Fall 2016

Class schedule for November 28-December 31

Commerce City Recreation: Group Fitness

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7-8 a.m.	Kickboxing/Strength Express Instructor: Sylvia	SilverSneakers® Classic Instructor: Laurie		SilverSneakers® Classic Instructor: Laurie		
8-9 a.m.	Senior Strength Instructor: Sylvia		SilverSneakers® Yoga Instructor: Lacey			
8:30-9:30 a.m.		SilverSneakers® Circuit Instructor: Laurie		SilverSneakers® Circuit Instructor: Laurie		Women on Weights* Instructor: Cairo
9:15-10:15 a.m.	Cycle/Step Instructor: Iris		Beats by Iris Instructor: Iris		Zumba Sentao Instructor: Iris	
10-11 a.m.		Cardio Kick, Core & More Instructor: Laurie				
11 a.m.-Noon	Totally Toned Instructor: Sylvia		20/20 Fitness Instructor: Sylvia		TotallyToned Instructor: Sylvia	
12:30-1:30 p.m.				Vinyasa Yoga Instructor: Ava		
4:30-5:30 p.m.		Weight Loss Boot Camp Instructor: Leslie	NEW TIME! STRONG Instructor: Leslie	Weight Loss Boot Camp Instructor: Leslie		
5:30-6:30 p.m.		Power Circuit Instructor: Iris	Hatha Yoga Instructor: Lacey	Fitness Boot Camp Instructor: Cairo		
6:30-7:30 p.m.	All-Levels Cycling Instructor: Kat	Zumba Instructor: Iris	All-Levels Cycling Instructor: Kat	Zumba Instructor: Iris		

***Highlighted classes require the registration of at least 4 people for a session to begin.**
Enroll by visiting or calling the Registration Desk: 303-289-3789.
See our brochure for the next session start.

Group and Aqua Fitness classes are included with Annual/SilverSneakers/Monthly memberships or 20 punch card. ***Drop-in rate applies for all other participants.***
SilverSneakers® classes are included with membership.

Commerce City Recreation: Aqua Fitness

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8-9 a.m.	Fluid Motion		Fluid Motion		Fluid Motion
9:30-10:30 a.m.		Liquid Silver		Liquid Silver	
5:15-6:15 p.m.	Ebb & Flow		Ebb & Flow		
6-7 p.m.		Hydro Power		Hydro Power	
6:30-7:30 p.m.	Aqua Zumba®				

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Commerce CITY
PARKS, RECREATION & GOLF

Classes are limited to the first 35 people maximum. Cycling classes are limited to the first 10 riders.

Must be 16 years of age or older to participate in classes.

Group Fitness

20/20 Fitness: Do you have an hour to spare? Not sure whether you want to do cardio or strength? Try a new class which will perform 20 minutes of cardio, 20 minutes of strength, and finish up with a series of abdominal toning exercises.

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

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.

Cardio Kick, Core & More: This high-energy class incorporates upbeat aerobic kickboxing combinations, along with strength building movements, and core challenging exercises. This all in one class will challenge multiple aspects of your fitness.

Cycle/Step: A varied workout incorporating step choreography, cycling and resistance training.

Fitness Boot Camp: Challenge your endurance, speed, agility, strength, and balance with drills and exercises. All exercises are modifiable to meet every fitness level.

Kickboxing/Strength Express: Moderate intensity combinations of punches, kicks, and strength that will challenge your morning routine.

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.

Silver Sneakers Circuit: Combine fun and fitness to increase your cardiovascular and muscular endurance with a standing workout. Hand weights, elastic tubing and a ball is alternated with low-impact aerobic choreography.

Silver Sneakers Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily functional skills. A chair is used for seated and/or standing support.

Silver Sneakers Yoga: Move your entire 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 motion. Restorative breathing exercises and final relaxation promotes stress reduction and mental clarity.

STRONG: What motivates you to get fit? All levels are welcome to this class consisting of strength training and weight lifting with a cardio bonus to burn off stubborn fat. This class is not for the weak of heart as you will be challenged each time. Bring a friend and get STRONG!

Teen Weightlifting: Getting fit can help boost a teen's self-esteem, confidence and improve their athletic ability. Class includes 90 minutes of handson learning to plan an effective workout and use the weight equipment safely and properly. Teens, ages 14-15, will have their ID validated for access to the weight room, with successful completion. Ages 14-18. Pre-registration is required.

Totally Toned: A mix of cardio and toning exercises gives you a great workout and boosts 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. All fitness levels welcome.

Women on Weights: Sorry guys-this class is just for the women. In this small-group class you will use strength training to help tone and sculpt muscle, lose body fat, increase metabolism and boost your confidence

Women's Weight Lifting Seminar: This seminar for women breaks down proper lifting form, from anatomy and joint action to technique. Come dressed to move and practice various lifting techniques under the supervision of a certified personal trainer. Leave educated with the ability to perfectly execute complex lifts such as barbell squats, deadlifts, bench press and more. Ages 16 and older. Pre-registration is required.

Yoga (Hatha/Vinyasa): Nurture your mind and body through poses, breathing, and relaxation. Hatha Yoga aims to take practitioner through poses and breathing relaxing the body by the end of class. Vinyasa Yoga features progressively learned flowing sequences promoting breath and movement alignment reinvigorating the body by the end of class. Mats are limited so we encourage you to bring your own.

Zumba: Ditch the workout and join the party in this Latin-inspired fitness dance class. Class capacity is on a first come basis.

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

Zumba Step: All of the step toning and strengthening for your legs and glutes. All the Zumba fitness party you love.

Aqua Fitness

Aqua Zumba: Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together in a safe, challenging, water –based workout that cardio-conditioning, body toning, and most of all exhilarating beyond belief.

Ebb & Flow: A low-impact, medium-intensity workout that focuses on interval training for cardiovascular conditioning and incorporates exercises that target resistance training and flexibility.

Fluid Motion: A medium-impact medium-intensity workout for cardiovascular conditioning and improved flexibility, joint health and muscle strength.

Hydro Power: A high-impact high-intensity class that offers non-stop cardiovascular conditioning and intense resistance training exercises. Not for the weak of heart.

Liquid Silver: A low-impact, low-intensity workout for those that have therapy or rehab needs, wish to improve their range of motion and flexibility, or would like a slight cardiovascular challenge.

Recreation Center Hours

Mon-Fri • 5:30 a.m.-9:30 p.m.

Sat • 8 a.m.-5:30 p.m.

Sun • 8 a.m.-5:30 p.m.

HEALTHWAYS SilverSneakers® FITNESS

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