

# Fitness Drop-in Classes

## May 28 to August 30, 2024



Date issued: May 1, 2024. Classes subject to change. Check [ifoothills.org/go/](http://ifoothills.org/go/) for updates.

### Drop-in Class Details

- 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 a reservation to verify class availability, guarantee your spot and receive notifications.  
Reservations open 14 days in advance at 4 p.m.  
Must check in 5 minutes prior to start of class to avoid forfeiting your reservation.
- Walk-ins may be available, but are not guaranteed.
- Information: 303-409-2263 or [anns@fhprd.org](mailto:anns@fhprd.org)

### 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

## Peak Community & Wellness Center, 303-409-2100

No classes May 27, July 4 and 5

### Land Classes:

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

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

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

- Offered Monday through Thursday, 8 to 9 a.m.

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

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

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

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

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

- Offered Wednesday, 11 a.m. to Noon

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

- Offered Monday through Thursday, 11 a.m. to Noon

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

- Offered Friday, 9:30 to 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 to 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 to 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 to 10:45 a.m.

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

- Offered Tuesday, 10:15 to 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 to 2 p.m.

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

- Offered Monday, 2 to 3 p.m.

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

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

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

- Offered Wednesday, 8:30 to 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 to 10:15 a.m.
- Offered Tuesday, 6:30 to 7:30 p.m.
- Offered Wednesday, 5:30 to 6:30 p.m.

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

- Offered Monday and Wednesday, 6:15 to 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. to 12:30 p.m.

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### Ridge Recreation Center, 303-409-2333

No classes May 27, July 4 and 5. Facility closure August 12 to 18 for Annual Maintenance.

#### Land Class:

**Fit for Life, Level 2**, Full body strength and low-impact aerobics class, perfect for beginners.

- Offered Monday, Wednesday and Friday, 8:15 to 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.

**May 28 to August 9, no classes July 5 and August 12 to 16.**

- Offered Tuesday and Friday, 8 to 8:55 a.m.

**August 19 to 30**

- Offered Monday through Friday, 8:30 to 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 to 1 p.m. and 1:15 to 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 to 1 p.m.
- Offered Monday, Thursday and Friday, 1:15 to 2:15 p.m.
- Offered Tuesday and Thursday, 6:30 to 7:30 p.m.

### Columbine West Outdoor Pool, 303-978-9300

#### Aqua Classes:

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

**May 28 to August 8, no classes July 4**

- Offered Monday through Thursday, 8 to 8:55 a.m.