**July Fitness Events**

**POP DANCE**  
*Ages 16 and older*  
Welcome to our high-energy 45-minute family fitness class! In this dynamic class, children and adults will unleash their inner rhythm as they drum along to lively music using Drumfit sticks. Then, they’ll bust out their best dance moves to catchy pop tunes, learning simple choreography that’s perfect for dancers of all ages and abilities. Age minimum is 8 years old. Youth under 16 must be accompanied by an adult participant.  
**87953** July 2  
Tuesday, 12:15-1:15 p.m.  
•$6 ($5 Resident)

**SUMMER FITNESS CHALLENGE**  
*Ages 16 and older*  
Get ready to stay fit this summer! Grab a Four-in-a-row card from the front desk or fitness studio. Complete as four-in-a-rows as you can between July 1-Aug. 10 for chances to earn fitness prizes.  
July 1-Aug. 10  
•Free

Southeast Recreation Center  
25400 E. Alexander Dr. Aurora, CO 80016

AuroraGov.org/Recreation | 720.589.4949
SPECIALTY FITNESS
AT SOUTHEAST RECREATION CENTER

**YOUTH SPEED AND AGILITY**
*Ages 6-18*
Our 4-week program is tailored for young athletes seeking to boost their performance on the field. Led by certified personal trainers, this dynamic program focuses on developing speed, agility and coordination.

- **83545** July 14-Aug. 4 (Ages 6-9)
  - Sundays, noon-1 p.m.
  - $125 ($100 Resident)
- **85546** July 15-Aug. 5 (Ages 13-17)
  - Mondays, 3:30-4:30 p.m.
  - $125 ($100 Resident)
- **85547** July 15-Aug. 5 (Ages 10-12)
  - Mondays, 4:30-5:30 p.m.
  - $125 ($100 Resident)

**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!

- **89184** July 8-29
  - Mondays, 8:45-9:45 a.m.
  - $24 ($20 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.

- **83383** July 1-29
  - Mondays 7-8 p.m.
  - $30 ($25 Resident)
- **83386** July 2-30
  - Tuesdays, 9-10 a.m.
  - $30 ($25 Resident)
- **83387** July 11-25
  - Thursdays, 9-10 a.m.
  - $18 ($15 Resident)
  - No class July 4
- **83379** July 6-27
  - Saturdays, 9:15-10:15 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.

- **83234** July 11-25
  - Thursdays, 10:15-11:15 a.m.
  - $18 ($15 Resident)
  - No class July 4

**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.

- **83231** July 11-25
  - Thursdays, 5:30-6:30 p.m.
  - $18 ($15 Resident)
  - No class July 4

**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.

- **83376** July 11-25
  - Thursdays, 7-8 p.m.
  - $18 ($15 Resident)
  - No class July 4

SOUTHEAST RECREATION CENTER
25400 E Alexander Dr, Aurora, CO 80016 | 720-859-4949
SOUTHEAST RECREATION CENTER | DROP-IN CLASSES*

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.

WEIGHT ROOM ORIENTATIONS
**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.

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)

FITNESS EVENTS

POP DANCE
**Ages 16 and older**
Join us for this Pop class that combines cardio fitness with dance moves and a boost of energy. Most of all, it is FUN! 87953 July 2
- Tuesdays, 12:15-1:15 p.m.
- $6 ($5 Resident)

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