

# FITNESS Drop-In Classes

# MAY 2023



## - Land

**MAY 1 - 31 (no classes May 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:
<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

Ridge Recreation Center		MON	TUE	WED	THU	FRI	Level
<b>Fit for Life</b> 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
<b>Jump Start</b> Hi-lo, step, circuit and more to start your morning!		6-7am Jill		6-7am Jill		6-7am Jill	2,3
<b>Tai Chi (All Levels)</b> Series of movements performed w/steady focus & deep breath work.	am				8-9am Tom		1,2,3
	pm	1-2pm Richard					
<b>Tai Chi (Experienced)</b> Class for participants that have practiced regularly 3 months or more.		2-3pm Richard					3
<b>Gentle Yoga</b> 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
<b>Whole Body Fitness</b> 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+
<b>willPower &amp; grace®</b> Bodyweight barefoot (optional) conditioning to strengthen & stretch.				8:30-9:30am Kath			2,3
<b>Retro Hi/Lo</b> High cardio, low impact, easy dance routines with resistance training; 60-80% HRM.	*New time		9-10am* Terri		9-10am Susan		2,3
<b>Yoga for all Levels</b> 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 Logan	5:30-6:30pm Kate			
<b>POP Pilates®</b> Rhythm-based fusion of yoga, pilates & conditioning exercises for strength & flexibility.						9:30-10:30am Alisa	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, & 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 & fitness class designed for beginners & senior adults			11:30am-12:30pm Luciana		11:30am-12:30pm Luciana		2
<b>Happy Hour Intervals</b> Varied intensity cardio & strength intervals in HIIT or Circuit formats.		5-6pm Michelle M.		5-6pm Michelle M/Lexie			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

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

or go to [www.foothills.org/go/](http://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](mailto:anns@fhprd.org)

*This schedule was updated 4/24/23. Changes may occur, please check [www.foothills.org](http://www.foothills.org) for updates.*

# FITNESS Drop-In Classes

## MAY 2023



### - Aqua

May 1 - 31 (no classes May 29)

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- Attend with Daily admission: \$5.75 (Non-District \$7.75) OR use of Multi-Visit Card.

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Ridge Recreation Center	Dates	MON	TUE	WED	THU	FRI	Level
<b>Splash Aerobics (lap lanes)</b> Low impact cardio & resistance moves using equipment &/or body weight.	MAY 1 - 26	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
	MAY 31			8-9am Suzanne			
<b>Poolates</b> Exercises paired with controlled breathing for improved posture & core strength.	MAY 1 - 31 (NO classes Monday, May 29)		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		
<b>Moving For Life</b> 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		

### - Aqua Outdoor Drop-in

## MAY - AUG 2023

Weaver Hollow Outdoor Pool	Dates	MON	TUE	WED	THU	FRI	Level
<b>Splash Aerobics (lap lanes)</b> Low impact cardio & resistance moves using equipment &/or body weight.	MAY 30 - AUG 10		8-9am Suzanne		8-9am Suzanne		2,3

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### FITNESS Outdoor Registration MAY - AUG 2023

Must register in advance. NO passes/Multi-Visit Cards accepted for admission

Outdoor Yoga Classes (bring water & mat)	Price	Day	Dates	Time	Level
<b>Yoga for all Levels (Easton Regional Park)</b> Traditional poses offered at multiple levels to align muscles & joints.	\$24 (Non-District: \$33) for 4 wks	TUE	MAY 30 - JUN 20	8-9am Laura P.	2,3
	\$30 (Non-District: \$39) for 5wks		AUG 1 - AUG 29		
<b>Summer Solstice Yoga at Sunset (Easton Regional Park)</b> Celebrate the Summer Solstice and International Day of Yoga with a special sunset flow! A 75-minute all levels class centering on the yogic traditions, including sun salutations, breathwork & meditation.	\$17 (Non-District: \$24)	THU	JUN 22	7:30-8:45pm Kate	2,3

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

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

Outdoor Tai Chi Classes	Price	Day	Dates	Time	Level
<b>Tai Chi (Easton Regional Park)</b> Series of movements performed w/steady focus & deep breath work appropriate for all levels	\$30 (Non-District: \$39) for 5wks	THU	JUN 1 - 29	8-9am Tom	2,3
	\$24 (Non-District: \$33) for 4 wks		JUL 13 - AUG 3 AUG 10 - AUG 31		

[Click here to register for Outdoor Tai Chi Classes](#)

or go to [www.ifoohills.org/go/](http://www.ifoohills.org/go/) and search 'Tai Chi'

# FITNESS Registration Classes MAY - AUG 2023



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

Details & private training information: 303-409-2263 or [anns@fhprd.org](mailto:anns@fhprd.org)

