



ANDERSON BUILDING Group Fitness Classes

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

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:00AM						Yoga 8+ welcome with a parent Amber C.	
12:00-12:55PM	Kickboxing Leah		Mindful Yin Yoga Karen		REFIT Leah		
4:00-4:55PM		iREST Nidra Yoga Randy					
6:00-6:55PM	Strength & Stretch Leah	Fat Loss Boot Camp Leah		POUND Fit Amber S.			

Class Descriptions

FAT LOSS BOOTCAMP

Warning: Sweat and serious results ahead. Kettlebells, bands, medicine balls, and other fun and effective fitness equipment are used to deliver amazing results. Fresh drills and exercises are introduced at each class making this a "must-take" for those interested in getting fit and having fun!

iREST® NIDRA YOGA

iRest is a meditation practice based on the ancient tradition of Yoga Nidra and adapted to suit the conditions of modern life. This practice promotes rest and well-being and can also help with the management of anxiety, chronic pain, and PTSD. More info at www.irest.org

KICK BOXING

Build stamina and muscle, improve coordination and flexibility, and burn calories in this fun and challenging high-energy workout that combines martial arts techniques with fast-paced cardio.

MINDFUL YIN YOGA

A quiet, introspective, passive yoga practice where forms are held several minutes or longer; inviting the opportunity to bring attention and nourishment to the deeper connective tissues of the body (fascia, ligaments, tendons, joints). As we explore various shapes, we open to the possibility of inhabiting our bodies more fully, tuning into its aliveness through whatever physical sensations arise and noticing the breath as a "feelable" thing.

POUND FIT®

ROCKOUT. WORKOUT. You become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective workout

REFIT®

A community-centered, "movement + music" experience that adds resistance-training elements to give you a total-body workout. This is a class for EVERYBODY and EVERY BODY.

STRENGTH & STRETCH

Dynamic movement and static stretching strengthen your overall musculature and build stability in your joint function.

YOGA

Learn proper posture and breathing with fundamental yoga postures that will build balance, strength, and flexibility. Ages 8+ welcome with an adult.



Anderson Building
4355 Field St.
Wheat Ridge, CO 80033

(303) 205-7591

www.rootedinfun.com

Updated: 3/4/20

Admission & Passes Rates increase May 23, 2020

DAILY ADMISSION	WR*	NR
ADULT (18+)	\$4	\$5
YOUTH (3-17) / SENIOR (65+)	\$3	\$4
10-VISIT PASS	WR*	NR
ADULT (18+)	\$34	\$42
YOUTH (3-17) / SENIOR (65+)	\$25	\$34

*Resident Discount Card required: www.rootedinfun.com/residentinfo