



# COMMERCE CITY RECREATION CENTER DROP-IN GROUP FITNESS SCHEDULE



Download the current group exercise schedule online at [www.c3gov.com/recreation](http://www.c3gov.com/recreation) or ask for a hard copy at the front desk. To better serve the community, classes may be adjusted periodically through the year. Updates will occur the Friday before the expiration date of the group exercise schedule.

*Classes are held in the fitness room on the first floor near the racquetball courts and gymnasium.*

*\*All classes except those with an asterisk or highlight are included with a membership or punch card use.*

*Group and aqua fitness classes are included with Annual, SilverSneakers, or monthly membership or 20-punch card.*

*Asterisked and highlighted classes require registration. Enroll in a highlighted class by visiting or calling the registration desk at 303-289-3789.*

## 20/20 Fitness

Do you have an hour to spare? Not sure whether to do cardio or strength? Try this class with 20 minutes of cardio, 20 minutes of strength, and finish up with a series of abdominal exercises.

## Beats by Iris

Complete low-impact aerobics to get your heart pumping, then move into strength exercises with props such as hand weights, gliding discs, and more.

## Bokwa

Bokwa is a cardio-licious blend of hip hop and dance aerobics that taps into South African-style dance.

## Cardio Kick, Core & More

This high-energy class incorporates upbeat aerobic kickboxing combinations, strength building movements, and core challenging exercises. This all-in-one class develops multiple aspects of fitness.

## Cycle/Step

A varied workout incorporating step choreography, cycling, and resistance training.

## Cycling

Challenge your cycling fitness with simulated cycling terrain. You control the resistance at all times as you go through rolling hills, flats, and climbs. All levels welcome.

## Fitness Boot Camp

Challenge your endurance, speed, agility, power, strength and balance. All exercises are modifiable to meet all fitness levels.

## Kickboxing/Strength Express

Moderate and high intensity combinations of punches and kicks get your heart pumping.

## Power Circuit

Incorporate cardio and core training utilizing a variety of equipment in this intense total body workout.

## Senior Strength

This class focuses on strengthening muscles in a safe and progressive manner. End the class with a series of relaxation exercises to prepare you for the day.



## SilverSneakers® Circuit

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with low-impact aerobic choreography.



## SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.



## SilverSneakers® Yoga

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

## STRONG

What motivates you to get fit? This class is designed to challenge you each time. All levels are welcome to this class consisting of strength training and weight lifting with a cardio bonus to burn off stubborn fat. Bring a friend and get STRONG!

## Totally Toned

A mix of cardio and toning exercises to give you a great workout and boost your energy mid-day.

## \*Weight Loss Boot Camp

This small-group training, led by a certified personal trainer, is designed to give you individual attention and group motivation. Burn calories and test your limits through a combination of cardio and strength training. Boot camp includes modified pre and post assessments to gauge your progress. All fitness levels welcome.

## \*Women on Weights

In this small-group class for women only, you will use strength training to help tone and sculpt muscle, lose body fat, increase metabolism and boost your confidence.

## Yoga (Hatha and Vinyasa)

Nurture your mind and body through poses, breathing and relaxation. Yoga is now included with memberships and daily drop in at no additional charge. Mats are limited, we encourage you to bring your own.

## Zumba®

Ditch the workout and join the party in this Latin-inspired fitness dance class. Due to popularity, maximum capacity is 35 participants; on a first come basis. It is recommended to arrive early.

## Zumba Sentao®

What happens when you use a simple chair to add calorie scorching strength moves to an already high energy Zumba class? You get Zumba Sentao®! This fusion class will be half Zumba and half Zumba Sentao.



# STAY MOTIVATED AND INSPIRED WITH PERSONAL TRAINING



## Weight Room Orientation

New to the Commerce City Recreation Center or working out in general? Schedule a FREE, 30-minute weight room orientation with a certified personal trainer and learn how to use the machines safely and correctly for a full body workout.

## Fitness Assessments

Fitness assessments enable you to identify strengths and weaknesses to set realistic and attainable goals, and gauge your progress. The full fitness assessment tests all components of fitness: body composition, cardiovascular endurance, muscular strength, and muscular endurance and flexibility.

\$25/\$30

## Body Composition

How much adipose tissue (fat) do you have on your body? How much would you have to lose to drop 5, 10, 20 pounds? Are you in a healthy range and what does it take to lose fat? Call 303-289-3762 and schedule an appointment to learn this information and have your body composition tested using skinfold caliper technique. FREE

## Fitness Consult

Are you new to the fitness world and not sure where to begin? Intimidated by all the advice you hear from shows, magazines, and friends? Come learn what is real and what is not in a one-on-one discussion with the fitness coordinator. Bring questions, dispel myths, and actually learn what it takes to gain control of your health.

Call 303-289-3762 to schedule a FREE 30-minute appointment.

