Our four-week Youth Speed and Agility Training 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. Through engaging drills and proven techniques, participants will enhance their athletic abilities, gain confidence and elevate their game to new heights.

**June and July:**
- **SUNDAYS**
  - noon to 1 p.m. | Ages 6 to 9
- **MONDAYS**
  - 3:30 to 4:30 p.m. | Ages 13 to 17;
  - 4:30 to 5:30 p.m. | Ages 10 to 12
Cost: $125 ($100 Resident), four sessions

LIMITED SPACE AVAILABLE!
Registration opens Wednesday, May 1, at noon
Questions: 720.859.4944
MOTHER'S DAY RELAX AND RESTORE YOGA
Ages 16 and older
Join us for a rejuvenating Mother's Day Restore Yoga class with Yoga Instructor Tiffany-Joy Mo. Treat yourself to a blissful 75 minutes of restorative yoga poses and relaxation techniques, designed to renew your mind, body, and spirit. All levels are welcome. Space is limited, so reserve your spot early. After the class we will enjoy light refreshments as we celebrate the special bond of motherhood. A perfect way to honor yourself or the mothers in your life this Mother's Day.
85582 May 10
Friday 6:30-8 p.m.
-$8 ($6 Resident)

AYRUVEDA WORKSHOP
Ages 16 and older
Join us for a day of self-discovery and learn practical ways to harmonize your mind, body, and spirit with our Ayurveda Workshop. This unique exploration of the ancient wisdom of Ayurveda, the science of life, will take you on a transformative journey to holistic well-being. Enjoy some snacks and a cup of herbal tea after the session.
85518 May 18
Saturday 11:45-1:15 p.m.
-$13 ($10 Resident)

SUNSET YOGA
Ages 16 and older
Colorado is known for its sunsets and our Recreation Center has one of the best views in town! Join us for an hour long vinyasa style yoga class out on our turf, to watch the show! We will breathe and move and focus on the lovely views.
86550 May 17
Friday 7:15-8:15 p.m.
-$13 ($10 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.

- May 6-20
- Mondays 7-8 p.m.
- $18 ($15 Resident)

- May 21-28
- Tuesdays, 9-10 a.m.
- $25 ($20 Resident)

- May 29-June 4
- Saturdays, 9:15-10:15 a.m.
- $25 ($20 Resident)

WOMEN'S STRENGTH TRAINING
Ages 16 and older
This class will get you fully comfortable with weight training equipment and techniques to help you achieve your goals. Whether you’re a beginner or an experienced weightlifter, this class will help you fine tune your form and help take your strength to the next level.

- May 1-29
- Wednesdays, 5-6 p.m.
- $31 ($25 Resident)

FLOW AND YIN YOGA
Ages 16 and older
This class starts with a flowing style of foundational yoga then transitions to a yin style of holding postures to target those connective tissues. With an emphasis alignment, you will mindfully build strength, balance, and flexibility.

- May 2-30
- Thursdays, 9-10 a.m.
- $31 ($25 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.

- May 2-30
- Thursdays, 7-8 p.m.
- $31 ($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.

- May 2-30
- Thursdays, 5:30-6:30 p.m.
- $16 ($13 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!

- May 7-28
- Tuesdays, 10:15-11:15 a.m.
- $25 ($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.

- May 2-30
- Thursdays, 10:15-11:15 a.m.
- $31 ($25 Resident)

SPECIALTY FITNESS
AT SOUTHEAST RECREATION CENTER

MAY 2024

SOUTHEAST RECREATION CENTER
25400 E Alexander Dr, Aurora, CO 80016 | 720-859-4949
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 the innovative yoga-influenced workout that builds strength, improves flexibility, and tones muscle. These low-impact, dynamic flowing sequences are designed 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. Strong is sexy...redefined.
- Wednesdays, 9:45-10:45 a.m.
- Fridays, 5:15-6:15 p.m.

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 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 chore-o-graphy with HIIT mechanics and powerful music, resulting in a high intensity, boot-camp style dance fitness format. It is sexy...redefined. 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.