



SUMMER 2019 LONGMONT RECREATION & GOLF SERVICES

# FITNESS SCHEDULE

& BUILDING HOURS



## Longmont Recreation Center

310 Quail Rd | 303-774-4800

### Building Hours:

M-Th: 5am-10pm | Fri: 5am-9pm | Sat & Sun: 7am-6pm

### Lap Pool Hours: Leisure Pool Hours\*:

Mon-Th: 5am-9:30pm Mon-Th: 9am-9:30pm

Fri: 5am-8:30pm Fri: 9am-8:30pm

Sat-Sun: 7am-5:30pm Sat: 9am-5:30pm

Sun: 11am-5:30pm

### Babysitting Hours: (Ages 6mo to 7yrs)

Mon-Fri: 8:15am-1:15pm & 4-8pm (4-7pm Fri)

Sat: 8am-12pm Sun: 8:30am-1pm

Youth Sitting (7-10yrs, 6/3-7/26) 8:30am-12:30pm M-F

Climbing Wall Smr Hours: Mon-Fri: 12pm-8pm

Sat/Sun: 10am-4pm

## WATER CLASSES

**Monday**  
7:30am - Aqua Motion  
9:00am - Aqua Power  
10:15am - SilverSneakers® Splash †  
12:00pm - Deep H2O

**Tuesday**  
7:30am - Aqua Motion  
9:00am - Aqua Zumba®  
6:00pm - Aqua Circuit

**Wednesday**  
7:30am - Aqua Motion  
9:00am - Aqua Power  
12:00pm - Deep H2O

**Thursday**  
7:30am - Aqua Motion  
9:00am - Aqua Power  
10:15am - SilverSneakers® Splash †  
6:00pm - Aqua Circuit

**Friday**  
7:30am - Aqua Motion  
9:00am - Aqua Zumba®  
12:00pm - Deep H2O

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

## LAND CLASSES

**Monday**  
6:00am - Indoor Cycling (A)†  
8:00am - Essential Barre (A)  
9:00am - SilverSneakers® Yoga  
9:15am - Cardio Kick Boxing(2)  
9:15am - SilverSneakers® Boom  
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 - Total Body HIIT (A)  
7:00pm - Zumba® (A)

**Tuesday**  
5:30am - Indoor Cycling (A)  
5:45am - Boot Camp (A)  
7:30am - Zumba® (A)  
8:00am - FLEX-ability  
8:45am - SilverSneakers® Classic †  
9:15am - Hip Hop Fitness (A)  
9:35am - SilverSneakers® Circuit †  
10:30am - Sculpt & Tone (2)  
12:00pm - NIA (A) ‡  
12:00pm - Kickboxing (A)  
1:00pm - Gentle Pilyoga (A)  
4:15pm - Cardio/Sculpt (2)  
5:30pm - Sculpt & Tone (2)  
6:00pm - Pilyoga (A)  
6:30pm - NIA (A) ‡  
7:00pm - Zumba® (A)

**Wednesday**  
5:30am - Indoor Cycling (A)  
8:00am - Essential Barre (A)  
9:00am - SilverSneakers® Yoga  
9:15am - Indoor Cycling (A)  
10:15am - SilverSneakers® Yoga †  
10:30am - Sculpt & Tone (2)  
11:45am - QiGong (A)  
12:00pm - Zumba® (A)  
12:00pm - Pilyoga (A)  
12:15pm - Tai Chi (A)  
1:30pm - SilverSneakers® Cardio  
4:15pm - Indoor Cycling (A)†  
5:30pm - Boot Camp (#)  
5:30pm - Express Barre (A)†  
7:00pm - R.I.P.P.E.D

**Thursday**  
5:30am - Indoor Cycling (A)  
5:45am - Boot Camp (A)  
7:30am - Zumba® (A)  
8:00am - FLEX-ability  
8:45am - SilverSneakers® Classic †  
9:15am - PiYo Live (2)  
9:35am - SilverSneakers® Circuit †  
10:30am - Sculpt & Tone (2)  
12:00pm - NIA (A)‡  
12:00pm - Kickboxing Training(A)  
1:00pm - Gentle Pilyoga (A)  
1:30pm - Hip Hop Fitness (A)  
4:15pm - Cardio/Sculpt (2)  
5:30pm - Sculpt & Tone (2)  
6:00pm - Gentle Pilyoga (A)  
6:30pm - NIA (A) ‡  
7:15pm - Pilyoga (A) ‡

