

FITNESS SCHEDULE

SUMMER 2019
LONGMONT RECREATION & GOLF SERVICES

Pull Out Save
REFERENCE CALENDAR

Summer Schedule changes denoted by** go into effect May 28. **SP: moves to Sunset Pool; Masters Swim Summer Schedule goes into effect June 3.

LAND CLASSES AT THE ST VRAIN MEMORIAL BLDG	
Mon	8:00am - NIA (A) ‡ 9:15am - Power of 3 (1) 10:30am - Gentle Pilyoga (1) 12:00pm - Pilyoga (A) 6:00pm - Strong by Zumba® (A)
Tue	8:00am - Senior Strength & Stability 9:15am - Sr Strength & Conditioning 12:00pm - Boot Camp (A) 5:30pm - Tai Chi (A)
Wed	6:00am - Core De Force (#) 8:00am - NIA (A) ‡ 9:15am - Power of 3 (1) 12:00pm - Pilyoga (A)
Thur	8:00am - SilverSneakers® Circuit 9:15am - SilverSneakers® Classic 12:00pm - R.I.P.P.E.D (A) 5:30pm - Zumba® (A)
Fri	9:15am - Power of 3 (1) 12:00pm - Pilyoga (A)
Sat	9:00am - Pilyoga (A) 10:30am - Gentle Pilyoga (A)
Sun	No Classes

No Regular Fitness Classes:

Mon, May 27; Thurs, July 4; or Mon, Sept 2

Special Fitness Classes:

4th of July AquaZUMBA® July 4, Thurs, 9-10:30am, Sunset Pool, 1900 Long Peak Ave.

Come JOIN the PARTY!



WATER CLASSES AT CENTENNIAL/SUNSET POOL **	
<i>Masters Swimming moves to Sunset Pool the week of June 3.</i>	
Mon	6:00am - Masters Swimming **SP 9:00am - Deep H2O **SP 12:00pm - AquaZumba® **SP only
Tue	9:00am - Deep H2O **SP 12pm & 6pm - Deep H2O **SP only
Wed	6:00am - Masters Swimming **SP 9:00am - Deep H2O **SP
Thur	8:00am - FLEX-ability **SP only 9:00am - Deep H2O **SP 6:00pm - Deep H2O **SP only
Fri	6:00am - Masters Swimming **SP 9:00am - Deep H2O **SP 12:00pm - AquaZumba® **SP only
Sat	6:45am - Masters Swimming **SP
Sun	11:00am - Aqua Zumba® **SP

