

Group Fitness Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM-6:00AM			Step Alison 5:45-6:45AM		Step Alison 5:45-6:45AM		
7:00AM-8:00AM	MetKon Rx Leah		Tabata Power Leah		MetKon Rx Leah		
8:00AM-9:00AM	Mat Pilates Becky	Chair Yoga Karen Core Alison 8:30-9:00AM	SilverSneakers Classic Kelli Barre Becky	Yoga Alison	Yoga Becky	Yoga Zahra 8:30-9:30AM (ages 8+)	
9:00AM-10:00AM	SilverSneakers Circuit Tiffany Tai Chi Fun Kelli	SilverSneakers Circuit Tiffany Step Alison	SilverSneakers Circuit Tiffany Low Impact Alison	Zumba Gold Jason HITT Tiffany	SilverSneakers Circuit Tiffany Low Impact Alison	D2G SOCAFIT Jason 9:30-10:30AM	
10:00AM-11:00AM	LIFT Leah		Nia Aimee 10:00-11:05AM Begins 5/19/21	Weights Tiffany		POUND Fitness Amber 10:00-10:45AM Nia Aimee 10:30-11:45AM Begins 6/26/21	The willPower Method Katie Katie Super Sculpt & Aerobic Interval 10:15-11:30AM (Every other week) Aii
11:00AM-12:00PM	Cycling Alison HITT Tiffany 11:45AM-12:45PM	Strength & Cycle Leah F. Gentle Yoga Karen K. 11:45AM-12:45AM	Cycling Tiffany Gentle Yoga Karen K. 11:45AM-12:45AM	P90X Live Leah	Strength & Cycle Leah F. Scult/Interval Tiffany 11:45AM-12:45PM	Zumba Sheri	
12:00PM-1:00PM						Yoga Randy E.	
1:00PM-2:00PM	D2GFIT Jason	Mindful Yin Yoga Karen K.		Mat Pilates Becky/Kendall			
3:00PM-4:00PM	Power Yoga Randy S. iREST Yoga Randy S. 4:10-5:00PM						
4:30PM-5:30PM	Cycling Ali Weights Tiffany		Super Scult & Aerobic Interval Ali	Weights Tiffany			
5:30PM-6:30PM	Power Hour Mariah	Cycling Jenny The willPower Method Deborah	Sports Conditioning Tiffany				
6:00PM-7:00PM	Yoga Jenna 6:30-7:30PM		POUND Fitness Amber	Zumba Sheri			

CLASS LOCATIONS

■ Gymnasium
 ■ Fitness Room
 ■ Outside or in Classroom

(*Sunday the willPower class requires registration)

Group Fitness Class Descriptions

Aerobic Interval - Combines aerobic and anaerobic conditioning to maximize intensity, speed, and recovery.

Barre/Yoga - Balance based functional and strength training using the ballet barre, weights and balls followed with yoga.

CHAIR Yoga - A blend of yoga styles taught from a seated and standing position to increase balance and flexibility.

CIRCUIT TRAINING - High-intensity workout focused on muscular strength and endurance that's designed to burn calories and rev your metabolism. Modifications provided for all fitness levels.

Core Blast - Intense core workout for abs, glutes, and lower back!

Cycling - A 45-60 minute ride that focuses on cardiovascular fitness, endurance, and muscle strength; with stretching at the end of each class.

D2G SOCAFIT™ - An explosive dance fitness program that features easy-to-follow choreography to masterfully mixed Soca music designed to keep you moving and sweating for proven fitness results.

Gentle Yoga - Learn proper posture and breathing with fundamental yoga postures that will build balance, strength, and flexibility in a form that's very gentle for your body.

Low Impact - Includes low impact aerobic combinations followed by toning, abs, and stretching.

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.

P90X Live™ - A total body workout that will keep your body guessing - and transforming - with a variety of strength training moves, cardio conditioning, and core work. In every class you'll tone strong lean muscle and you'll bust through any plateau that stands in your way!

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

SilverSneakers™ Circuit - A blend of standing exercises to build muscular strength & cardiovascular endurance. Chairs provided for support.

SilverSneakers™ Classic - Increases muscle strength and range of movement to improve daily living activities. A chair is provided for seated or standing support.

Sport Conditioning - A combination of aerobic sport and propulsion moves, strength conditioning, and interval training.

Step Aerobics - A high-energy class with 30-40 mins of aerobic step combinations followed by toning, abs, and stretching. A great fat burner.

Step Interval - Combines aerobic and anaerobic conditioning moves and sculpting with weights & bands.

Super Sculpt - Weights, body bars, bands, and balls are used to strengthen and tone.

TaijiFit™ - Not just an exercise - it's an experience! Great music, great energy, and great people. It combines the best elements of fitness, meditation, and the ancient martial art of Taiji (Tai Chi). Feel the mind/body connector we call FLOW. Mindfulness in motion!

TaijiStrength™ - Combines the best of traditional Tai Chi with modern Western fitness to bring your muscular, cardiovascular and nervous systems into perfect synergy. No choreography to remember. The use of weighted balls and bars enhances the experience.

Total Body - A combination of high/low, step, sports moves, interval work, and sculpting.

The willPower Method™ - The ideal cardiovascular solution for mind-body practitioners combining dance, pilates, and plyometrics into one barefoot class.

Yoga - Learn proper posture and breathing with fundamental yoga postures that will build balance, strength, and flexibility.

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

Zumba GOLD™ - For active older adults who are looking for a modified Zumba class at a lower-intensity. Class features easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and leave feeling empowered.

Fitness Orientation

(Required for Ages 8-17 before working out or attending a class)

Kids ages 8-11 may only attend classes during Family Fitness on Saturdays from 10AM-5PM after completing a Fitness Orientation & must be accompanied by a parent.

Hours:

Mondays: 6:00 - 7:00PM

Wednesdays: 10:00 - 11:00AM

Saturdays: 10:30 - 11:30AM

Call the Fitness Desk to sign up: 303-231-1330

Important Info

- Face masks are required and must be worn at all times, even while exercising.
- Practice physical distancing to the greatest extent possible.
- Come dressed/prepared for class
- Bring your own mat for Yoga and Pilates classes or any other equipment if you prefer.
- Bring plenty of water.

Notice Programs and facility operations are subject to change at any time based on state and county public health orders and recommendations.



Recreation Center: 4005 Kipling St Wheat Ridge, CO 80033

(303) 231-1300 | www.rootedinfun.com