HATHA YOGA
Ages 16 and older
Enjoy this extended yoga format that leaves you relaxed, flexible, strength-enhanced 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
**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.

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**Specialty Fitness**  
Free Trials in April and May!

**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.

85661 Apr, 29 - May 13
- Monday, 6:45-7:45 p.m.
- $0 ($0 Resident)

85874 Apr. 26 - May 10
- Friday, 5:30-6:30 p.m.
- $0 ($0 Resident)

85664 Apr. 27 - May 11
- Saturday, 10-11 a.m.
- $0 ($0 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. Free trial starts May 11 and ends May 25.

85665 May 11 - May 25
- Saturday, 8:30-9:30 a.m.
- $0 ($0 Resident)