LAND CLASSES AT LONGMONT RECREATION CENTER	
Mon	6:00am - Indoor Cycling (A) † 8:00am - Essential Barre (A) † 9:00am - SilverSneakers® Yoga 9:15am - Cardio Kick Boxing (#) 9:15am - SilverSneakers® Cardio 10:15am - SilverSneakers® Yoga 10:30am - Sculpt & Tone (2) 11:15am - SilverSneakers® Stability 12:00pm - Cardio/Sculpt (2) 1:30pm - Zumba® Gold (A) 4:30pm - Indoor Cycling (A) † 5:30pm - Boot Camp (#) 5:30pm - Pilyoga (A) 6:45pm - Essential Barre 7:00pm - Zumba® (A)
Thur	5:30am - Indoor Cycling (A) † 5:45am - Boot Camp (A) 7:30am - Zumba® (A) 8:00am - FLEX-ability 8:45am - SilverSneakers® Classic 9:15am - Step (2) 9:35am - SilverSneakers® Circuit 10:30am - Sculpt & Tone (2) 12:00pm - Kickbox Training 12:00pm - NIA (A) ‡ 4:15pm - Cardio/Sculpt (2) 5:30pm - Sculpt & Tone (2) 6:00pm - Gentle Pilyoga (A) 6:00pm - NIA (A) ‡ 7:15pm - Pilyoga ‡
Tue	5:30am - Indoor Cycling (A) † 5:45am - Boot Camp (A) 7:30am - Zumba® (A) 8:00am - FLEX-ability 8:45am - SilverSneakers® Classic 9:15am - Step (2) 9:35am - SilverSneakers® Circuit 10:30am - Sculpt & Tone (2) 12:00pm - Kickbox Training 12:00pm - NIA (A) ‡ 1:00pm - Gentle Pilyoga 4:15pm - Cardio/Sculpt (2) 5:30pm - Sculpt & Tone (2) 6:00pm - Pilyoga (2) 6:30pm - NIA (A) ‡ 7:00pm - Zumba® (A)
Fri	6:00am - Indoor Cycling (A) † 7:00am - Express Barre † 8:00am - Essential Barre (A) † 9:00am - SilverSneakers® Yoga 9:15am - Pilyoga (A) 10:15am - SilverSneakers® Yoga 10:30am - Zumba® Gold 12:00pm - Cardio/Sculpt (2) 12:15pm - Tai Chi (A) 1:15pm - Strong by Zumba® (A) 5:30pm - Boot Camp (#)
Sat	8:00am - Indoor Cycling (A) † 9:00am - Cardio Kick Boxing (#) 10:15am - NIA (A)
Sun	7:30am - Butts & Guts (A) 8:45am - Cardio Kick Boxing (#) 10:00am - Cardio/Sculpt (2) 11:15am - NIA (A) ‡ 4:30pm - Zumba® (A)
Wed	5:30am - Indoor Cycling (A) † 8:00am - Essential Barre (A) † 9:00am - SilverSneakers® Yoga 9:15am - Cardio Kick Boxing (#) 10:15am - SilverSneakers® Yoga 10:30am - Sculpt & Tone (2) 11:45am - Qi Gong 12:00pm - Zumba® (A) 12:00pm - Pilyoga (A) 12:15pm - Tai Chi (1) 1:30pm - SilverSneakers® Cardio 4:30pm - Indoor Cycling (A) † 5:30pm - Express Barre (A) † 7:00pm - R.I.P.P.E.D (A)
Thur	5:30am - Indoor Cycling (A) † 5:45am - Boot Camp (A) 7:30am - Zumba® (A) 8:00am - FLEX-ability 8:45am - SilverSneakers® Classic 9:15am - Step (2) 9:35am - SilverSneakers® Circuit 10:30am - Sculpt & Tone (2) 12:00pm - Kickbox Training 12:00pm - NIA (A) ‡ 1:00pm - Gentle Pilyoga 4:15pm - Cardio/Sculpt (2) 5:30pm - Sculpt & Tone (2) 6:00pm - Pilyoga (2) 6:30pm - NIA (A) ‡ 7:00pm - Zumba® (A)

SENIOR CENTER	
Mon	11am - Silversneakers® Circuit
M/F	8am - Silversneakers® Classic
Wed	8am - Silversneakers® Circuit 11:15am - SilverSneakers® Stability
T/Th	11am - Silversneakers® Yoga

WATER CLASSES AT LRC	
Mon	7:30am - Aqua Motion 9:00am - Aqua Power 10:15am - SilverSneakers® Splash 12:00pm - Deep H2O
Tue	7:30am - Aqua Motion 9:00am - Aqua Zumba® 12:00pm - Masters Swimming **SP 5/29 6:00pm - Aqua Circuit 7:15pm - Beg Masters Swim
Wed	7:30am - Aqua Motion 9:00am - Aqua Power 12:00pm - Deep H2O
Thur	7:30am - Aqua Motion 9:00am - Aqua Power 10:15am - SilverSneakers® Splash 12:00pm - Masters Swimming **SP 5/31 6:00pm - Aqua Circuit 7:15pm - Beg Masters Swim
Fri	7:30am - Aqua Motion 9:00am - Aqua Zumba® 12:00pm - Deep H2O
Sat	9:00am - Deep H2O

Key: (A) - All Levels (1) - Beginner (2) - Intermediate (#) - Advanced † - 45 min class ‡ - 75 min class All others 60 min

Please note: Due to the responsive nature of fitness class scheduling, changes to this basic schedule may occur monthly. See your favorite recreation site for the most current fitness schedule and fitness descriptions fliers or view online.



LAND AND WATER DROP-IN FITNESS CLASSES

Over 30 types of land and water drop-in fitness classes are offered between five different facilities: Centennial Pool, The Longmont Recreation Center, the St Vrain Memorial Building, Lashley Street Station, and, seasonally, Sunset Pool.

Class schedules, updated monthly/bi-monthly, and descriptions can be found at each of the recreation facilities and online at www.LongmontColorado.gov/rec by clicking on the Fitness & Wellness Programs link.

