

Fitness Drop-in Classes

November 1 – December 22, 2023

No classes November 20 – 24, December 25 – January 1

Peak Community & Wellness Center (303-409-2100)

Closed November 23, 24, December 24, 25, 31, January 1

- Drop-in classes are included with: Premier Annual, 3-Month, and Insurance-Based passes.
- Daily admission: \$5.75 (Non-District: \$7.75) OR use Multi-Visit Card.
- Make reservations to guarantee your spot and verify class availability.
- Schedule is subject to change.
- **Walk-ins may be available, but are not guaranteed.**
- **Information: 303-409-2263 or anns@fhprd.org**

Reserve your spot for Drop-in Fitness Classes

Class Level Designations (Ages 15 and up):

- **Level 1** is designed for Lower Level, Post Rehab, Chronic Conditions
- **Level 2** is designed for Beginning Exerciser, Healthy, No Restrictions
- **Level 3** is designed for Advanced Exerciser, Healthy, No Restrictions
- **Level 3+** is designed for Athletic, Advanced Endurance or Abilities

Land Classes:

Aeroboxing (Levels 2, 3) Circuit format of fast-paced kickboxing and strength training.

- Offered Tuesday and Thursday, 5:30 – 6:30 p.m.

Gentle Yoga (Levels 1, 2) Slow and easy yoga practice to restore optimal range of motion,

- Offered Monday – Thursday, 8 – 9 a.m.

Happy Hour Intervals (Levels 2, 3) Varied intensity cardio and strength intervals.

- Offered Monday and Wednesday, 5 – 6 p.m.

Jump Start (Levels 1, 2, 3) Hi-lo, step, circuit and more to start your morning.

- Offered Monday, Wednesday and Friday, 6 – 7 a.m.

Morning Stretch (Levels 2, 3) Increase range of motion with a variety of stretches in various postures.

- Offered Monday – Thursday, 11 a.m. – Noon

POP Pilates® (Levels 2, 3) Rhythm-based fusion of yoga, pilates and conditioning; strength and flexibility.

- Offered FRIDAY, 9:30 – 10:30 a.m.

Retro Hi/Lo (Levels 2, 3) High cardio, low impact, easy dance routines with resistance training.

- Offered Tuesday and Thursday, 9 – 10 a.m.

Date issued: OCT 24, 2023

Fitness Drop-in Classes

November 1 – December 22, 2023

No classes November 20 – 24, December 25 – January 1

Peak Community & Wellness Center (303-409-2100)

Land Classes (continued):

SilverSneakers® Circuit (Level 2) Standing, upper-body strength work alternated with low-impact cardio using a chair for standing support.

- Offered Thursday, 10:15 – 11:15 a.m.

SilverSneakers® Classic (Levels 1, 2) Seated and standing exercises to increase muscular strength, range of motion and activities of daily living.

- Offered Monday, Wednesday and Friday, 9:45 – 10:45 a.m.

Stability Ball (Level 2, 3) Core Conditioning, toning exercises and stretching on the ball.

- Offered Tuesday, 10:15 – 11:15 a.m.

Tai Chi (All Levels) (Levels 1, 2, 3) Series of movements with steady focus and deep breath work.

- Offered Monday and Wednesday, 1 – 2 p.m.

Tai Chi (Experienced) (Level 3) Class for participants that have practiced regularly 3 months or more.

- Offered Monday, 2 – 3 p.m.

Whole Body Fitness (Levels 2, 3, 3+) Challenging strength, cardio and mobility.

- Offered Monday and Friday, 8:30 – 9:30 a.m.

willPower & grace® (Levels 2, 3) Bodyweight barefoot (optional) conditioning to strengthen and stretch.

- Offered Wednesday, 8:30 – 9:30 a.m.

Yoga for All Levels (Levels 1, 2, 3) Traditional poses offered at multiple levels to align muscles and joints.

- Offered Monday and Wednesday, 9:15 – 10:15 a.m.
- Offered Tuesday, 6:30 – 7:30 p.m.
- Offered Wednesday, 5:30 – 6:30 p.m.

Zumba® (Levels 2, 3) High-energy Latin inspired dance fitness party.

- Offered Monday and Wednesday, 6:15 – 7:15 p.m.

Zumba Gold® (Level 2) Latin inspired dance and fitness class designed for beginners and senior adults.

- Offered Tuesday and Thursday, 11:30 a.m. – 12:30 p.m.

Fitness Drop-in Classes

November 1 – December 22, 2023

No classes November 20 – 24, December 25 – January 1

Ridge Recreation Center (303-409-2333)

Closed November 23, December 25, January 1

Land Class:

Fit for Life (Level 2) Full body strength and low-impact aerobic class, perfect for beginners.

- Offered Monday, Wednesday and Friday, 8:15 – 9:15 a.m.

Aqua Classes:

Splash Aerobics (Lap Pool) (Levels 2, 3) Low impact cardio and resistance moves using equipment and or body weight.

- Offered Monday – Friday, 8:30 – 9:30 a.m.

Poolates (Therapy Pool) (Levels 1, 2, 3) Exercises paired with controlled breathing for improved posture and core strength.

- Offered Tuesday, Noon – 1 p.m. and 1:15 – 2:15 p.m.

Moving For Life (Therapy Pool) (Levels 1, 2) Multi-joint movement patterns to improve stability, range of motion and strength.

- Offered Monday, Wednesday, Thursday and Friday, Noon – 1 p.m.
- Offered Monday, Thursday and Friday, 1:15 – 2:15 p.m.
- Offered Tuesday and Thursday, 6:30 – 7:30 p.m.