

FITNESS Drop-In Classes

SUMMER 2023



- Land

MAY 30 - AUG 31 (No classes JUL 3-7)

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

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

Ridge Recreation Center		MON	TUE	WED	THU	FRI	Level
Fit for Life Low-impact aerobic class, perfect for beginners. <i>*No classes AUG 7-11 (facility closure)</i>		8:15-9:15am* Susan		8:15-9:15am* Lisa		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
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. <i>*No class JUL 12</i>				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 Logan	5:30-6:30pm Kate			
POP Pilates® Rhythm-based fusion of yoga, pilates & conditioning exercises for strength & flexibility.						9:30-10:30am Alisa	2,3
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
Tai Chi (All Levels) Series of movements performed w/steady focus & deep breath work.		1-2pm Richard					1,2,3
Tai Chi (Experienced) Class for participants that have practiced regularly 3 months or more.		2-3pm Richard					3
Happy Hour Intervals Varied intensity cardio & strength intervals in HIIT or Circuit formats.		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. <i>*No class JUN 5</i>		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/ 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 5/24/23. Changes may occur, please check www.foothills.org/go/ for updates. Make reservations to ensure notifications of class changes and to ensure you have a spot!

FITNESS Drop-In Classes

SUMMER 2023



- Aqua

- Drop-in Classes included with: Premier Annual, 3-month, & Insurance-Based
- Daily admission: \$5.75 (Non-District \$7.75) OR use of Multi-Visit Card.

Level, Designed for:
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Ridge Recreation Center	Dates	MON	TUE	WED	THU	FRI	Level
Splash Aerobics (Lap Lanes) Low impact cardio & resistance moves using equipment &/or body weight. No classes AUG 7 - 11	MAY 31 through AUG 4 (No classes JUL 3-7)	8-9am Suzanne		8-9am Suzanne		8-9am Laura C	2,3
	AUG 14 through AUG 31	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	
Poolates (Therapy Pool) Exercises paired with controlled breathing for improved posture & core strength.	MAY 30 through AUG 31 (No classes JUL 3-7 & AUG 7-11)		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 (Therapy Pool) 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 Classes

Weaver Hollow	Dates	MON	TUE	WED	THU	FRI	Level
Splash Aerobics Low impact cardio and resistance moves using equipment and body weight.	MAY 30 through AUG 10 (No classes JUL 3-7)		8-9am Suzanne		8-9am Kath		2,3

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FITNESS Registration

SUMMER 2023



- Outdoor Yoga & Tai Chi

Easton Regional Park

Register for classes at www.ifoohills.org/go/

NO passes/Multi-Visit Cards accepted for admission

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1 - Limited Range of Motion, Post Rehab, Chronic Conditions
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Outdoor Yoga Classes (bring water & mat)	Price	Day	Dates	Time	Level
Yoga for all Levels (Easton Regional Park) Traditional poses offered at multiple levels to align muscles & joints.	\$24 (Non-District: \$33) for 4 wks \$30 (Non-District \$39) for 5wks	TUE	May 30 - Jun 20 Aug 1 - 29	8-9am Laura P.	2,3
Summer Solstice Yoga at Sunset (Easton Regional Park) 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 29	7:30-8:45pm Kate	2,3

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

or go to www.ifoohills.org/go/ and search 'Yoga'

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

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

or go to www.ifoohills.org/go/ and search 'Tai Chi'

Fitness Events & Workshops

Peak Community & Wellness Center

Health Talk	Price	Day	Dates	Time
How to change the title of "Something has gone wrong" the story of your Health Journey Presented by Lisa Moore, Certified Life Coach	FREE	TUE	Jun 20	6-6:30pm

[Click here to register for FREE Health Talk](#)

or go to www.ifoohills.org/go/ and search 'Health Talk'

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FITNESS Registration - Pilates

Peak Community & Wellness Center

SUMMER 2023



Register for classes at www.foothills.org/go/
 NO passes/Multi-Visit Cards accepted for admission
 Details & private training information: 303-409-2263 or anns@fhprd.org

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Session 1: MAY 30-JUN 30 Session 2: JUL 8-AUG 4 Session 3: AUG 5-SEP 1

Pilates Reformer Classes	Price	MON	TUE	WED	THU	FRI	SAT	Level
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***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 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
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 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			
Pilates Reformer Advanced* Add a challenge with this higher intensity and more advanced workout.								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](#)

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FITNESS Group Training & Sport Performance

SUMMER 2023



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Individual, Private Small Groups, or TEAM Training Available!

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

Session 1: MAY 30-JUN 30 Session 2: JUL 8-AUG 4 Session 3: AUG 5-SEP 1

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	\$10 (ND: \$14) one class				3-4pm 6/22, 7/27, 8/24		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> Price for 4 week sessions: 2x/week: \$60 (ND: \$75)	\$74 (ND: \$93) 2x/wk for 5 wks	10-11am (Peak)		10-11am (Peak)			
Ladies Strength Training 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 AUG 17 & AUG 19 due to facility closure.</i>	\$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.ifoohills.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
SP 101 - Athletic Development Strength Training 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
SP Conditioning Strength, Agility, Speed & Power -important training for all athletes.						3:45-4:45pm	2,3, 3+
SP Speed & Agility Acceleration, deceleration, change of direction & specific strength to increase speed and agility.			3:45-4:45pm				
SP Explosive Power 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.ifoohills.org/go/ and search 'Group Training'

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