

FITNESS Drop-In Classes

JAN-MAY 2023



- Land

JAN - MAY (No classes: Jan 1, Mar 20-26, May 27-29)*Ages 15+ (Classes are 1st come, 1st served!)

- Drop-in Classes included with: Premier Annual, 3-month, & 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

Edge Performance Training Center	MON	TUE	WED	THU	FRI	Level
Quick Burn Best of High Intensity Interval Training (aka HIIT) in 30 min of your max effort!	12:30-1pm David		12:30-1pm David			3,3+
Ridge Recreation Center	MON	TUE	WED	THU	FRI	Level
Fit for Life Low-impact aerobic class, perfect for beginners.	8:15-9:15am Susan		8:15-9:15am Susan		8:15-9:15am Kath	2
Peak Community & Wellness Center	MON	TUE	WED	THU	FRI	Level
Jump Start Hi-lo, step, circuit and more to start your morning!	6-7am Jill		6-7am Jill		6-7am Jill	2,3
Tai Chi (All Levels) Series of movements performed w/steady focus & deep breath work.	am			7-8am Tom		1,2,3
	pm	1-2pm Richard				
Gentle Yoga Slow and easy yoga practice to restore optimal range of motion.	8-9am Renee	8-9am Laura B	8-9am Renee	8-9am Laura B		1,2
Whole Body Fitness Challenging strength, cardio & mobility all in one. Focus: M-strength F-cardio	8:30-9:30am Lora C				8:30-9:30am Lora C	2,3,3+
willPower & grace® Bodyweight barefoot (optional) conditioning to strengthen & stretch.			8:30-9:30am Kath			2,3
Retro Hi/Lo High cardio, low impact, easy dance routines with resistance training; 60-80% HRM.		9-10am Terri		9-10am Susan		2,3
Yoga for all Levels Traditional poses offered at multiple levels to align muscles & joints.	am	9:15-10:15am Dawn		9:15-10:15am Dawn		1,2,3
	pm		6:30-7:30pm Kristin/Laura B	5:30-6:30pm Kate		
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
Stability Ball Core Conditioning, toning exercises, & stretching on the ball		10:15-11:15am Renee				2,3
SilverSneakers Circuit Standing, low impact choreography alternated w/standing upper body				10:15-11:15am Susan		2
Morning Stretch 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
Zumba Gold Latin-inspired dance & fitness class designed for beginners & senior adults		11:30am-12:30pm Luciana		11:30am-12:30pm Luciana		2
Happy Hour Intervals Varied intensity cardio & strength intervals in HIIT or Circuit formats.	5-6pm Michelle M.		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 H			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 01/12/23. Changes may occur, please check www.foothills.org for updates.

FITNESS Drop-In Classes - Aqua

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Ridge Recreation Center	Pool Location	MON	TUE	WED	THU	FRI	Level
Splash Aerobics Low impact cardio & resistance moves using equipment &/or body weight.	Lap Lanes	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
Poolates Exercises paired with controlled breathing for improved posture & core strength.	Therapy Pool		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		
Moving For Life Multi-joint movement patterns to improve stability, range of motion & strength.		12-1pm Laura C		12-1pm Suzanne		12-1pm Laura C	1, 2
		1:15-2:15pm Laura C		12-1pm Suzanne		1:15-2:15pm Laura C	

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