

RECREATION CENTER Group Fitness Classes

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

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-6:00AM			Step 5:45-6:45am Alison		Step 5:45-6:45am Alison		
8:00-9:00AM	Mat Pilates Becky	Chair Yoga Karen Core 8:30-9:00am Alison	SilverSneakers Classic Kelli Barre Becky	Yoga Alison	Yoga Becky	Yoga Randy E.	
9:00-10:00AM	SilverSneakers Circuit Tiffany Tai Chi Fun Kelli	SilverSneakers Circuit Tiffany Step Alison	SilverSneakers Circuit Tiffany Low Impact Alison	HITT Tiffany	SilverSneakers Circuit Tiffany Low Impact Alison	Cycling Jenny/Tiffany	
10:00-11:00AM	LIFT Leah		Nia 10:00-11:05am Aimee	Super Sculpt Tiffany		Nia 10:00-11:15am Aimee	*Super Sculpt & Aerobics Interval Ali *Zumba Jason 10:15-11:30am *Alternating weeks
11:00-12:00PM	Cycling Alison	Strength & Cycle Leah	Cycling Tiffany	LIFT Leah	Strength & Cycle Leah	Zumba 11:15-12:15pm Sheri	
11:45-12:45PM		Gentle Yoga Karen K.	Gentle Yoga Karen K.		Sculpt/Interval Tiffany		The willPower Method 11:30-12:30pm Katie
1:00-2:00PM		Mindful Yin Yoga Karen K.		Mat Pilates Becky			
4:30-5:30PM	Super Sculpt Tiffany	Cardio Yoga Deborah	Super Sculpt & Aerobics Interval Ali	Super Sculpt Tiffany			
5:30-6:30PM	Strength & Cycle Leah Step Interval Tiffany	Cycling Jenny	Sports Conditioning Tiffany				
6:00-7:00PM		Zumba 6:30-7:30pm Jason		Zumba Sheri			

CLASS LOCATIONS

- Gymnasium
- Fitness Room
- Studio

Recreation Center Hours:

Monday-Thursday 5:00 - 10:00PM
 Friday 5:00 - 6:30PM
 Saturday 7:00 - 8:00PM
 Sunday 10:00 - 8:00PM

Important Info:

- 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.

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.

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

CYCLING/SCULPT - A 45-60 minute ride that focuses on cardiovascular fitness, endurance, and muscle strength; with stretching at the end of each class. Sculpt class will use bands while on the bike.

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.

HIIT - High intensity interval training.

LIFT - Total body toning incorporating high reps of relatively light weights to sculpt lean muscles and turn you into a fat burning machine long after the workout is over. LIFT workout can be modified to accommodate all ages and fitness levels.

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.

MINDFUL YIN YOGA - 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.

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

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

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.

STRENGTH & CYCLE - Pump it up! This combo workout incorporates a variety of methods to increase cardio and muscular endurance. Workout is both on and off the spin bike. We recommend NOT wearing spin shoes.

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

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

TAI CHI FUN - There is nothing that you need to know to join this group! Come in, follow along, move to some music, breath, try some meditation and challenge your balance. You might leave with a feeling of calm, more patience, of being relaxed and more energized. That's what people say anyway.

THE WILLPOWER METHOD/CARDIO YOGA - 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.

Fitness Orientation Hours:

Mondays 3:30 - 5:30PM (Drop-in)

Tuesday-Thursday 12:00 - 2:00PM (Drop-in)

Saturday-Sunday By Appointment Only

***A Fitness Orientation is required for kids ages 12-17 before using the fitness floor.**

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

Call to schedule: 303-231-1306 or email memmert@ci.wheatridge.co.us