SILVERSNEAKERS CLASSIC
*Ages 50 and older*
This class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is used for seated exercises and standing support.

- Monday, 9:30-10:30 a.m.

SPIN
*Ages 16 and older*
Indoor cycling provides a fun and challenging cardiovascular workout for all ages and fitness levels. Experience a full ride of hills, sprints, and endurance intervals with energizing music.

- Monday/Wednesday, 6-7 p.m.

TAI CHI FOR BETTER BALANCE
*Ages 16 and older*
Improve range of motion and balance with circular movement patterns repeated with focus on grace, balance and controlled breathing.

- Tuesday/Thursday, 11:30 a.m.-12:30 p.m.

CARDIO REMIX
*Ages 16 and 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.

- Tuesday/Thursday, 6-7 p.m.

TOTAL BODY
*Ages 16 and older*
A toning class that will work your entire body. Your body weight as well as equipment will be used to tighten and tone your body from head to toe.

- Monday/Tuesday, 8-9 a.m.

SPIN
*Ages 16 and older*
Indoor cycling provides a fun and challenging cardiovascular workout for all ages and fitness levels. Experience a full ride of hills, sprints, and endurance intervals with energizing music.

- Monday/Wednesday, 6-7 p.m.

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.

CHAIR YOGA
*Ages 16 and 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.

- Wednesday, 10:45 - 11:45 a.m.

SILVERSNEAKERS CIRCUIT
*Ages 50 and older*
Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with non-impact aerobics choreography. Often a chair is used for seated exercises or standing support.

- Wednesday, 9:30-10:30 a.m.

SILVERSNEAKERS CLASSIC
*Ages 50 and older*
This class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is used for seated exercises and standing support.

- Monday, 9:30-10:30 a.m.

BECK RECREATION CENTER
800 Telluride St., Aurora, CO 80011 | 303-739-6888
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 June, 3-24
- Monday, 6:45-7:45 p.m.
- $6 ($5 Resident)
86207 June, 7-28
- Friday, 5:30-6:30 p.m.
- $6 ($5 Resident)
86113 June, 1-29
- 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 June, 1-29
- Saturday, 8:30-9:30 a.m.
- $6 ($5 Resident)