poses offered at multiple levels to align muscles and joints			6:30-7:30pm Kristin/Laura B	5:30-6:30pm Kate	4:30-5:30pm Melissa		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

*This schedule was updated 10/26/22. Changes may occur, please check www.foothills.org for updates.*

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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	Ridge Rec Center	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
<b>Poolates</b> Exercises paired with controlled breathing for improved posture and core strength	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		12-1pm 1:15-2:15pm Laura C		12-1pm Suzanne		12-1pm 1:15-2:15pm Laura C	1, 2

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# FITNESS Registration Classes

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Peak Community & Wellness Center (unless otherwise stated)

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

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Session 1: SEP 6 - OCT 8    Session 2: OCT 10 - NOV 12    Session 3: NOV 14 - DEC 23\*

Yoga Specialty Classes	Price	MON	TUE	WED	THU	FRI	SAT	Level
<b>Yoga for Cancer Survivors</b> Yoga practice specifically designed for anyone who has had cancer impact their health. Whether you're new to yoga or an experienced yogi, learn through movement & breathwork how yoga can help address physical and mental needs presented by cancer and cancer treatments. Regain strength & resilience through the power of yoga!	\$60 (Non-District: \$75)			10-11am Melissa				1,2

[Click here to register for Yoga Specialty Classes](#) or go to [www.ifoohills.org/go/](http://www.ifoohills.org/go/) and search 'Yoga'

Pilates Reformer Classes	Price	MON	TUE	WED	THU	FRI	SAT	Level
<b>A one-time, Pilates Fundamentals Orientation is REQUIRED for first time Pilates students</b>								
<b>Pilates Fundamentals Orientation</b> Learn the basics of Pilates, principles and foundations behind the exercises and how to execute proper form and engage core; offered the week prior to each session.	(Non-District: \$24) one class	4-5pm (10/3, 11/7)		2:15-3:15pm (10/5, 11/9)			11:45am-12:45pm (10/8, 11/12)	1,2,3
<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
		8-9am Pam	7:15-8:15am Laura A	8-9am Karen		8-9am Jessica		
		9:15-10:15am Pam	8:30-9:30am Laura A	9:15-10:15am Pam	8:30-9:30am Laura A	9:15-10:15am Jessica		
		10:30-11:30am Pam	9:45-10:45am Laura A	10:30-11:30am Pam	9:45-10:45am Laura A		9:15-10:15am Karen	
			11am-12pm Geri	1-2pm Pam	11am-12pm Laura A			
		5:15-6:15pm Karen	4:30-5:30pm Laura A					
		6:30-7:30pm Karen	5:45-6:45pm Laura A			6:30-7:30pm Nicole		
<b>Pilates Reformer Advanced</b> Add a challenge with this higher intensity and more advanced workout						10:30-11:30am Jessica	3	
<b>Cardio Jumpboard Reformer</b> Incorporate cardio into the full body toning and strength workout.					12:15-1:15pm Laura A		2,3	
<b>Gentle Reformer</b> Slow things down in this class ideal for those new to the 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 Karen	11:45am-12:45pm Laura A	10:30-11:30am Karen	1,2

[Click here](#) or visit [www.ifoohills.org/go/](http://www.ifoohills.org/go/) to register for Pilates Reformer Classes.  
Need more personal attention to get started? Individual Private Training options are available!

Information: 303-409-2263 or [anns@fhprd.org](mailto:anns@fhprd.org)

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**FITNESS Personal Training,  
Sport Performance & Chronic Conditions**

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*Want Individual, Private Small Groups, or TEAM Training info?*  
Contact 303-409-2263 or [anns@fhprd.org](mailto:anns@fhprd.org) for details.

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**Registration Classes**

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**Session 1: SEP 6 - OCT 8    Session 2: OCT 10 - NOV 12    Session 3: NOV 14 - DEC 23\***

**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!	\$37 (ND: \$48) 1x/wk for 5 wks					SAT 11am-12pm (Lilley Gulch)	
		\$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'

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

SP Youth Strength & Conditioning (9-15+)	PRICE	MON	TUE	WED	THU	FRI	Level
<b>SP 101 - Athletic Development Strength Training</b> Strength & conditioning foundational techniques to improve performance & reduce injuries.	\$82 (ND: \$94.50)	3:45-4:45pm		3:45-4:45pm			2,3
<b>SP Speed &amp; Agility</b> Acceleration, deceleration, change of direction & specific strength to increase speed and agility.			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)					3:45-4:45pm	
<b>SP Explosive Power</b> Increase vertical jump, explosiveness, athletic strength & power to be most effective in your sport.	\$82 (ND: \$94.50)	5-6pm		5-6pm			2,3, 3+
<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	2nd SAT monthly, 12-1pm The Cage Training Center @ Foothills Fieldhouse					

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

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

**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 (ND:\$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

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