



FITNESS DESCRIPTIONS

Land Classes

Please note that not all classes are offered at all times. Refer to the Fitness Schedule for current offerings.

Boot Camp: High intensity interval sports conditioning, running, plyometrics and calisthenics. (#)

Butts & Guts: Lower body & core training. (2)

Cardio Kickboxing: Kickboxing moves with alternating high & low levels of intensity. (#)

Cardio/Sculpt: A cardio and sculpting class that has cardio components and uses combined muscular strength and endurance exercises. (2)

CORE DE FORCE: A mixed martial arts-inspired, non-contact, high-energy, total-body sculpting class. A no-equipment workout.

Essential Barre: Do small, controlled, low impact movements at the ballet barre using your own body weight as resistance. Modifications make it ideal for all fitness levels.

Express Barre: Full body, low impact workout in 45 min utilizing small, controlled movements as well as lengthening and stretching exercises.

FLEX-ability: Increase your flexibility by adding this stretching class to your fitness routine. (A)

Indoor Cycling: No impact, high intensity stationary bike workout. (45 Min) (A)

Kickbox Training: Kickboxing moves using kick pads & gloves to get a full body workout.

NIA: Barefoot CardioDance fusion develops flexibility, agility, mobility, strength & stability. Creative & holistic dance. (75 Min) (A)

Power of 3: Cardio-Sculpt-Stretch. A low-impact fitness class. (1)

PiYo Live: Sweat, stretch, and strengthen in one low-impact, body-sculpting workout.

QiGong: the practice of circulating Chi-vital life force-through your body using movement and breath. Promotes health & wellbeing.

R.I.P.P.E.D: Combination of resistance, intervals, power, plyometric & endurance for a one-stop body shock.

Sculpt & Tone: A sculpting class for beginners to intermediate that keeps moving from one exercise to another. (2)

SilverSneakers®Boom: Fast pace challenging workout developed to improve strength, flexibility, and endurance. (A)

SilverSneakers® Classic: Move through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance, and chair is used for seated and/or stand support. (A)

SilverSneakers®Yoga: Move through a complete series of seated and standing yoga poses designed to increase flexibility, balance and range of movement. (A)

SilverSneakers®Cardio: An aerobics class for you - safe, heart healthy and gentle on the joints. Includes upper-body strengthening, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. (A)

SilverSneakers®Circuit: Upper-body strength work with hand-held weights, elastic tubing with handles, and SilverSneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support. (A)

SilverSneakers®Stability: Focusing on specific exercises to improve strength and power around ankles, hips and knees, balance, and reaction time. (A)

Step: A low impact aerobic class with step choreography on step platforms. Interval format includes alternating steps and weights/sculpting. (#)

STRONG by Zumba®: Combines high intensity interval training with the science of synced music motivation. (A)

TRX: Utilize your own body weight to build strength and develop a strong core. (A)

Tai Chi: Combines fluid movements of upper and lower body. The 24 of the Yang Style form and the 37-posture Yang short form. (A)

Total Body HIIT: High Intensity Interval Training (HIIT) with level options to choose of high, medium, and low intensity exercises. Builds cardio fitness while improving strength & endurance. be challenged to push your limites and walk out feeling strong!

Wattbike: Using wattbikes, measure pedal efficiency and power. Get instant feedback on your peddling fitness.

Fitness Exertion Key: (A) - All Levels
(1) - Beginner
(2) - Intermediate
(#) - Advanced

Water Classes

Aqua Circuit: A warm water aerobics class with a variety of cardiovascular exercises and use of different equipment.

Aqua Motion: A mild, no-bounce class for stretching and toning muscles and improving cardiovascular conditioning, CORE stability and joint mobility. A great class if you have arthritis, joint limitations, replacements or are pregnant.

Aqua Power: A high intensity predominately shallow water running and cardiovascular interval class designed to burn 500-700 calories in an hour and target buns, thighs and abs!

Aqua Zumba®: Make a Splash and Join the Pool Party!

Deep H2O: A moderate intensity water fitness class with no impact to the joints. Floatation belts are provided

Masters Swimming: Improve your skills and stamina through intervals, drills and distance swimming. Recommended for adults who are comfortable swimming at least 1,000 yards non-stop.

Beginning Masters Swimming: Catering to your individual needs, you will receive stroke work plus a great workout. This program is recommended for adults who are comfortable swimming 200 yards non-stop.

SilverSneakers - Splash®: Activate your urge for variety! SilverSplash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination. (45 minutes)

Zumba®: Ditch the workout and Join the PARTY!. (A)

Zumba Gold®: A Zumba® Class with less impact, no pivots and simpler choreography. (A)

Para copia de esta publicación en Español o información llame al 303-651-8601 o correo electrónico maria.tostado@longmontcolorado.gov

St Vrain Memorial Bldg
700 Longs Peak Ave • 303-651-8404

Centennial Pool
1201 Alpine St • 303-651-8406

Sunset Pool
1900 Longs Peak Ave
303-651-8300

Longmont Recreation Center
310 Quail Rd • 303-774-4800

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	YOGA FOR FLEXIBILITY	343118	Izaak	Josine Michels
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	GENTLE FLOW & RESTORE 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
Summer (June, July, & August) codes begin with '3'

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

Yoga and Mindfulness Camp for Teens

Teenagers: connect with their bodies, minds creativity, nature and likeminded friends. Come and experience two yoga classes, nature walk and mindfulness based activities for fun and relaxation. Guided by an experienced Yoga Teacher and Board Certified Health and Wellness Coach. Lunch and beverages are included

13-18 yrs: **Jul 8, Mon, 9am-4:30pm** 343191.10
Aug 5, Mon 9am-4:30pm 343191.20

Instructor: Urszula Bunting
Location: SSR Visitor Center, 3001 Sandstone Dr
Fee: \$125 resident/\$156.25 non-resident

Movement Meditation

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



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

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