No Regular Fitness Classes: Sun Apr 21; Mon May 27; Thurs July 4

Special Fitness Classes: Free Fitness in the Parks - see calendar pull out for dates. Aqua Zumba® July 4, Thurs, 9-10:30am at Sunset Pool, 1900 Longs Peak Ave Come JOIN the Party! Regular daily admittance/passes accepted

LAND CLASSES

Monday

- 6:00am - Indoor Cycling (A)†
- 8:00am - Essential Barre (A)†
- 9:00am - Silver Sneakers® Yoga
- 9:15am - Cardio Kickboxing (A)†
- 9:30am - Silver Sneakers® Cardio
- 10:15am - Silver Sneakers® Yoga
- 10:30am - Sculpt & Tone (2)†
- 12:00pm - Cardio Sculpt (2)†
- 1:30pm - Zumba® (A)†
- 4:30pm - Indoor Cycling (A)†
- 5:30pm - Boot Camp (A)†
- 6:30pm - Pilates (A)†
- 6:45pm - Essential Barre
- 7:00pm - Zumba® (A)†

Tuesday

- 6:00am - Indoor Cycling (A)†
- 8:00am - Essential Barre (A)†
- 9:00am - Silver Sneakers® Yoga
- 9:15am - Cardio Kickboxing (A)†
- 9:30am - Silver Sneakers® Cardio
- 10:15am - Silver Sneakers® Yoga
- 10:30am - Sculpt & Tone (2)†
- 12:00pm - Cardio Sculpt (2)†
- 1:30pm - Zumba® (A)†
- 4:30pm - Indoor Cycling (A)†
- 5:30pm - Boot Camp (A)†
- 6:30pm - Pilates (A)†
- 6:45pm - Essential Barre
- 7:00pm - Zumba® (A)†

Wednesday

- 6:00am - Indoor Cycling (A)†
- 8:00am - Essential Barre (A)†
- 9:00am - Silver Sneakers® Yoga
- 9:15am - Cardio Kickboxing (A)†
- 9:30am - Silver Sneakers® Cardio
- 10:15am - Silver Sneakers® Yoga
- 10:30am - Sculpt & Tone (2)†
- 12:00pm - Cardio Sculpt (2)†
- 1:30pm - Zumba® (A)†
- 4:30pm - Indoor Cycling (A)†
- 5:30pm - Boot Camp (A)†
- 6:30pm - Pilates (A)†
- 6:45pm - Essential Barre
- 7:00pm - Zumba® (A)†

Thursday

- 6:00am - Indoor Cycling (A)†
- 8:00am - Essential Barre (A)†
- 9:00am - Silver Sneakers® Yoga
- 9:15am - Cardio Kickboxing (A)†
- 9:30am - Silver Sneakers® Cardio
- 10:15am - Silver Sneakers® Yoga
- 10:30am - Sculpt & Tone (2)†
- 12:00pm - Cardio Sculpt (2)†
- 1:30pm - Zumba® (A)†
- 4:30pm - Indoor Cycling (A)†
- 5:30pm - Boot Camp (A)†
- 6:30pm - Pilates (A)†
- 6:45pm - Essential Barre
- 7:00pm - Zumba® (A)†

Friday

- 6:00am - Indoor Cycling (A)†
- 8:00am - Essential Barre (A)†
- 9:00am - Silver Sneakers® Yoga
- 9:15am - Cardio Kickboxing (A)†
- 9:30am - Silver Sneakers® Cardio
- 10:15am - Silver Sneakers® Yoga
- 10:30am - Sculpt & Tone (2)†
- 12:00pm - Cardio Sculpt (2)†
- 1:30pm - Zumba® (A)†
- 4:30pm - Indoor Cycling (A)†
- 5:30pm - Boot Camp (A)†
- 6:30pm - Pilates (A)†
- 6:45pm - Essential Barre
- 7:00pm - Zumba® (A)†

Saturday

- 6:00am - Indoor Cycling (A)†
- 8:00am - Essential Barre (A)†
- 9:00am - Silver Sneakers® Yoga
- 9:15am - Cardio Kickboxing (A)†
- 9:30am - Silver Sneakers® Cardio
- 10:15am - Silver Sneakers® Yoga
- 10:30am - Sculpt & Tone (2)†
- 12:00pm - Cardio Sculpt (2)†
- 1:30pm - Zumba® (A)†
- 4:30pm - Indoor Cycling (A)†
- 5:30pm - Boot Camp (A)†
- 6:30pm - Pilates (A)†
- 6:45pm - Essential Barre
- 7:00pm - Zumba® (A)†

WATER CLASSES

Monday

- 7:30am - Aqua Motion
- 9:00am - Aqua Power
- 10:15am - Silver Sneakers® Splash
- 12:00pm - Deep H2O
- 7:30am - Aqua Zumba®
- 9:00am - Aqua Zumba®
- 12:00pm - Masters Swimming
- 6:00am - Aqua Circuit
- 7:30am - Aqua Motion
- 9:00am - Aqua Power
- 10:15am - Silver Sneakers® Splash
- 12:00pm - Deep H2O

