



FITNESS & WELLNESS

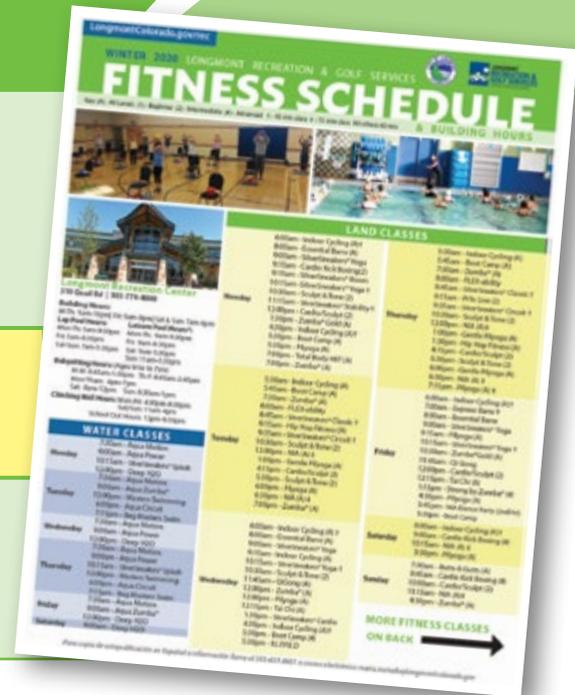
LAND AND WATER DROP-IN FITNESS CLASSES

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/fitness by clicking on the Fitness & Wellness Programs link.

No Regular Fitness Classes: Sun, Apr 12; Mon, May 25; Sat, July 4

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



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 Specialist 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 Specialist 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

Nutrition Consultation

Do you need guidance on navigating healthy food choices? Confused about how nutrition supports optimal health? As a clinical nutritionist Michelle Beyer M.S. offers personalized nutrition consultations focused on your specific health needs and goals.

1 session: \$49 resident/\$61 non-resident
3 sessions: \$140 resident/\$175 Nnn-resident

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

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



**CHECK OUT
SESSION-BASED
FITNESS CLASSES**

on page 29 & 31.



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

16 & up:	Tuesday & Thursday 4:15-5:15pm		
Dates:	Jun 2-30	\$45 res/\$56.25 non-res	323512
	Jul 7- Aug 6	\$50 res/ \$62.50 non-res	323512
16 & up:	Monday & Thursday 5:30-6:30pm		
Dates:	Jun 1-29	\$45 res/\$56.25 non-res	323512
	Jul 6-Aug 6	\$50 res/\$62.50 non-res	323512
Location:	St Vrain Memorial Bldg, 700 Longs Peak Ave		
16& up	Mon & Wed 7-7:45am		
Dates:	Jun 1-Jul 1	\$50 res/\$62.50 non-res	323512
	Jul 13-Aug 19	\$60 res/ \$75 non-res	323512
Location:	Longmont Recreation Center, 310 Quail Rd		

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. Monthly session pricing dependent on number of classes at \$10 res/class. See online or facility for specific dates. Drop in Fee: \$12 resident/\$15 non-resident

16 & up:	Tue, 9:30-10:30am	213922	313922
Instructor:	Sephra Albert Level 4 Essentrics Trainer		
Location:	Longmont Rec Center, 310 Quail Rd		
16 & up:	Wed, 10:30-11:30am	213923	313923
Instructor:	Kim Zimmer L4 Essentrics® Trainer		
Location:	Memorial Building, 700 Longs Peak Ave		
16 & up:	Thurs, 9:30-10:30am	213922	313922
Instructor:	Sephra Albert Level 4 Essentrics Trainer		
Location:	Longmont Recreation Center, 310 Quail Rd		

Essentrics® Barre

Essentrics® BARRE offers a dynamic full-body workout that works fascia and muscles. Barre work allows muscles to experience a gentle but deeper stretch in order to relieve pain and permit full range of motion. Develop lean, strong and flexible muscles. Moderately paced. Barefoot. Bring a mat.

