August Fitness Events

ZUMBA ZTRENGTH
Ages 16 and older
Add even more fun to Zumba! You will use maraca-like toning sticks to enhance your sense of rhythm, while toning arms, core and lower body.
90106 Aug. 13
Tuesday, 12:15-1:15 p.m.
•$6 ($5 Resident)

KETTLEBELL TRX FUSION
Ages 16 and older
Get ready to sweat! This high-intensity routine combines TRX suspension training and kettlebell exercises to push your body to the limit.
90801 Aug. 17
Saturday, 8-8:45 a.m.
•$6 ($5 Resident)

SUNSET YOGA
Ages 16 and older
Join us for an hour long vinyasa style yoga class out on our turf, to watch the show! We will breathe, move and focus on the lovely views.
90253 Aug. 20
Tuesday, 7-8 p.m.
•$6 ($5 Resident)
90254 Aug. 27
Tuesday, 7-8 p.m.
•$6 ($5 Resident)

OPEN HOUSE CLASSES
Ages 16 and older
Join us for our Open House on Thursday, Aug. 29 from 2-6:30 p.m.
MAT PILATES 4-5 p.m.
ZUMBA 5:30-6:30 p.m.
•Free
SPECIALTY FITNESS
AT SOUTHEAST RECREATION CENTER

TRX CIRCUIT TRAINING
Ages 16 and older
TRX is a form of suspension training that uses body weight exercises to develop strength, endurance, flexibility and core stability. This full-body TRX circuit class is designed to challenge you no matter what your TRX skill level!
90115 Aug. 5-26
Monday, 8:45-9:45 a.m.
-$24 ($20 Resident)

BARRE+
Ages 16 and older
Don’t worry, you don’t need to wear a tutu! This is a fun hybrid class, a mixture of Barre fitness and Pilates, that improves balance and flexibility. In this class you’ll burn calories and build lean muscle without high impact movements.
83235 Aug. 1-29
-Thursday, 10:15-11:15 a.m.
-$30 ($25 Resident)

YOGA FLOW
Ages 16 and older
Yoga Flow incorporates foundational yoga postures in a flowing style, connecting your breath to your movement. With emphasis on proper alignment, you will move mindfully while building strength, balance, and flexibility on the yoga mat. Open to all levels, with modifications provided when necessary.
83382 Aug. 5-26
-Monday, 7-8 p.m.
-$24 ($20 Resident)
83388 Aug. 6-27
-Tuesday, 9-10 a.m.
-$24 ($20 Resident)
83389 Aug. 1-29
-Thursday, 9-10 a.m.
-$30 ($25 Resident)
83380 Aug. 3-31
-Saturday, 9:15-10:15 a.m.
-$30 ($25 Resident)

ZUMBA
Ages 16 and older
Fun and full body cardio and core workout experience that tones muscles and improves balance. Empowers and energizes you using simple dance steps.
83232 Aug. 1-29
-Thursday, 5:30-6:30 p.m.
-$24 ($20 Resident)

MAT PILATES
Ages 16 and older
Low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.
83377 Aug. 1-8
-Thursday, 7-8 p.m.
-$12 ($10 Resident)
91057 Aug. 27
-Tuesday 7-8 p.m.
-$6 ($5 Resident)
91056 Aug. 29
-Thursday, 4-5 p.m.

WEIGHT ROOM ORIENATIONS
Ages 14 and older
This is a complimentary information fitness orientation that will provide you with the basics of how to operate the weight machines and cardio equipment.
Call to make an appointment 720-859-4943. *Please note: an orientation is not a personal training session.
SILVERSNEAKERS CLASSIC
Ages 50 & older
This class focuses on strengthening muscles & increasing range of movement for daily life activities. Participants can use handheld weights, elastic tubing with handles & a SilverSneakers ball. Often a chair is used for seated exercises or standing support.
• Mondays and Wednesdays, 1:30-2:30 p.m.

CIRCUIT TRAINING
Ages 16 & older
This 45 minute circuit style class is a total body workout meant to get your heart rate up and muscles firing. You will tighten, tone, build strength and endurance.
• Mondays, 6-6:45 p.m.

PiYo LIVE
Ages 16 & older
Ideal for anyone and everyone, PiYo LIVE is an innovative yoga-influenced workout that builds strength, improves flexibility, and tones muscle. These low-impact, dynamic flowing sequences are meant to deliver real results! Get ready to sweat, stretch and strengthen with PiYo LIVE.
• Tuesdays, 5:30-6:30 p.m.

REB3L STRENGTH
Ages 16 & older
REB3L STRENGTH is choreographed toning routines set to powerful music. It creates sculpted bodies and builds physical strength using body weight and minimal equipment. Break out of your boring gym routine.
• Wednesdays, 9:45-10:45 a.m.
• Fridays, 5:15-6:15 p.m.
• Saturdays, 8-9 a.m. (outside on turf)

P90X LIVE
Ages 16 & older
P90X LIVE is a full-body, strength training format featuring three unique blocks of work: Lower Strength, Upper Strength, and X Core. P90X is suitable for all fitness levels from beginner to advanced and is fully modifiable for those with specific needs. The class offers a truly results-driven method that yields consistent improvement over time.
• Wednesdays, 5-6 p.m.

REB3L COMBO
Ages 16 & older
Fusion of REB3L Groove and REB3L strength for a total body burn and tone workout. It creates sculpted bodies and builds physical strength using body weight and minimal equipment.
• Wednesdays, 6:15-7:45 p.m.

ABS AND CORE
Ages 16 & older
This class is designed for those looking to take their core workouts to the next level. You will be challenged with a variety of targeted exercises to help you sculpt and strengthen your abs, shoulders and hips. You’ll push your limits and enhance your core strength, stability and definition.
• Fridays 9-10 a.m.

CHAIR YOGA
Ages 16 & older
Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.
• Fridays, 10:15-11:15 a.m.

ZUMBA GOLD
Ages 50 & older
All the fun of ZUMBA in an easy to follow format lasting 45 – 50 minutes. This class will focus on co-ordination and balance as well as range of motion. Come ready to sweat and prepare to leave HAPPY!
• Fridays, 12:15-1:00 p.m.

REB3L GROOVE
Ages 16 & older
REB3L GROOVE fuses hard hitting choreography with HIIT mechanics and powerful music, resulting in a high intensity, fitness style dance. All fitness levels are welcome, no dance experience is needed. You will leave feeling inspired, motivated, strong and empowered.
• Fridays, 6:30-7:30 p.m.
• Saturdays, 9:15-10:15 a.m. (outside on turf)

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