

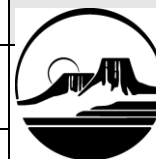
North Table Mountain Room Schedule

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Morning	6-6:45am Core Conditioning Julie	5:45-7:15am Cycling Whitney	6-6:55am Cardio Lift Interval Deena	5:45-6:45am Cycling Kaija		7:15-8:30am Continuing Yoga R* Julie
	9-10:15am Power Training Laura	8-8:55am Bowspring Yoga R* Gia	9-10:15am Power Training Julie	8-8:55am Bowspring Yoga R* Gia	9-10:15am Power Training Deena	
		9-9:55am Fitness for All Bradee		IN THE GYM 9-9:55am ZUMBA® Lauren **general admission	11:00-12:00pm Line Dancing Various	
			12-12:55pm Fusion Whitney	10-10:55am Easy Yoga 60+ Alison		11-12pm Vinyasa Yoga R* Laura
Afternoon/Evening	5:15-6:15pm Cycling Sherri			11-11:55 Meditation Joelle		
	6:30-7:25pm Intro to Pilates R* Sherri	Jazzercise 6-6:55pm (Separate Fee)	5:45-7pm Cycling Last class 4/27	12:00-1:00pm Noon Yoga R* Joelle		
			7:10-8:10pm ZUMBA® Kelly (Separate Fee to Instructor)			

- R = registration class, reference brochure/attached page for session dates
 ➤ * If minimums are not met the class session will be cancelled please check with the front desk if current session is running

South Table Mountain Room Schedule

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat./Sun.
Morning					6-6:45am Boot Camp Whitney	
	8-8:55am SS® Circuit Alison	9-9:55am a.m. Interm. Yoga R* Julie	7:45-8:45am Tai Chi Mike			Jazzercise 8:30-9:30am (Separate Fee)
	9-9:55am Body Fit Alison	IN THE GYM 9-9:55am ZUMBA® Lauren **general admission	9-9:55am Strength and Cardio Whitney	9-9:55am Fitness for All Bradee	8:45am-9:40am Strength and Cardio Marina	
	10-10:55am SS® Classic Alison	10-10:55am SS® Classic Julie	10-10:55am SS® Classic Julie	10-10:55am SS® Classic Joelle	10-10:55am SS® Classic Julie	
Afternoon/Evening		11-11:55am SS® Circuit Alison	11-11:55am Easy Yoga 60+ Julie	11-11:55am SS® Circuit Alison	11-11:55am Easy Yoga 60+ Julie	
		12-12:55pm Easy Yoga 60+ Alison		12-12:55pm Total Body Fitness Alison		
	5:30-6:25pm Sports Conditioning Deena	5-6:00pm Body Power Plus Mary Ann				
	<u>This Schedule was updated 04/20/2016</u>			Jazzercise 6-6:55pm (Separate Fee)		



**City of
Golden**
PARKS AND RECREATION



Schedule & instructors subject to change

Check for the most updated schedule at the front desk at the Community Center.

The schedule can be found at

<http://www.cityofgolden.net/media/GroupFitnessClassSchedule.pdf>



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Class Descriptions

Body Fit - Define tone and strengthen your muscles with various resistance movements and low impact aerobics, all fitness levels welcome.

Cardio Sculpt – This class provides muscle work, and gets the heart pumping. This is an intense workout.

Cardio Lift Interval- An interval type format with lifting and cardio aerobics

Cycling – Cycling enthusiasts, practice your sport year round in the comfort of a controlled climate. Instructors will take you through the rigors of an-terrain workout. This is NOT a Sunday stroll. Classes are multilevel, work at your own pace.

Body Power Plus – This is a sculpting class

BODYcamp-Full body workouts with everything from cardio, core and strength BODYcamp is for everyone: all ages, abilities and genders

Bootcamp - Kick it up a level or two! Be ready to jump, run, pushup, and crunch your way to health! This is an intense class, so make sure you're ready for it, and if you have any doubts or injuries check with your Doctor first. This class is definitely not for beginners!

Bowspring Yoga- The Bowspring is a unique form of spinal alignment focusing on rehabilitating the supportive musculature of the entire spine. This method specifically focuses on supporting the lower back, neck and shoulders. With regular practice, one can prevent degeneration while promoting healing from injury and positively reprogramming the auto-pilot of the nervous and circulatory systems. Student of all ages feel significantly stronger and more balanced with a dynamic, graceful lightness, springy agility and an overall expanded vitality.

