



# 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)

**HIGH Fitness:** Fitness choreography to fun music from all decades & genres. Options given for ALL levels with interval training moves. (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!

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)

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

**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

**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](http://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/ \$13.75 non-resident  
 1.5 hr: \$13 resident/\$16.25 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	<b>ALIGNMENT BASED YOGA</b>	143117	Izaak	Gwyn Cody
Mon	5:30-6:45pm	1.25 hr	<b>YOGA FOR FLEXIBILITY</b>	143118	Izaak	Josine Michels
Tues	9:15-10:30am	1.25 hr	<b>BEGINNER FRIENDLY YOGA</b>	143152	Izaak	Diana Shellenberger
Wed	10:30-11:45am	1.25 hr	<b>GENTLE YOGA</b>	143133	Izaak	Urszula Bunting
Wed	5:30-7:15pm	1.75 hr	<b>THERAPEUTIC STRUCTURAL YOGA</b>	143138	Izaak	Shar Lee
Thurs	9-11am	2 hr	<b>WOMEN'S HATHA YOGA</b>	143142	Izaak	Shar Lee
Thurs	5:15-6:30pm	1.25 hr	<b>GENTLE FLOW &amp; RESTORE YOGA</b>	143119	Izaak	Katharine Kaufman
Fri	9-10:30am	1.5 hr	<b>WELL BEING YOGA</b>	143120	Izaak	Katharine Kaufman
Sun	9:30-10:45am	1.25 hr	<b>SUNDAY MORNING YOGA</b>	143171	Izaak	Katharine Kaufman

Yoga Locations: Izaak Walton - 18 S Sunset | Winter (Dec, Jan, Feb) begins with "1"; Spring (Mar, Apr, May) begins with "2"

### Tea and Yoga- Yin and Restore

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, candlelight and a warming cup of herbal tea. Please bring a mat and a blanket

16 & up: **Sun, 3:30-5:30pm**  
 Dates: **Dec 15, Jan 19, or Feb 23** 143300  
**Mar 15, Apr 19, or May 17** 243300  
 Instructor: Urszula Bunting  
 Location: Izaak Walton Clubhouse, 18 S Sunset  
 Daily Fee: \$25 resident/\$31.25 non-resident

### Morning Tea and Yoga

Start your day with Tea & Yoga and get energized, balanced, and relaxed. Each session includes Hatha and Yin yoga poses, breathing, and seasonal tea for body, mind, and soul.

16 & up: **Jan 13-Feb 17, Mon, 9-10:30am** 143301-A  
 Instructor: Urszula Bunting  
 Location: Izaak Walton Clubhouse, 18 S Sunset  
 Fee: \$75 resident/\$93.75 non-resident  
 Daily drop in fee: \$15 resident/\$18.75 non-resident

### Restorative Yoga

Unwind, refresh, and allow your body and mind to heal and restore the first Friday of each month. We use variety of props, Tibetan bowls, candlelight, and essential oils. Please bring a yoga mat and a blanket. \$5 discount/class if you register for all 5.

16 & up: **Jan 3, Feb 7, Fri, 6-8pm** 143155  
 16 & up: **Mar 6, Apr 3, May 1, Fri, 6-8pm** 243155  
 Instructor: Urszula Bunting  
 Location: Izaak Walton Clubhouse, 18 South Sunset  
 Fee: \$25 resident/\$30 non-resident

### Yoga and Mindfulness Retreat

Relax, restore, renew, practice yoga, breath, sip and inhale aroma of freshly made tea, and create balance and harmony in your body, mind, and in your life. Homemade lunch and tea included. Perfect gift for Mother's Day!

16 & up: **May 8, Fri, 9:30am-5pm** 243198-A  
 Instructor: Urszula Bunting  
 Location: SSR Visitor Center, 3001 Sandstone Drive  
 Fee: \$80 resident/\$100 non-resident

### 200 Hour Vinyasa Flow Teacher Training

Whether you are already a yoga teacher, hope to become one, or simply want to learn more about the magic of yoga, this 8 week intensive course deepens your practice of yoga leaving you with a sense of purpose to create the life you love.

\*Full description and schedule online. Register directly with instructor at <https://www.raeanneroseman.com>  
 Questions? Mindfullyoga3@yahoo.com

16 & up: **Fri, 6-9pm; Sat, 8-8pm; Sun, 8-6pm**  
 Dates: **May 22-Aug 16** 213333  
 Fee: \$2250; save up to \$255 in discounts, details online  
 Location: Longmont Recreation Center, 310 Quail Rd/  
 Lashley St Station, 1200 Lashley St

### Second Saturdays: Three Morning Workshops

Join seasoned movement artist, poet, and meditation instructor, Katharine Kaufman, for the new Second Saturday Workshops. These classes focus on expressions of meditation and are designed to complement each other, but can be taken singularly. See online for individual workshop descriptions.

16 & up: **Sat, 9:30am-12pm**  
 Dates: **Feb 8, Mar 14, Apr 11** 243189  
 Location: Lashley St Station, 1200 Lashley St  
 Daily Fee: \$30 resident/\$37.50 non-resident  
 Series Fee: \$80 resident/\$100 non-resident

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