

Schedule is also online at:
www.rootedinfun.com/Fitness

**August
19-23**

Drop-in Fitness Classes

Anderson Building, 4355 Field St.

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00AM	Power Yoga 10:00-11:00am Randy		Nia 10:00-11:00am Aimee V.	Super Sculpt 10:00-10:55am Tiffany	Power Yoga 10:00-11:00am Allison
12:00PM	Total Body HIIT 12:00-12:55pm Leah		Mindful Yin Yoga 12:00-12:55pm Karen		
1:00PM		Mat Pilates 1:00-2:00pm Therese			
4:30PM	Super Sculpt 4:30-5:25pm Ali				
5:00PM		Sport Conditioning 5:30-6:25pm Tiffany		Zumba 5:30-6:30pm Sheri	

**Aug.
19-23
only!**

NEW Session-Based Classes:

These classes normally require registration, but are offered as a drop-in for you to try out this week only! See back side for full details on upcoming sessions.

- Classes on this schedule are included with your daily admission, punch card or annual pass.
- Classes are held in the fitness room unless otherwise specified.

Limited Space: Pick up a class pass at the front desk. Available 15 mins prior to the class starting.



Anderson Building | 4355 Field St. | Wheat Ridge, CO 80033 | (303) 231-1300
www.rootedinfun.com

Updated: 8/13/19

Group Fitness Class Descriptions:

MAT PILATES - Build and strengthen your core while improving flexibility & proper body alignment.

NIA - A dynamic blend of dance, martial arts, and healing arts that offers a highly effective way to condition & heal.

POWER YOGA - A vigorous, flowing yoga class designed to improve strength, flexibility, balance, and core strength.

SPORT CONDITIONING - A combination of aerobic sport and propulsion moves, strength conditioning, and interval training.

SUPER SCULPT - Weights, body bars, bands, and balls are used to strengthen and tone.

ZUMBA™ - Ditch the workout, join the party! Zumba is a Latin dance based cardio class that will have you wondering where the time went.

NEW Session-Based Classes:

These classes normally require registration, but are offered as a drop-in for you to try out this week only! Sign up for upcoming sessions:



MINDFUL YIN YOGA

In this class you will learn to breathe, relax, observe and release as you develop stillness within tissues and joints. In stillness, you will observe and sense the breath's movement throughout the body while maintaining a gentle persistent, passive holding of the shape. Gravity assists the muscles to relax and release while practicing mindfulness.

Karen Kirby Anderson Building

W	Sept 4 – Oct 2	12:00 – 12:55 PM	313219-01
W	Oct 9 – Nov 13	12:00 – 12:55 PM	313219-02
W	Nov 20 – Dec 18	12:00 – 12:55 PM	313219-03

Age: 16+ \$30 R / \$35 NR / 5 classes



TOTAL BODY HIIT

This class is the cardio-based, athletic-style workout that combines the best of HIIT (high-intensity interval training) and strength moves designed to help you get fit fast!

Leah Fuester Anderson Building

TH	Sept 5 – Oct 3	5:00 – 5:55 PM	313211-02
M	Sept 9 – Oct 7	12:00 – 12:55 PM	313211-01
TH	Oct 10 – Nov 7	5:00 – 5:55 PM	213211-04
M	Oct 14 – Nov 11	12:00 – 12:55 PM	213211-03
*TH	Nov 14 – Dec 19	5:00 – 5:55 PM	213211-06
M	Nov 18 – Dec 16	12:00 – 12:55 PM	213211-05

Age: 16+ \$30 R / \$35 NR / 5 classes