Tuesday

- 7:30am - Aqua Motion
- 9:00am - Aqua Power
- 10:15am - Silver Sneakers® Splash
- 12:00pm - Deep H2O
- 7:30am - Aqua Zumba®
- 9:00am - Aqua Zumba®
- 12:00pm - Masters Swimming
- 6:00am - Aqua Circuit
- 7:30am - Aqua Motion
- 9:00am - Aqua Power
- 10:15am - Silver Sneakers® Splash
- 12:00pm - Deep H2O

Wednesday

- 7:30am - Aqua Motion
- 9:00am - Aqua Power
- 10:15am - Silver Sneakers® Splash
- 12:00pm - Deep H2O
- 7:30am - Aqua Zumba®
- 9:00am - Aqua Zumba®
- 12:00pm - Masters Swimming
- 6:00am - Aqua Circuit
- 7:30am - Aqua Motion
- 9:00am - Aqua Power
- 10:15am - Silver Sneakers® Splash
- 12:00pm - Deep H2O

Thursday

- 7:30am - Aqua Motion
- 9:00am - Aqua Power
- 10:15am - Silver Sneakers® Splash
- 12:00pm - Deep H2O
- 7:30am - Aqua Zumba®
- 9:00am - Aqua Zumba®
- 12:00pm - Masters Swimming
- 6:00am - Aqua Circuit
- 7:30am - Aqua Motion
- 9:00am - Aqua Power
- 10:15am - Silver Sneakers® Splash
- 12:00pm - Deep H2O

Friday

- 7:30am - Aqua Motion
- 9:00am - Aqua Power
- 10:15am - Silver Sneakers® Splash
- 12:00pm - Deep H2O
- 7:30am - Aqua Zumba®
- 9:00am - Aqua Zumba®
- 12:00pm - Masters Swimming
- 6:00am - Aqua Circuit
- 7:30am - Aqua Motion
- 9:00am - Aqua Power
- 10:15am - Silver Sneakers® Splash
- 12:00pm - Deep H2O

Saturday

- 7:30am - Aqua Motion
- 9:00am - Aqua Power
- 10:15am - Silver Sneakers® Splash
- 12:00pm - Deep H2O
- 7:30am - Aqua Zumba®
- 9:00am - Aqua Zumba®
- 12:00pm - Masters Swimming
- 6:00am - Aqua Circuit
- 7:30am - Aqua Motion
- 9:00am - Aqua Power
- 10:15am - Silver Sneakers® Splash
- 12:00pm - Deep H2O

MORE FITNESS CLASSES ON BACK

* (A) - All Levels (1) - Beginner (2) - Intermediate (A) - Advanced † - 45 min class ‡ - 75 min class All classes 60 min
Para copia de este publicación en Español o información llamar al 303-774-4800 o correo electrónico masa.zaragoza@longmontcolorado.gov

Weight Room Orientations

Call the Longmont Recreation Center at 303-774-4800, to enroll in no-cost orientations the 2nd Wednesday at 7pm or the 4th Sunday at 3:15pm of each month. To set up a day/time for no-cost orientations at other facilities, contact the fitness coordinator at 303-774-4752. 14 years and older.

Fitness Assessment and Orientation

Designed for those who just want to take the first step and don't know where to start. Fee includes: Inbody scan, health history screening, 30-minute consultation, and weight room orientation. Call the Fitness Coordinator at 303-774-4752 for more information and get your program set up today!

Fee: \$38 resident/ \$48 non-resident
Location: Longmont Recreation Center, 310 Quail Rd

Nutritional Guidance

Individual nutrition consultations focus on your specific needs and goals, including education for nutrition and chronic disease, sustainable weight loss, grocery store walk-throughs, and sports nutrition. Call the Fitness Coordinator at 303-774-4752 to set up an appointment today! Michelle Beyer M.S.

Initial Session: \$52 resident/\$65 non-resident
Follow up Session: \$47 resident/ \$58 non-resident
3 Sessions: \$147 resident/ \$183 non-resident

Body Composition with the InBody 270

Go beyond the scale with the InBody Test, a non-invasive body composition analysis that provides a detailed breakdown of your weight in terms of muscle, fat, and water/hydration on an Inbody Result Sheet. Identify muscular imbalances that could affect performance or lead to potential injury. Get better information to create health and fitness goals with precision and actionable objectives. Call the Fitness Specialist at 303-774-4752 for more information.

