

FITNESS Drop-In Classes

MAR 2023



- Land

MAR 1 - 31 (No classes: MAR 20-26)

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
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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.	*New time		9:15-10:05am* Anne		9-10am Susan		2,3
Yoga for all Levels Traditional poses offered at multiple levels to align muscles & joints.	am	9:15-10:15am Varies		9:15-10:15am Varies			1,2,3
	pm		6:30-7:30pm Kristin/Laura B	5:30-6:30pm Kate			
POP Pilates® Rhythm-based fusion of yoga, pilates & conditioning exercises for strength & flexibility.						NEW!! 9:30-10:30am Alisa	
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 Michelle M			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 Yeti		6:15-7:15pm Pam H			2,3

[CLICK HERE to Reserve your spot for Drop-in Fitness Classes.](#)

or go to www.foothills.org/go/ and search 'Drop-in'

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

This schedule was updated 2/27/23. Changes may occur, please check www.foothills.org for updates.

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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 Pam S		1,2,3
			1:15-2:15pm Laura C		1:15-2:15pm Pam S		
			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			1:15-2:15pm Laura C		

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FITNESS Registration Classes MAR - MAY 2023



Peak Community & Wellness Center (unless otherwise stated)
 Register for classes at www.foothills.org/go/
 NO passes/Multi-Visit Cards accepted for admission

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Session 1: JAN 2 - FEB 4 Session 2: FEB 6-MAR 12 Session 3: MAR 14-APR 22 Session 4: APR 24-MAY 26
 (No classes MAR 20-25) (No classes May 27-29)

Pilates Reformer Classes	Price	MON	TUE	WED	THU	FRI	SAT	Level
*A one-time, Pilates Fundamentals Orientation is REQUIRED for first time Pilates students								
Pilates Fundamentals Orientation 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.	\$20 (Non-District: \$27) one class	4-5pm (1/30, 3/6, 4/17 & 5/22) Laura A		2:15-3:15pm (2/1, 3/8, 4/19 & 5/24) Pam			11:45am-12:45pm (2/4, 3/11, 4/22 & 5/20) Karen	1,2,3
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.	\$80 (Non-District: \$96)-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/Pam		8-9am Lisa		
		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 Lisa		
		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	NEW! 4:30-5:30pm Jessica				
		6:30-7:30pm Karen	5:45-6:45pm Laura A	NEW! 5:45-6:45pm Jessica	6:30-7:30pm Nicole			
Pilates Reformer Advanced* Add a challenge with this higher intensity and more advanced workout.						10:30-11:30am Lisa	3	
Cardio Jumpboard Reformer* Incorporate cardio into the full body toning and strength workout.					12:15-1:15pm Laura A			2,3
Gentle Reformer* 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 to register for Pilates Fundamentals Orientation Classes](#)

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

[Click here to register for Pilates Reformer Classes](#)

FITNESS Events & Workshops

Description - Fitness Challenges, Special Events & Workshops	Price	Day	Dates	Time
Intro to the Fascinator Method Learn this form of self-mofascial release (SMR) using a special roller (The Fasianator) for chronic pain relief - helps with general pain, muscle stiffness & range of motion. <i>Note: All work will be done on the floor; mat & foam rollers provided.</i>	\$25 (Non-District: \$32.50) per class	THU	MAR 16 APR 13 MAY 11	5:30-7pm
Elements of Yoga Workshop In-depth workshop series to focus on the common elements of Yoga - gain confidence & a deeper understanding of your practice whether you're a beginner or experienced yogi. (4/6 Sun Salutation, 4/13 Foundations-hands & feet, 4/20 Props, 4/27 Yogic breathing) <i>Note: You can also register for individual class sessions.</i>	\$40 (Non-District: \$52) per series	THU	APR 6 - APR 27	6:30-7:30pm

[Click here to register for Fitness Events & Workshops](#)

or go to www.foothills.org/go/ and search by description above

[Click here](#) or visit www.foothills.org/go/ to register for all classes.
 Need more personal attention to get started? Individual Private Training options are available!
 Information: 303-409-2263 or anns@fhprd.org

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FITNESS Group Training & Sport Performance

MAR - MAY 2023



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

Individual, Private Small Groups, or TEAM Training Available!

Details: 303-409-2263 or anns@fhprd.org

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(No classes MAR 20-25) (No classes May 27-29)

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

Small Group Training (Ages 15+)	PRICE	MON	TUE	WED	THU	FRI/SAT	Level
Cardio Weight Room Orientations Exercise guidelines, safety & machine demos; 1st THU monthly.	\$10 (ND: \$14) one class				2:30-3:30pm (Peak)		2,3
Senior Adult Strength Training Strength & balance training class in the weight room for ages 62 & up. <i>20% discount Premier Annual & Insurance-Based Passes</i>	\$74 (ND: \$93) 2x/wk for 5 wks	9-10am (Peak)		9-10am (Peak)			
		10-11am (Peak)		10-11am (Peak)			
			1:15-2:15pm (Peak)		1:15-2:15pm (Peak)		
Ladies Strength Training Tone muscles & burn fat using a variety of weight room strength training exercises & equipment.	\$40 (ND: \$52) 1x/wk for 5 wks					SAT 11am-12pm (Lilley Gulch)	
	\$74 (ND: \$93) 2x/wk for 5 wks		6-7pm (Lilley Gulch)		6-7pm (Lilley Gulch)		

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

or go to www.foothills.org/go/ and search 'Group Training'

POP Pilates® Rhythm-based fusion of yoga, pilates & conditioning exercises for strength & flexibility.

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

SP YOUTH Strength & Conditioning (9-18)	PRICE	MON	TUE	WED	THU	FRI	Level	
Athletic Combine Testing 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	\$20 (ND: \$27)	2nd SAT monthly, 12-1pm The Cage Training Center @ Foothills Fieldhouse FEB 11 • MAR 11 • APR 8 • MAY 13						2,3, 3+
SP 101 - Athletic Development Strength Training Strength & conditioning foundational techniques to improve performance & reduce injuries.	\$45 (ND: \$58.50) 1x/wk for 5 wks			3:45-4:45pm			2,3	
SP Conditioning Strength, Agility, Speed & Power -important training for all athletes.						3:45-4:45pm	2,3, 3+	
SP Explosive Power Increase vertical jump, explosiveness, athletic strength & power to be most effective in your sport.				5-6pm				
SP Speed & Agility Acceleration, deceleration, change of direction & specific strength to increase speed and agility.	\$85 (ND: \$98) 2x/wk for 5 wks		3:45-4:45pm		3:45-4:45pm		2,3, 3+	
	\$45 (ND: \$58.50) 1x/wk for 5 wks					5-6pm		

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

or go to www.foothills.org/go/ and search 'Group Training'

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