

Fitness Drop-in Classes

January 2 – May 31, 2024



No classes March 18 – 22, May 27.

Date issued: December 15, 2023 Classes subject to change. Check ifoothills.org/go/ for updates.

Peak Community & Wellness Center, 303-409-2100

- 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 2, 3, Hi-lo, step, circuit and more to start your morning.

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

LaBlast®, Levels 2, 3, Partner-free dance fitness program based on “Dancing with the Stars” format.

- Offered Wednesday, 11 a.m. – Noon

Morning Stretch, Levels 1, 2, 3, Increase range of motion with a variety of stretching exercises.

- 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.

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Land Classes, continued:

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

January 2 – May 24, 2024



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Ridge Recreation Center, 303-409-2333

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 in 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 in 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 in 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.