Single Session: \$20 extended pass-holder/\$25
Five Pack Session: \$75 extended pass-holder/\$100
Location: Longmont Recreation Center, 310 Quail Rd

Personal Training Policy

The Longmont Recreation Center, St Vrain Memorial Building, Sunset Pool and Centennial Pool are City of Longmont operated and insured facilities. Therefore, only City employees can perform Personal Training, swim lesson instruction, and other coaching within City facilities.

Personal Training

Training can include core and balance training, basic weight training, nutrition advice and muscle building. Individual workout programs can be designed to fit all your fitness needs. Call the Longmont Recreation Center at 303-774-4800 for more information. Days and Times by appointment.

Fees:	Private	Semi-Private
1 session	\$49/ \$61	1 session \$60/ \$75
5 sessions	\$220/ \$275	5 sessions \$273/ \$341
10 sessions	\$383/ \$479	10 sessions \$495/ \$618

Intro to Training Package

If you are new to training or haven't trained in over one year this is a great place to start! Our trainers will work to inspire and encourage YOU to develop healthy habits and routines through the safe delivery of effective programs, instruction, motivation and education. Each session is 1 hour.

3 sessions for \$105 resident/ \$130 non-resident
3 semi-private \$162 resident/ \$200 non-resident





FITNESS & WELLNESS

Essentrics

A dynamic, full body workout suitable for all fitness levels that combines stretching and strengthening to increase flexibility and mobility for a healthy, toned and pain free body. This class is a combination of standing and floor. Pace is moderate and constant. Bring a mat.

Drop In Fee: \$12 resident/\$15 non-resident

16 & up: **Tues, 9:30am-10:30am**

Apr 30-May 28	\$50 res/\$62.50 non-res	213922.3
Jun 4-25	\$40 res/\$50 non-res	313922.1
Jul 2-16	\$30 res/\$37.50 non-res	313922.2
Jul 30-Aug 13	\$30 res/\$37.50 non-res	313922.3

Instructor: Sephra Albert

Location: Longmont Recreation Center, 310 Quail Rd

16 & up: **Wed, 10:30-11:30am**

Apr 3-24	\$40 res/\$50 non-res	213923.2
May 8-29	\$40 res/\$50 non-res	213923.3
Jun 5-26	\$40 res/\$50 non-res	313923.1
Jul 3,17,31	\$30 res/\$37.50 non-res	313923.2
Aug 14-28	\$30 res/\$37.50 non-res	313923.3

16 & up: **Fri, 10:30-11:30am** *No 8/9

Apr 5-26	\$40 res/\$50 non res	213923.4
May 10-31	\$40 res/\$50 non-res	213923.5
Jun 7-28	\$40 res/\$50 non res	313923.4
Aug 2-30*	\$40 res/\$50 non-res	313923.5

Instructor: Kim Zimmer

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave



Running H2O

Running H2O provides all of the benefits of land running without any impact or even getting your hair wet. You don't have to be a runner, swimmer or athlete to participate. This class is held in the deep water of the pool and aqua jogging belts are provided for flotation. Led by Certified fluid running instructor, USTA Coach, Mary Ritter, all you need is your swimsuit and water bottle.

*No class on 6/18, 6/20, 7/4

18 & up: **Tues & Thurs from 7-8am**

Jun 4-27*	\$48 res/\$60 non-res	333600.2
July 2-30*	\$64 res/ \$80 non-res	333600.3
Aug 1-8	\$24 res/ \$30 non-res	333600.4

Location: Sunset Pool, 1900 Longs Peak Ave

Drop in Fee: \$12 resident/ \$15 non-resident



Hula Hoop Fitness

This high energy, somatic class builds confidence, improve balance, minimize chronic pain, decrease belly fat, reduce anxiety, and increase mindfulness and joy! No experience necessary; hoops provided. Arrive 15 min early to be fitted for hoop. Children 9-15 ok with parent also attending.