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

16 & up:	Fri, 10:30-11:30am		
Dates:	Jun 5-26	\$40 res/\$50 non-res	313924-4
	Jul 3-31	\$50 res/\$62.50 non-res	313924-5
	Aug 7-28	\$40 res/\$50 non-res	313924-6
Instructor:	Kim Zimmer, L4 Essentrics® Trainer		
Location:	Memorial Building, 700 Longs Peak Ave		

FREE TRX ORIENTATIONS
the 3rd Tuesday of each Month, 5-5:30pm,
at the St Vrain Memorial Bldg,
700 Longs Peak Ave.

SILVERSNEAKERS® & RENEW ACTIVE™ PROGRAMS

Designed for Medicare participants with select insurance plans. Are you a United Healthcare customer? Did your SilverSneakers® pass change to Renew Active™ by Optum? Don't worry! Your new pass works just like the SilverSneakers® pass. Both programs include use of facility amenities and group fitness classes with unlimited daily admission at the Longmont Recreation Center, Centennial Pool, and the St Vrain Memorial Building. Both programs are also valid for admission for the SilverSneakers® classes held at the Senior Center and Lashley St Station. To find out more, call 303-774-4800 or stop in at 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® and RenewActive™ participants involve a tour of the Longmont Recreation Center and an overview of the fitness equipment.

Days/Times:	May 7, Jun 4, Jul 2, Aug 6; Thurs, 9am May 21, Jun 18, Jul 16, Aug 20; 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 available online and at Recreation facilities.

SilverSneakers® Boom	SilverSneakers® Cardio
SilverSneakers® Classic	SilverSneakers® Circuit
SilverSneakers® Splash	SilverSneakers® Yoga
SilverSneakers® Stability	

Lunch & Learns Special Event

Join us on the 2nd Tues of each month for an educational class! Bring a lunch or snack. Meals on Wheels is available prior to the classes.

	May 12, Jun 9, Jul 14, Aug 11	213401 & 313401
Fee:	Free for SilverSneakers® & Renew Active™ members	
Location:	Longmont Senior Center, 910 Longs Peak Ave	

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

FITNESS & WELLNESS



Yoga



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

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: 1-1.25 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	9:30-10:30am	1 hr	YOGA FOR ACTIVE ADULTS	343134	Izaak	Urszula Bunting
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
Fri	9-10:30am	1.5 hr	WELL BEING YOGA	343120	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 (Mar, Apr, May) begins with "2", Summer (Jun, Jul, Aug) begins with "3"*

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

Dates: **May 17, Sun, 3:30-5:30pm** 243300

Instructor: Urszula Bunting

Location: Izaak Walton Clubhouse, 18 S Sunset

Daily Fee: \$25 resident/\$31.25 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: **May 1, Fri, 6-8pm** *No Jun 5 243155

16 & up: **Jul 3 or Aug 7, Fri, 6-8pm** 343155

Instructor: Urszula Bunting

Location: Izaak Walton Clubhouse, 18 South Sunset

Fee: \$25 resident/\$30 non-resident

RETREATS

Enjoy these retreats from hustle and bustle of everyday living at Longmont's Hidden Jewel – Sandstone Ranch.

Location: SSR Visitors & Learning Center, 3001 Sandstone Dr

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

Women's Retreat with Yoga & Mindfulness

Enjoy a day with other like-minded women while discovering and enhancing your internal and external beauty. Experience the power of yoga, Ayurveda, mindfulness, nature, and social connections.

16 & up: **Aug 1, Sat, 9am-4:30pm** 343195-9

Instructor: Urszula Bunting

Fee: \$85 resident/\$106.25 non-resident

Summer Yoga & Meditation Sanctuary Retreat

Spend an entire day practicing nourishing yoga, sitting, and walking meditation from the inside out. Release pain and stress, rejuvenate balance and energy. Bring your yoga mat, blanket, a meditation cushion if you have one, and a lunch (chairs available)

16 & up: **Jun 6, Sat, 10am-4:30pm** 343190-W

Instructor: Katharine Kaufman

Fee: \$52 resident/\$65 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

Fee: \$80 resident/\$100 non-resident



Yoga Workshop- Dancing with Dakinis

Learn how to use dakinis -Tibetan sticks- and explore fun and enlivening way of practicing yoga. During the workshop, decorate your dakini and practice yoga poses and movements. Bring a yoga mat and lunch + \$20 dakinis material fee.

