

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 5:45-6:35am Alison		Step 5:45-6:35am Alison		
8:00-9:00AM	Mat Pilates Becky	Core 8:30-8:55am Alison	SilverSneakers Classic Kelli Barre Becky	Yoga Alison	Yoga Becky		
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 10:00-11:05am Aimee/Therese	*Super Sculpt & Aerobics Interval Ali
11:00-12:00PM	Yoga Alison Stretch & Balance 11 - 11:25am Leah	Strength & Cycle Leah	Cycling Tiffany	LIFT Leah	Strength & Cycle Leah	Zumba 11:15-12:05pm Sheri	*Yoga Karen 10:15-11:30am *Alternating weeks
12:00-1:00PM	*Bands & Balls Mariah *P90x Live™ Sean *Alternating Weeks	Gentle Yoga Karen K.	Gentle Yoga Karen K.		Sculpt/Interval Tiffany 11:45 - 12:45pm Strength & Cycle Leah		Zumba 11:30am - 12:20pm Jason
1:00-2:00PM				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	Boot Camp Tiffany				
6:00-7:00PM				Zumba Sheri			
6:30-7:30PM		Zumba Jason	Intermediate Yoga 6::30 - 7:45pm Rina				

CLASS LOCATIONS:
■ Gymnasium
■ Fitness Room

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:

- 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.
- All drop-in fitness classes are 25 or 50 minute classes.

Group Fitness Class Descriptions

AEROBIC INTERVAL - Combines aerobic and anaerobic conditioning to maximize intensity, speed, and recovery.

BANDS & BALLS - Join our Fitness Coordinator in this engaging full-body circuit workout using band and balls to tone and tighten.

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

BOOT CAMP - A combination of aerobic sport and propulsion moves, strength conditioning, and interval training.

CARDIO YOGA - The ideal cardiovascular solution for mind-body practitioners combining dance, Pilates, and plyometrics into one barefoot class.

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

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.

INTERMEDIATE YOGA - Get in shape as you stretch, strengthen and tone in this lively intermediate class. If you've done some yoga before, join us for a fun and challenging workout that combines breathing and relaxation exercises with flowing Yoga poses.

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.

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.

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.

STRETCH & BALANCE - Learn how to stretch and balance in our new 30-minute class focusing on functional stretching, as well as mobility and stability training for all levels.

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.

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:

Monday 3:30 - 5:30PM (Drop-in)
Tuesdays & Thursdays . . . 12:00 - 2:00PM (Drop-in)

*Other times available by appointment, email memmert@ci.wheatridge.co.us.

***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

Holiday Hours:

(Drop-in fitness classes may be cancelled)

Easter CLOSED
Labor Day 10:00 - 5:00pm
Thanksgiving CLOSED
Christmas Eve..... 5:00 - 3:00PM
Christmas..... CLOSED
New Year's Eve..... 5:00 - 5:00PM
New Year's Day CLOSED



Recreation Center
4005 Kipling St
Wheat Ridge, CO 80033

(303) 231-1300

www.rootedinfun.com

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