SPECIALTY FITNESS
AT CENTRAL RECREATION CENTER

HATHA 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.
65747 July 3-31
• Monday, 9-10 a.m.
  • $31 ($25 Resident)
65749 July 5-26
• Wednesday, 9-10 a.m.
  • $25 ($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.
65730 July 3-31
• Monday, 6-7 p.m.
  • $31 ($25 Resident)
65731 July 1-29
• Saturday, 8:15-9:15 a.m.
  • $31 ($25 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.
65738 July 11-25
• Tuesday, noon-1 p.m.
  • $10 ($8 Resident)

POP and 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.
65745 July 5-26
• Wednesday, 5:30-6:30 p.m.
  • $13 ($10 Resident)

PILATES
Ages 16 and older
Low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.
65733 July 6-27
• Thursday, 10:30-11:30 a.m.
  • $25 ($20 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.
65744 July 1-29
• Saturday, 10-11 a.m.
  • $16 ($13 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 upper deck, to watch the show! We will breathe and move and focus on the lovely views.
68283 July 14
• Friday, 7-8 p.m.
  • $13 ($10 Resident)
**INTRODUCTION TO TRANSFORMATIONAL FUSION BELLY DANCE**
*Ages 16 & older*

Find self-love and release while blending different sounds and dance styles with the ancient art of Belly Dance. There will be choreographies and combinations that are inspired by fantasy re-creations of cabaret, folk and ATS style Belly Dance with moves from Hip Hop, Jazz, Flamenco, and contemporary styles. Come connect to your strength, love your body and get creative.

- Mondays, 7:15–8:15 p.m.

**SILVERSNEAKERS CLASSIC**
*Ages 50 & older*

his 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. A chair is used for seated exercises or standing support.

- Mondays, 11 a.m.–noon
- Tuesdays and Thursdays, 9–10 a.m.

**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.

- Mondays, 6–7 p.m.
- Wednesdays, 5–6 p.m.

**RHYTHMIC CYCLE**
*Ages 16 & older*

The instructor will guide participants through workout phases that include; warm-up, steady up-tempo cadences, sprints, climbs, and cool down. Participants control the resistance of the bicycle, and thus the challenge. Great energy and fabulous music. Cycle shoes and tennis shoes acceptable.

- Mondays, 10:45–11:45 a.m.
- Wednesdays, 6:45–7:45 p.m.
- Saturdays, 12:45–1:45 p.m.

**LUNCH EXPRESS BOOTCAMP**
*Ages 16 & older*

This 45-minute express class focuses on high-intensity interval training. It is a total body workout meant to get that heart rate up & muscles firing.

- Mondays, noon–12:45 p.m.
- Wednesdays, noon–12:45 p.m.
- Fridays, noon–12:45 p.m.

**CHAIR YOGA**
*Ages 16 & older*

Get ready to move through a complete series of seated & standing yoga poses. Chair support is offered so you can perform a variety of seated & standing postures designed to increase flexibility, balance & range of movement.

- Tuesdays, 10:15–11:15 a.m.
- Thursdays, 10:15–11:15 a.m.

**REB3L GROOVE**
*Ages 16 & older*

REB3L GROOVE fuses hard hitting choreography with HIIT mechanics and powerful music, resulting in a high intensity, bootcamp 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.

- Mondays, 5–6 p.m.
- Wednesdays, 6–7 p.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!

- Wednesdays, 9–10 a.m.

**WERQ**
*Ages 16 & older*

WERQ is a fiercely fun dance fitness class, based on Pop, Rock, and Hip Hop music. The warm-up previews the dance steps in class, followed by heart-rate raising pre-choreographed dances and a cool down that combines yoga inspired static stretching and balance poses. Come enjoy some heart happy cardio.

- Tuesdays, 6–6:30 a.m.

**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.

**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.