18 & up: **May 30, Sat, 10am-4pm** 243199-A

Instructor: Shar Lee

Location: SSR Visitor Center, 3001 Sandstone Drive

Fee: \$75 resident/\$93.75 non-resident + \$20 materials fee

Tai Chi: 37 posture Yang short form

Tai Chi is a mind-body exercise utilizing slow, relaxed movement that stimulate the flow of chi. When the chi flows harmoniously, the mind, body and spirit are in balance, enhancing ones physical and mental well-being. This class is for people with Tai Chi experience.

18 & up: **Jun 1-Aug 31, Mon, 11am-12pm** 343125

Instructor: Barb Larsen

Location: Izaak Walton Clubhouse, 18 S Sunset

Daily Fee: \$6 resident/\$7.50 non-resident

Chinese Twenty Brocades

Twenty Chinese exercises designed for health and flexibility. They include different stances, fluid movements and breath work. No previous experience is necessary

18 & up: **May 2, Sat, 2-3:30pm** 213128-A

Aug 22, Sat, 2-3:30pm 313128-A

Instructor: Carmen Baehr

Location: Longmont Recreation Center, 310 Quail Rd

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

Shotokan Karate

Shotokan karate training helps increase physical fitness, confidence, improved motor skills, flexibility, speed, concentration, discipline & personal safety. Register with keyword "Shotokan"

6 & up: Tue & Thurs, 6:40-7:40pm

Sessions: Ongoing, monthly

Instructor: Budo Shotokan, Sensei Chad Callaghan

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Youth Fee: \$70 resident/\$87.50 non-resident

Adult Fee: \$90 resident/\$112.50 non-resident

Bollywood Dance Workout

Bollywood Dance workout is based on Bollywood (Indian film industry) songs. Inspired by dance and fitness, it combines dynamic choreography with the hottest Bollywood music. High and low intensity dance sequences to get you moving, sweating, and smiling.

18 & up: **Jun 7-Aug 15, Sat, 12-1pm** 313763

Instructor: Ankita Soni

Location: Longmont Recreation Center, 310 Quail Rd

Daily Fee: \$6 resident/\$7.50 non-resident

Hula Hoop Fitness

This high energy, somatic fitness class builds confidence, improves balance, minimizes chronic pain, decreases belly fat, reduces anxiety, and increases mindfulness and joy! No experience necessary; hoops provided. Arrive 15 minutes early to be fitted for a hoop. Children 9-15 ok with parent also attending.

16 & up: **Mon, 5-5:45pm**

Dates: **May 4-18** \$45 res/\$56.25 non-res 213925-3

Jun 1-22 \$60 res/\$75 non-res 313925-1

Jul 13-27 \$45 res/\$56.25 non-res 313925-1

Aug 3-31 \$45 res/\$56.25 non-res 313925-2

Instructor: Melody Erickson

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Running H2O

Receive the benefits of land running without any impact or even getting your hair wet. This class is held in the deep end of the program pool and aqua-jogging belts are provided for flotation. Running H2O is coached by Mary Ritter, Owner of Body Transformations, Certified Running H2O instructor, USTA and IRONMAN coach and CPT/CES/PES/SSI.

18 & up: **Tue & Thurs, 7-8am**

Dates: **May 5-21** \$54 res/\$68 non-res 233600-3

Location: Centennial Pool, 1201 Alpine St

18 & up: **Tue & Thurs, 7-8am**

Dates: **Jun 2-30** \$81 res/\$101 non-res 333600-1

Jul 7-30 \$72 res/\$90 non-res 333600-2

Aug 4-13 \$36 res/\$45 non-res 333600-3

Location: Sunset Pool, 1900 Longs Peak Ave

Drop in Fee: \$13 resident/\$16.25 non-resident

D2G SocaFit

D2G SocaFit® is a dance fitness program dedicated to the beautiful and energetic sounds of Soca Music. This program combines high cardio, toning and fun dance moves to gain proven fitness results.

18 & up: **Tue, 2-3pm**

Dates: **May 5-26** 213770

Jun 2-Aug 18 312770

Instructor: Karina Xaubet

Location: Longmont Recreation Center, 310 Quail Rd

Daily Fee: \$6 resident/\$7.50 non-resident