Core Conditioning - Focuses on abdominals and lower back. Exercises using the ball, the mat and gravity to strengthen the core area.

Easy Yoga 60+ - Designed for the older adult who wishes to improve their general health and wellbeing through stretching and balance exercises. In this class we will use the chair and wall, as well as mat work – to help build strength, increase mobility and improve lifestyle.

Fitness for All - A hi/lo impact class for beginners or beyond! In this class, you can expect to mix it up! With various forms of strength training, cardio and balance work with modifications offered, this is a great workout for most fitness levels.

Fusion- A combination of strength and cardio

Jazzercise –Class offers a blend of jazz dance and exercise science set to your favorite music. Easy-to-follow, fun choreography includes a gentle warm-up, 40-minute aerobic workout, muscle toning and a stretch finale. Contact Susan for more info and fees at 303-279-6203.

Kickin' Cardio- This cardio class is a combination of anything cardio. Dance, kickboxing, high/low, whatever gets your heart rate up!

Line Dance - Let's learn this stuff together! Bring a line dance to share! We'll learn a new dance each week as well as the basic moves!

Meditaiton- Stress is one of the leading causes of illness and disease today. This class is an opportunity to practice a variety of meditation techniques that help release stress, relax body and mind, while improving health and longevity. Not only will you learn and practice different types of meditation (such as mindfulness, contemplation and visualization), you will also get tips on starting your own personal practice. Meditation is not religious-based but a practice used to quiet the mind, reduce stress and allow for an overall sense of ease in life.

Pilates Intro – So many exercises are inefficient, strengthening some muscle while neglecting others. Pilates strengthens all the muscles and helps to develop visible changes in posture, muscle awareness, and muscular definition. This class will teach the basics of the Pilates.

Power Training – This high intensity, weight lifting based class will help sculpt your entire body. Adjustable bar bell sets, hand weights, balls, gliders and resistance bands will be used. Increase balance, core and muscle strength/endurance. This is not your ordinary class.

Silver Sneakers® Circuit – Formerly Cardio Circuit - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

Silver Sneakers® Classic -Formerly Muscular Strength & Range of Movement - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

Strength and Cardio – The name says it all! Gain strength from a variety of tools and cardio endurance with hi/lo impact aerobics.

Sports Conditioning- Be ready for anything! This class is a mixture of everything from cardio to strength training

Tai Chi- This class is the Yang Long Form which focuses on relaxation and moving meditation. No sitting. Instructor trains in bare feet although socks and or shoes are ok. Posture, relaxed deep breathing, flowing movement and a basic understanding of mind- body connection will be discussed. This is an excellent class for someone who would like to know more about the ancient art of Tai Chi. This class is appropriate for any age or ability.

Total Body Fitness - Strength training with an attitude! Get your whole body in shape using a variety of strength and aerobic training equipment.

TRX- Revolutionary suspension training that uses your body weight for resistance to add more toning, upper body, and core strength in a timed interval format. TRX is low impact with a high intensity approach to fitness training as a healthy way to work your body than traditional weight lifting. Great for all fitness levels, especially rock climbers. **REGISTRATION ONLY NO DROP-INS**

Yoga, Continuing - This Yoga class is for all levels except the first timer, some exposure to Yoga is required in order to enjoy this class. If you have had a lot of experience you will also be fulfilled.

Yoga Intermediate AM - Not beginner yoga. Create a sense of physical well being, balance, strength and flexibility. Get in touch by using an ancient system of combining postures (asana) with breath. PM runs for 1 ½ hours. See brochure to register.

Yoga Morning – Make your day flow by starting it with yoga. See brochure to register.

Yoga Vinyasa - Vinyasa means "breath-synchronized movement," and Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling. Please wear comfortable clothes, bring a yoga "sticky" mat; yoga block, blanket and strap are recommended.

Zumba- Ditch the workout, join the party! Zumba® is a Latin dance based cardio class that gets you moving and soon forgetting you are burning calories! \$8/drop in or \$15 for two people, \$60 for a 10 pass punch card, fee paid to instructor. Please contact Kelly Collins at kellycollinsemc@gmail.com or 303-870-7701