**Friday**  
6:00am - Indoor Cycling (A)†  
7:00am - Express Barre †  
8:00am - Essential Barre  
9:00am - SilverSneakers® Yoga  
9:15am - Pilyoga (A)  
10:15am - SilverSneakers® Yoga †  
10:30am - Zumba®Gold (A)  
11:45am - Qi Gong  
12:00pm - Cardio/Sculpt (2)  
12:15pm - Tai Chi (A)  
1:15pm - Strong by Zumba® (#)  
4:30pm - Pilyoga (A)  
5:45pm - NIA Dance Party (last Fri)  
5:30pm - Boot Camp

**Saturday**  
8:00am - Indoor Cycling (A)†  
9:00am - Cardio Kick Boxing (#)  
10:15am - NIA (A) ‡

**Sunday**  
7:30am - Butts & Gutts (A)  
8:45am - Cardio Kick Boxing (#)  
10:00am - Cardio/Sculpt (2)  
11:15am - NIA (A)‡  
4:30pm - Zumba® (A)

MORE FITNESS CLASSES

ON BACK





## Centennial Pool

1201 Alpine St | 303-651-8406

### Fitness Room Summer Hours:

Mon-Thurs: 5:15am-8pm  
 Friday: 5:15am-6pm  
 Saturday: 9am-3pm  
 Sunday: 1pm-5:30pm

### Lap Swim

Monday-Friday: 5:15am-3pm  
 Saturday: 9am-3pm  
 Sunday: 1pm-5:30pm

### Open Swim:

Monday-Sunday 12pm-3pm

## Sunset Pool • June 3 - August 11

1900 Longs Peak Ave • 303-651-8300

Lap Swim\*: \*Circle swimming advised

Mon-Fri: 10am-1pm  
 Tues/Thurs: 6pm-7:30pm  
 Saturday: 8am-10am  
 Sunday: 10am-12pm

### Open Swims:

Mon/Wed/Fri†: 12pm-7pm  
 Tues/Thurs†: 12pm-5:45pm  
 Saturday: 10am-6pm  
 Sunday: 12pm-6pm

† Slides turn on at 1pm; no group entry before 12:30pm. Sunset Pool is available for after-hours rentals, contact Sunset Pool for more information



## LAND CLASSES

Thursday 8:00am - FLEX-ability

## WATER CLASSES

<b>Monday</b>	6:00am - Masters Swimming 9:00am - Deep H2O 12:00pm AquaZumba®
<b>Tuesday</b>	9am & 6pm - Deep H2O 12:00pm Masters Swimming
<b>Wednesday</b>	6:00am - Masters Swimming 9:00am - Deep H2O
<b>Thursday</b>	9am & 6pm - Deep H2O 12:00pm Masters Swimming
<b>Friday</b>	6:00am - Masters Swimming 9:00am - Deep H2O 12:00pm AquaZumba®
<b>Saturday</b>	6:45am - Masters Swimming
<b>Sunday</b>	11:00am - Aqua Zumba®

Key: (A) - All Levels (1) - Beginner

(2) - Intermediate (#) - Advanced † - 45 min class

‡ - 75 min class All others 60 min



## St Vrain Memorial Building

700 Longs Peak Ave | 303-651-8404

### Building/Weight Room Hours:

Monday-Friday: 6am-8pm  
 Saturday: 7am-5pm

## LAND CLASSES

<b>Monday</b>	8:00am - NIA (A) 9:15am - Power of 3 (1) 10:30am - Gentle Pilyoga (1) 12:00pm - Pilyoga (A) 6:00pm - Strong by Zumba® (#)
<b>Tuesday</b>	8:00am - Senior Strength & Stability 9:15am - Sr Strength & Conditioning 12:00pm - Pilyoga (A) 5:30pm - Tai Chi (1)
<b>Wednesday</b>	6:00am - Core De Force (#) 8:00am - NIA (A) 9:15am - Power of 3 (1) 12:00pm - Pilyoga (A)
<b>Thursday</b>	8:00am - SilverSneakers® Classic 9:15am - SilverSneakers® Circuit 12:00pm - R.I.P.P.E.D 5:30pm - Zumba® (A)
<b>Friday</b>	9:15am - Power of 3 (1) 12:00pm - Pilyoga (A) 12:00pm - Kickboxing Training
<b>Saturday</b>	9:00am - Pilyoga (A) ‡ 10:30am - Gentle Pilyoga (A)
<b>Sunday</b>	No Classes



## Lashley St Station

1200 Lashley St | 303-651-8411

<b>Tuesday</b>	8:30am-SilverSneakers® Classic † 9:30am - SilverSneakers® Yoga †
<b>Thursday</b>	8:30am - Core Strength † 9:30am-SilverSneakers® Yoga †