## Personal Training

Incorporate fitness assessments, goal setting and health education into challenging workouts specially designed for your specific needs and goals with a nationally certified personal trainer. No matter your goals; your personal trainer helps you achieve them. Your personal trainer instructs you on proper technique provides exercise options and motivates you to achieve your fitness goals.

### ONE-HOUR TRAINING FOR THE INDIVIDUAL

1 one-hour session*	\$35/\$40
3-session package	\$99/\$114
6-session package	\$186/\$201
10-session package	\$290/\$305

*\*1 one-hour sessions can only be purchased by returning clients who previously held a 3, 6, or 10 session package.*

### SEMI-PRIVATE SESSION (2 PEOPLE)

3-session package	\$81/\$96 per person
6-session package	\$150/\$165 per person
10-session package	\$230/\$245 per person

### NEW YEAR PERSONAL TRAINING SPECIAL

Get fit this new year! Now is the time to act on the motivation to become healthier. Save \$10 when you book a three-session package during the month of January.

Purchase must be made during the month of January. Sessions expire six months from purchase date.

Paperwork must be completed before personal training registration is allowed. Call 303-289-3762 for more information. Unused personal training sessions expire six months after purchase. Refunds are not provided due to session expiration.

**For more information about any of these fitness services or to schedule an appointment with a fitness professional, call 303-289-3762.**





# STAY STRONG WITH SPECIALITY FITNESS CLASSES



All specialty fitness classes require registration and are not included with any membership.

## Beginner Yoga 101

Join this small group yoga series that caters to beginners. This class is designed for those that have never tried yoga before or may be intimidated to join a live class. Learn the essential poses that will develop your practice so you can transition to a regular group practice. No experience is necessary, just bring a mat (or use one of ours). Pre-registration is mandatory as a minimum of four participants are required for a session to begin. Ages 16 and older

### Session 1

Wed 1/11-1/25 (3 weeks) 4:30-5:30 p.m.  
3241.101 \$15/\$18

## Rock Climbing Trip

Rock climbing is a phenomenal fitness activity that develops full body muscular strength in large and small muscles. Join our group as we travel to Rock'n & Jam'n Climbing Gym in Thornton for a full morning of climbing. Do not worry if you have never climbed before, as you will receive your belay certification at the event. Bring a friend and register now. Transportation is provided, but space on the vehicle is limited. Pre-registration is mandatory as a minimum of four participants are required for a session to begin.

Ages 13 and older. (Participants under the age of 18 must be accompanied by a parent or guardian. The climbing facility will require the parent or guardian to sign a consent form).

9 a.m. Transportation leaves from the Commerce City Recreation Center

### Session 1

Sat 2/25 9 a.m. – Noon  
3411.101 \$33 per person

## Teen Weightlifting

Getting fit can help boost a teen's self-esteem, confidence and improve their athletic ability. Class includes 90 minutes of hands-on learning to plan an effective workout and use the weight equipment safely and properly. Teens, ages 14-15, will have their Recreation Play Pass card validated for access to the weight room, with successful completion. Ages 14-18.

### Session 1

Sat 1/21 10-11:30 a.m.  
3111.101 \$15/\$20

### Session 2

Sat 3/18 10-11:30 a.m.  
3112.101 \$15/\$20

## Women on Weights

In this small-group class for women, you will use strength training to help tone and sculpt muscle, lose body fat, increase metabolism and boost your confidence.

### Session 1

Sat 1/14-2/18 (6 weeks) 8:30-9:30 a.m.  
3101.101 \$25/\$30

### Session 2

Sat 3/4-4/8 (6 weeks) 8:30-9:30 a.m.  
3102.101 \$25/\$30

### Session 3

Sat 4/22-5/27 (6 weeks) 8:30-9:30 a.m.  
3103.101 \$25/\$30

## Weight Loss Boot Camp

This small group training, led by a certified personal trainer, is designed to give you individual attention and group motivation to whip you into shape. Burn calories and test your limits through a combination of cardio and strength training. Boot camp includes modified pre and post assessments to gauge your progress. All fitness levels welcome. Participants who attend 10 of the 12 sessions will receive a 10 percent discount on the next session registration.

### Session 1

Tue/Thur 1/10-2/16 (6 weeks) 4:30-5:30 p.m.  
3701.101 \$65/\$75

### Session 2

Tue/Thur 2/28-4/6 (6 weeks) 4:30-5:30 p.m.  
3702.101 \$65/\$75

### Session 3

Tue/Thur 4/18-5/25 (6 weeks) 4:30-5:30 p.m.  
3703.101 \$65/\$75

*Unless otherwise noted all classes on this page require a minimum registration of four participants to begin.*

### GET SENIOR STRONG WITH OLDER ADULT FITNESS

Check out all fitness and wellness programs including SilverSneakers® group fitness, personal training, and more on pages 7 and 30.

## Active Adult New Member Weight Room Orientation

Are you new to the facility? Schedule a free weight room orientation to learn more about the strength and cardio machines as well as the fitness services. Bring your questions and have them answered by a fitness professional. To schedule your 45 minute orientation, call 303-289-3762.