16 & up: Basic code: 313925

Jun 10-24, Mon, 5-5:45pm	\$40 res/ \$50 non-res
Jul 1-29, Mon, 5-5:45pm	\$67.50 res/\$84 non-res
Jun 14-28, Fri, 6:15-7pm	\$40 res/ \$50 non-res
Jul 5-19, Fri, 6:15-7pm	\$40 res/ \$50 non-res
Aug 16-30, Fri, 6:15-7pm	\$40 res/ \$50 non-res

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

16 & up Basic code: 313925

May 4-18, Sat 4-4:45pm	\$40 res/ \$50 non-res
Jun 8-29, Sat 4-4:45pm	\$54 res/ \$67.50 non-res
Jul 6-20, Sat 4-4:45pm	\$40 res/ \$50 non-res
Aug 10-24, Sat 4-4:45pm	\$40 res/ \$50 non-res

Location: Longmont Recreation Center, 310 Quail Rd

Instructor: Miss Melody

Drop in Fee: \$15 resident/\$18.75 non-resident



Wattbike

Wattbikes have the most accurate power, technique and performance cycling data available to you via your phone. Get started with a FREE half-hour orientation class to learn about the bike set-up, your PES (pedal efficiency stroke), right/left leg balance and to enroll in the small group classes. Register online or call 303-774-4800. April & May classes begin with a "2".

Location: Longmont Recreation Center, 310 Quail Rd

18 & up: Orientation, days/times vary	313990
Fee: Free, pre-registration required	
Watt Bike Classes	313991

Mon, 12-1pm

Tues, 6:15-7:15am & 5:30-6:30pm

Thurs, 12-1pm

Daily Class Fee: \$5 extended passholder/\$15



TRX

Strength, core and more! This energetic workout is for all abilities and complements any exercise or racing program. Drop ins are available if session is running

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

TRX

16 & up: **Mon & Wed, 8-9am or 5:30-6:30pm**

Sessions: **Apr 15-May 22** \$60 res/\$75 non-res 223512
Aug 12-30 \$30 res/\$37.50 non-res 323512

16 & up: **Mon & Thurs, 5:30-6:30pm**

Sessions: **Jun 3-27** \$40 res/\$50 non-res 323512
Jul 8-Aug 1 \$40 res/\$50 non-res 323512

16 & up: **Tue & Thurs, 4:30-5:30pm**

Sessions: **Jun 4-27** \$40 res/\$50 non-res 323512
Jul 9-Aug 1 \$40 res/\$50 non-res 323512

Gentle TRX

New to exercise or just getting back into it? The TRX straps are used for mobility, muscle strengthening and dynamic balance/gait enhancement exercises in a lower intensity format. Drop ins are available on space available basis. **No class Sept 2.*

18 & up: **Mon & Wed 10-10:45am**

Sessions: **Apr 15-May 22** \$48 res/\$60 non-res 223542
Aug 12-Sept 18* \$44 res/\$55 non-res 323542

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

18 & up: **Mon & Wed 2:45-3:30pm**

Sessions: **Jun 3-26** \$32 res/\$40 non-res 323542
Jul 8-31 \$32 res/\$40 non-res 323542

Location: Longmont Recreation Center 310 Quail Rd



SILVERSNEAKERS® FITNESS PROGRAM

SilverSneakers® Fitness program is designed for Medicare participants with select insurance plans. The program includes facility amenities and group fitness classes as well as unlimited access for daily admission. The SilverSneakers® fitness passes are good at the Longmont Recreation Center, Centennial Pool, the SilverSneakers® classes at the Senior Center & Lashley St Station, and St. Vrain Memorial Building. To find out more call 303-774-4800 or stop into the Longmont Recreation Center and get signed up!

55+, see the GO for additional wellness activities at www.longmontcolorado.gov/senior-services



SilverSneakers® Orientations

Facility orientations for SilverSneakers® participants involve a tour of the Longmont Recreation Center and an overview of the fitness equipment.

Days/Times: **May 2, Jun 6, Aug 1 - Thurs, 9am**
Apr 18, May 16, Jun 20, Jul 18, Aug 15 - Thurs 2pm

Location: Longmont Recreation Center, 310 Quail Road
 Fee: FREE, however pre-registration is required

SilverSneakers® Fitness Classes

Choose from these 45 to 60 minute classes geared specifically for the unique fitness needs of older individuals. Class descriptions and schedule of classes are listed with the regular fitness classes.

- SilverSneakers® Cardo
- SilverSneakers® Classic
- SilverSneakers® Splash
- SilverSneakers® Stability
- SilverSneakers® Circuit
- SilverSneakers® Yoga

Lunch & Learns *Special Event*

Join us on the 2nd Tues of each month for a SilverSneakers educational class! Bring a lunch or snack. Meals on Wheels is available prior to the classes. **May 14, Jun 11, Jul 9, Aug 13**

Fee: Free for SS members 213401 & 313401
 Location: Longmont Senior Center, 910 Longs Peak Ave

Note: SilverSneakers® membership is NOT required to attend SilverSneakers® fitness classes. SilverSneakers® members are welcome to explore regular fitness classes as part of their membership. Non-SilverSneakers® members pay regular admission fees.