## Senior Center

910 Longs Peak Ave | 303-651-8411

<b>Monday</b>	8:00am-SilverSneakers® Classic † 11:00am-SilverSneakers® Circuit †
<b>Tuesday</b>	11:00am-SilverSneakers® Yoga †
<b>Wednesday</b>	8:00am-SilverSneakers® Circuit †
<b>Thursday</b>	11:00am-SilverSneakers® Yoga †
<b>Friday</b>	8:00am-SilverSneakers® Classic †

## Facility Fees

### VISIT DROP-IN\*

	Resident	Non-Res
Tot: Under 2 yrs	FREE	FREE
Child: 2-10 yrs	\$ 4.50	\$ 5.50
Youth: 11-17 yrs	\$ 5.00	\$ 5.75
Adult: 18-54 yrs	\$ 5.75	\$ 7.25
Senior: 55+ yrs	\$ 5.00	\$ 5.75

Drop-In Visit fees are good all day, same day use, at any site with receipt

### DROP-IN BABYSITTING\*: (6 Months-7 Years)

Parent/Guardian must be remain in the building. Free babysitting included with Household passes. ONLY at LRC. (Youth sitting same fee.)

1/2 hour (Minimum)	\$1.50
1 hour	\$3.00
1 1/2 hour	\$4.50
2 hours (Maximum)	\$6.00
20 hour Babysitting Pass	\$60.00

### 20 VISIT PASS\*

Valid at All Facilities - Expires 5 years from date of purchase. Pass may be shared,

<b>Resident</b>	\$86.75
<b>Non-Resident</b>	\$108.00
<b>Corp/Military</b>	\$78.00

### The benefits of Annual, Quarterly, and

**Monthly auto-debit passes:** Admittance to all year-round and seasonal facilities. Free towels at LRC and the St Vrain Memorial Building. Free babysitting at LRC for Household passholders.

Note that Ice Skate Rentals are an additional fee, see LongmontColorado.gov/ice-pavilion for more info.

### ANNUAL PASS\*

Expires 1 year from date of purchase.

	Resident	Non-Res	Corp/Military
Child: 2-10 yrs	\$165.00	\$206.00	N/A
Youth: 11-17 yrs	\$236.00	\$295.00	N/A
Adult: 18-54 yrs	\$414.00	\$517.50	\$313.00
Senior: 55+ yrs	\$236.00	\$295.00	\$189.00
Couple: 18+ yrs	\$686.00	\$857.50	\$696.00
Household**	\$779.00	\$973.00	\$662.75

\*\*Household=2 adults & their children (22 & under) living at home

### QUARTERLY PASS\*

Expires 3 months from date of purchase. ID required for Corp/Military rate.

	Resident	Non-Res	Corp/Military
Child: 2-10 yrs	\$ 47.50	\$ 59.50	N/A
Youth: 11-17 yrs	\$ 68.00	\$ 85.00	N/A
Adult: 18-54 yrs	\$119.00	\$149.00	\$ 95.00
Senior: 55+ yrs	\$ 68.00	\$ 85.00	\$ 54.50
Couple: 18+ yrs	\$197.00	\$246.50	\$173.00
Household**	\$224.00	\$280.00	\$200.00

### MONTHLY-AUTO DEBIT\*

Bank Account/Credit Card will be charged on the 10th of each Month. Three full monthly payments ARE REQUIRED before cancelling.

	Resident	Non-Res	Corp/Military
Child: 2-10 yrs	\$17.00	\$21.50	N/A
Youth: 11-17 yrs	\$24.00	\$30.00	N/A
Adult: 18-54 yrs	\$42.00	\$52.50	\$36.00
Senior: 55+ yrs	\$24.00	\$30.00	\$21.00
Couple: 18+ yrs	\$70.00	\$87.50	\$64.00
Household**	\$79.00	\$98.75	\$73.00

## SPECIAL CLASSES / ANNOUNCEMENTS

### New InBody Body Comp Anaysis Machine

Get your body composition weight breakdown of in terms of muscle, fat, and water (hydration).

\$20-\$25/test or \$75-\$100/5 tests

SilverSneakers® membership is NOT required to attend SilverSneakers® fitness classes.

### No Regular Fitness Classes:

No classes on July 4th or Sept 2, Labor Day  
 Special 4th July Zumba© 9-10:30am Sunset Pool

Check out FREE Fitness in the Parks classes online at LongmontColorado.gov/rec

**Additional Fitness Programs:** Classes that require pre-registration with unique monthly and drop-in fee structures. Registration available online or at a Recreation Facility for these classes:

**Yoga Classes, TRX, Running H2O, & Wattbike.**