

# FITNESS Drop-In Classes

# SEPTEMBER 2023



## - Land

SEP 1 - 29 (No classes 9/4)

- Included with: Premier Annual, 3-month, & Insurance-Based passes.
- Daily admission: \$5.75 (Non-District \$7.75) OR use Multi-Visit Card.
- [Make reservations to guarantee your spot!](#)

Level - Designation (Ages 15+)
1 - Lower level, Post Rehab, Chronic Conditions
2 - Beginning Exerciser, Healthy, No Restrictions
3 - Advanced Exerciser, Healthy, No Restrictions
3+ - Athletic, Advanced Endurance 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 Lisa		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>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. 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.		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 for strength & flexibility.					9:30-10:30am Alisa	2,3
<b>SilverSneakers Classic</b> Chair-based exercises to build strength & 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 with upper body strength.				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 Yetti		11:30am-12:30pm varies		2
<b>Tai Chi (All Levels)</b> Series of movements performed w/steady focus & deep breath work.	1-2pm Richard					1,2,3
<b>Tai Chi (Experienced)</b> Class for participants that have practiced regularly 3 months or more.	2-3pm Richard					3
<b>Happy Hour Intervals</b> Varied intensity cardio & strength intervals in HIIT or Circuit formats.	5-6pm Michelle M.			5-6pm Sarah		2,3
<b>Aeroboxing</b> Circuit format of fast-paced kickboxing & strength training.		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.ifoohills.org/go/](http://www.ifoohills.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)

*Make reservations to guarantee your spot, have the most current updates & receive notifications of class changes.*

*Schedule is subject to change - updated 8/22/23*

# FITNESS Drop-In Classes

## SEPTEMBER 2023



### - Aqua

SEP 1 - 29 (No classes 9/4)

- Included with: Premier Annual, 3-month, & Insurance-Based passes.
- Daily admission: \$5.75 (Non-District \$7.75) OR use Multi-Visit Card.
- [Make reservations to guarantee your spot!](#)

Level - Designation (Ages 15+)
1 - Lower level, Post Rehab, Chronic Conditions
2 - Beginning Exerciser, Healthy, No Restrictions
3 - Advanced Exerciser, Healthy, No Restrictions
3+ - Athletic, Advanced Endurance or Abilities

Ridge Recreation Center	MON	TUE	WED	THU	FRI	Level
<b>Splash Aerobics (Lap Lanes)</b> Low impact cardio & resistance moves using equipment &/or body weight.	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 (Therapy Pool)</b> Exercises paired with controlled breathing for improved posture & core strength.		12-1pm Laura C				1,2,3
		1:15-2:15pm Laura C				
<b>Moving For Life (Therapy Pool)</b> Multi-joint movement patterns to improve stability, range of motion & strength.	12-1pm Laura C		12-1pm Suzanne	12-1pm Pam S	12-1pm Laura C	1, 2
	1:15 - 2:15pm Laura C	6:30-7:30pm Pam S		1:15-2:15pm Pam S	1:15-2:15pm Laura C	
				6:30-7:30pm Pam S		

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

or go to [www.ifoohills.org/go/](http://www.ifoohills.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)

*Make reservations to guarantee your spot, have the most current updates & receive notifications of class changes.  
Schedule is subject to change - updated 8/22/23*