FITNESS & WELLNESS



Yoga



For yoga class descriptions, see fliers at recreation facilities or online at LongmontColorado.gov/rec

Yoga students: Please bring your own yoga mat, and a thick blanket if you have one. Yoga drop-in students are welcome. Please purchase drop-in pass in advance for drop-in dates online, at the St Vrain Memorial Building, or the Longmont Recreation Center. Monthly registered participants have priority and will be notified by e-mail of any changes.

Monthly registrants enjoy \$2 discount per class; partial months are charged at drop-in rate.
 Drop-in fee: 1.25 hr: \$11 resident/ \$12.75 non-resident
 1.75 hr: \$15 resident/\$18.75 non-resident
 2 hr: \$16 resident/ \$20 non-resident

Day	Time		Class	Code	Location	Instructor
Mon	4-5:15pm	1.25 hr	ALIGNMENT BASED YOGA	343117	Izaak	Gwyn Cody
Mon	5:30-6:45pm	1.25 hr	ALIGNMENT BASED YOGA	343118	Izaak	Gwyn Cody
Tues	9:15-10:30am	1.25 hr	BEGINNER FRIENDLY YOGA	343152	Izaak	Diana Shellenberger
Wed	10:30-11:45am	1.25 hr	GENTLE YOGA	343133	Izaak	Urszula Bunting
Wed	5:30-7:15pm	1.75 hr	THERAPEUTIC STRUCTURAL YOGA	343138	Izaak	Shar Lee
Thurs	9-11am	2 hr	WOMEN'S HATHA YOGA	343142	Izaak	Shar Lee
Thurs	5:15-6:30pm	1.25 hr	WELL BEING YOGA	343119	Izaak	Katharine Kaufman
Sun	9:30-10:45am	1.25 hr	SUNDAY MORNING YOGA	343171	Izaak	Katharine Kaufman

Yoga Locations: Izaak Walton - 18 S Sunset

Spring (March, April, May) codes begin with "2"; Summer (June, July, & August) codes begin with "3"

Yoga-Restore your Pelvic Floor

Restore Your Pelvic Floor using mind/body exercises for strength, flexibility and posture. Each week, learn about the anatomy of the pelvic floor as well as a specific series of exercises for self-discovery and poses to increase the flexibility, strength and coordination.

30 & up: **Apr 3-24, Wed, 7:15-8:20pm** 243131.1
 Instructor: Allison Rissel
 Location: St Vrain Memorial Bldg, 700 Long Peak Ave
 Fee: \$55 resident/\$68.75 non-resident

Yin & Restore for Adrenal Fatigue

Are you tired, stressed, or simply don't feel your best? This combination of Yin and Restorative yoga might be what you need. In addition to soothing and relaxing postures, we use essential oils, soft music, and candlelight. Warm tea is served after the class. Please bring a mat and a blanket.

16 & up: **Apr 28, Sun, 3:30-5:30pm** 243300.B
 Instructor: Urszula Bunting
 Location: Izaak Walton Clubhouse, 18 S Sunset
 Fee: \$25 resident/\$31.25 non-resident

Yoga & Ayurveda Retreat

Relax, restore, renew, practice yoga, explore Ayurveda, and create balance and harmony in your body, mind, and in your life. A perfect gift for Mother's Day.

16 & up: **May 10, Fri, 9:30am-4:30pm** 243195.9
 Instructor: Urszula Bunting
 Location: SSR Visitor Center, 3001 Sandstone Dr
 Fee: \$80 resident/\$100 non-resident



Restorative Yoga – 1st Friday 6pm

Unwind, refresh, and allow your body and mind to heal and restore. Use variety of props, Tibetan bowls, candlelight, and essential oils. Please bring a yoga mat and a blanket.

16 & up: **Apr 5, May 3, Fri, 6-8pm** 243155
 Instructor: Urszula Bunting
 Location: Izaak Walton Clubhouse, 18 S Sunset
 Fee: \$20 resident/\$25 non-resident

Summer Yoga & Meditation Sanctuary Retreat

Spend an entire day practicing nourishing yoga, sitting, and walking meditation. This day-long retreat is designed to release pain and stress, rejuvenation balance and energy. Bring your yoga mat, blanket, a meditation cushion if you have one, and a lunch. (Chairs available)

16 & up: **Jun 15, Sat, 10am-4:30pm** 343190.1
 Instructor: Katharine Kaufman
 Location: SSR Visitor Center, 3001 Sandstone Dr
 Fee: \$48 resident/\$60 non-resident

See pg 44 for a
**YOGA AND MINDFULNESS
 CAMP FOR TEENS**





Superbrain Yoga for Parents and Caregivers

Learn a simple, but powerful technique that integrates and balances the brain. Come learn an easy and fun activity for kids to do at home to increase focus and support a growing brain. Energy healing, and how it can support you, will also be discussed.