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**\*A one-time, Pilates Fundamentals Orientation is REQUIRED for first time Pilates students**

Session 1: MAY 30-JUN 30    Session 2: JUL 8-AUG 4    Session 3: AUG 5-SEP 1  
(No classes: MAY 27-29, JUL 1-7, SEP 2-4)

Pilates Reformer Classes	Price	MON	TUE	WED	THU	FRI	SAT	Level
<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.	\$20 (Non-District: \$27) one class	4-5pm 6/26, 7/31, 8/28 Laura A		2:15-3:15pm 6/28, 8/2, 8/30 Pam			11:45am-12:45pm 6/24, 7/29, 8/26 Karen	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.	\$80 (Non-District: \$96)-1x/wk for 5 weeks 64 (Non-District: \$80)-1x/wk for 4 weeks		6-7am Laura A		6-7am Laura A			2,3
		8-9am Pam	7:15-8:15am Laura A	8-9am Pam				
		9:15-10:15am Pam	8:30-9:30am Laura A	9:15-10:15am Pam	8:30-9:30am Laura A			
		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	4:30-5:30pm Jessica				
		6:30-7:30pm Karen	5:45-6:45pm Laura A	5:45-6:45pm Jessica	6:30-7:30pm Nicole			
<b>Pilates Reformer Advanced*</b> Add a challenge with this higher intensity and more advanced workout.								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; class is 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.ifoohills.org/go/](http://www.ifoohills.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	Level
<b>Intro to the Fascianator Method</b> 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 &amp; foam rollers provided.</i>	\$25 (Non-District: \$32.50)/class	THU	MAY 11	5:30-7pm	2,3
<b>Elements of Yoga Workshop</b> In-depth focus on common elements for a deeper understanding of your practice - for beginners or experienced yogi. (5/4 Sun Salutation, 5/11 Foundations-hands & feet, 5/18 Props, 5/25 Yogic breathing). <i>*You can also register for individual classes.</i>	\$40 (Non-District: \$52)/series*	THU	MAY 4 - 25	9:15-10:15am	
<b>Restorative Yoga Workshop</b> Intro to this floor-based practice that relies on props to release tension in body & mind. Supported poses are held for 3-7+minutes.	\$17.50 (Non-District: \$23.75)/class	SAT	MAY 13	10:30-11:45am	

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

or go to [www.ifoohills.org/go/](http://www.ifoohills.org/go/) and search by description above

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# FITNESS Group Training & Sport Performance

## MAY - AUG 2023



Register for classes at [www.foohills.org/go/](http://www.foohills.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](mailto:anns@fhprd.org)

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**(No classes: MAY 27-29, JUL 1-7, SEP 2-4)**

### Personal & Group 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	\$10 (ND: \$14) one class				3-4pm 5/4, 5/25, 6/22, 7/27, 8/24		2,3
<b>Senior Adult Strength Training</b> Strength & balance training class in the weight room for ages 62 & up. 20% discount Premier Annual & Insurance-Based Passes Price for 4 week sessions: 2x/week: \$60 (ND: \$75)	\$74 (ND: \$93) 2x/wk for 5 wks	10-11am (Peak)	1:15-2:15pm (Peak)	10-11am (Peak)	1:15-2:15pm (Peak)		
<b>Ladies Strength Training</b> Tone muscles & burn fat using a variety of weight room strength training exercises & equipment. Price for 4 week sessions: 1x/wk: 32 (ND: \$42) or 2x/wk: \$60 (ND: \$75) <i>*No classes 8/17 &amp; 8/19 due to facility closure.</i>	\$40 (ND: \$52) 1x/wk for 5 wks  \$74 (ND: \$93) 2x/wk for 5 wks		6-7pm (Lilley Gulch)		6-7pm (Lilley Gulch)	SAT 11am-12pm (Lilley Gulch)	

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

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

### 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
<b>SP 101 - Athletic Development Strength Training</b> Strength & conditioning foundational techniques to improve performance & reduce injuries.	\$45 (ND: \$59) 1x/wk for 5 wks or \$36 (ND: \$47) 1x/wk for 4 wks			3:45-4:45pm			2,3
<b>SP Conditioning</b> Strength, Agility, Speed & Power -important training for all athletes.						3:45-4:45pm	2,3, 3+
<b>SP Speed &amp; Agility</b> Acceleration, deceleration, change of direction & specific strength to increase speed and agility.			3:45-4:45pm				
<b>SP Explosive Power</b> Increase vertical jump, explosiveness, athletic strength & power to be most effective in your sport.					5-6pm		

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

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

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