HATHA YOGA
Ages 16 and older
Enjoy this extended yoga format that leaves you relaxed, flexible, strength-enanced and energized. Stress reduction and breathing techniques are used for total wellness.

Aug. 7-28
- Monday, 9-10 a.m.
- $25 ($20 Resident)

YIN YOGA
Ages 16 and older
A gentle and relaxing all-level class that works deeply into the connective tissues and joints of the hips, pelvis, and lower spine using extended holds of postures.

Aug. 5-26
- Saturday, 10:30-11:15 a.m.
- $25 ($20 Resident)

BECK RECREATION CENTER
800 Telluride St., Aurora, CO 80011 | 303-739-6888
BARBELL BLAST
Ages 16 & older
Focusing on barbells & free weights this class will challenge your strength while elevating your cardiovascular fitness. This class will hit upper body, lower body, & core.

• Tuesdays, 6–7 p.m.

BOOTCAMP
Ages 16 & older
Full body workout with a mix of exercises. This motivational class will challenge you to increase intensity & level of fitness. You will tighten, tone, build strength, & endurance.

• Thursdays, 6–7 p.m.

SILVERSNEAKERS CIRCUIT
Age 50 & older
Moving to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Weights, resistance bands, and a SilverSneakers ball, and chair are used.

• Fridays, 9–10 a.m.

CARDIO REMIX
Ages 16 & older
Get ready for a 60-minute calorie torching, music-pumping, sweat infused Remixed Cardio workout, designed to burn fat and leave you feeling energized. You'll work up a sweat, tone your body and increase your stamina with a variety of moderate to high intensity movements. You'll also feel those muscles burn with an added dash of strength training mixed in.

• Saturdays, 11:15 a.m.–12:15 p.m.

BECK RECREATION CENTER
DROP-IN CLASSES

SILVERSNEAKERS
CARDIO FIT
Ages 50 and older
Get up and go to a safe and heart-healthy aerobics class. This workout consists of low-impact choreographed movements to tone and sculpt your body and improve strength, balance, and core.

• Friday, 9:30-10:30 a.m.

WEIGHT ROOM ORIENTATIONS
Ages 16 and older
This is a one hour complimentary information fitness orientation that will provide you with the basics of how to operate the weight machines and cardio equipment. You will learn how to start, stop, and change settings on cardio machines, change seat height and weight selection on machines. Call to make an appointment.

*Please note: an orientation is not a personal training session.

• Tuesday/Thursday, 12-1 p.m.

Specialty Fitness

VINYASA YOGA
Ages 16 and older
Enjoy this extended yoga format that leaves you relaxed, flexible, strengthened and energized. Stress reduction and breathing techniques are used for total wellness.

86110 Aug, 5-26
• Monday, 6:45-7:45 p.m.
• $6 ($5 Resident)

86207 Aug, 2-30
• Friday, 5:30-6:30 p.m.
• $6 ($5 Resident)

86113 Aug, 3-31
• Saturday, 10-11 a.m.
• $6 ($5 Resident)

CARDIO KICK BOXING
Ages 16 and older
A multi-level cardio class that incorporates kickboxing and boot camp moves. A total body workout that involves using multiple muscle groups to elevate the heart rate and improve speed, agility, and quickness.

86100 Aug, 3-31
• Saturday, 8:30-9:30 a.m.
• $6 ($5 Resident)