12 & up: **Apr 24, Wed, 6:30-8:30pm** 243265.1
 Instructor: Susan Crocker
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$16 resident/\$20 non-resident

Tai Chi Mini Retreat

Enjoy the first signs of Colorado spring at Sandstone Ranch while practicing Tai Chi, taking a nature walk, relaxing, socializing, and having a homemade lunch with new friends.

15 & up: **May 3, Fri, 10am-3pm** 243197.09
 Instructor: Urszula Bunting
 Location: SSR Visitor Center, 3001 Sandstone Dr
 Fee: \$45 resident/\$56.25 non-resident

De-Stress and Revitalize

Are you feeling stressed, exhausted and overwhelmed? Learn scientifically proven techniques to drop stress and improvement your resilience, energy, mental clarity, performance, health and wellbeing. Recharge and experience the peace, inner ease and energy you want! Optional \$15 cash book fee for own copy of "Resilience Advantage Guidebook".

18 & up: **Jun 15, Sat, 8:30am-1pm** 313503.1
Jul 20, Sat, 12:30-5pm 313503.2
Aug 24, Sat, 8:30am-1pm 313503.3
 Instructor: Debi Warner
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$89 resident/\$111.25 non-resident

Beyond Botox: Natural Facial Renewal

Health and Beauty go hand in hand. Practice fun facial exercises, talk at-home care, and explain facial acupuncture, micro needling and facial injections.

12 & up: **Jun 22, Sat 10:30am-12pm** 347147.A
 Instructor: Erika Marie
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$18 resident/\$22.50 non-resident

Understanding Essential Oils

What are essential oils? How can they enrich your life? Learn uses for relaxation, immune support, and body aches. Explore buying and storage methods of use, safety, carrier oils and more. * Check out Therapeutic uses of Essential Oils after you take this class!

14 & up: **Jun 19, Wed, 6:30-8pm** 347141.1
 Instructor: Linda Byington
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$20 resident/\$25 non-resident

Therapeutic Uses of Essential Oils

If you already know essential oil basics, come explore their therapeutic properties. Discuss common and not so common oils in depth, including the physical and emotional health concerns that they address. Learn to use essential oils and hydrosols to sustain vitality in everyday life. *Consider taking Understanding Essential Oils first!

14 & up: **Jul 10, Wed 6:30-8pm** 347142.1
 Instructor: Linda Byington
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$20 resident/\$25 non-resident

Enliven Your Core

Everything goes better with strong, stable abdominal muscles: posture, balance, overall function and, yes, appearance. Go beyond sit-ups to awaken and strengthen your core muscles. The two hours will fly by, and there will be refreshments!

16 & up: **May 4-18, Sat, 9:30-11:30am** 343400.1
 Instructor: Diana Shellenberger
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$40 resident/\$50 non-resident
 Daily Fee: \$15

Movement Mediation

A mix of yoga & meditation that is ideal for people who feel they cannot sit and meditate. This class combines movement and being minutely aware of the body internally and externally. Learn a way to meditate that resonates with a more energetic mind and body.

18 & up: **Jul 14, Sun, 2-3:30 pm** 343502.A
Aug 4, Sun, 2-3:30 pm 343502.B
 Instructor: Nikki Hartley
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$25 resident/\$31.25 non-resident

Stop Pain-NOW!

Pain doesn't need to mean medication! Acupuncture and perineural injection therapy can provide immediate and lasting pain relief for both acute injury and chronic pain. Learn how a pain free life IS possible.

12 & up: **Jul 20, Sat, 10:30am-12pm** 343701.A
 Instructor: Erika Marie
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$18 resident/\$22.50 non-resident



Protect Your Skin with Essential Oils

Learn to make luxurious bath products that combat the damage brought on by dry weather. Create weatherproof cream, foot soak, lip balm and body/hair oil. Explore how adding aromatic essential oils can soothe and heal. Recipes and information on Aromatherapy included.

14 & up: **Aug 7, Wed 6-8pm** 347143.1
 Instructor: Linda Byington
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$30 resident/\$37.50 non-resident
 + \$15 cash material fee