

## North Table Mountain Room Schedule

|                   | Mon.   | Tues.  | Wed.   | Thurs.  | Fri.                                     | Sat.                                       |
|-------------------|--|--|--|---|--|--|
| Morning           | 6-6:45am<br>Core Conditioning<br>Julie       | 5:45-7:15am<br>Cycling<br>Whitney                              | 6-6:55am<br>Cardio Lift Interval<br>Deena                              | 5:45-6:45am<br>Cycling<br>Chris                                     |  | 7:15-8:30am<br>Continuing Yoga R*<br>Julie |
|                   | 9-10:15am<br>Power Training<br>Ashley        | <b>9-9:55am</b><br><b>a.m. Interm. Yoga R*</b><br><b>Julie</b> | 9-10:00am<br>Power Training<br>Julie                                   |   | 9:00-10:15am<br>Power Training<br>Tyler  |  |
|                   |  |  |  | IN THE GYM<br>9-9:55am<br>ZUMBA® Leah<br><b>**general admission</b> |  |  |
| Afternoon/Evening |  |  | 12:15-1pm<br>Fusion<br>Tyler   | 10-10:55am<br>Easy Yoga 60+<br>Alison                               | 11:00-12:00pm<br>Line Dancing<br>Various |  |
|                   | 5:15-6:15pm<br>Cycling<br>TBD                |  |  |   |  |  |
|                   | 6:30-7:25pm<br>Intro to Pilates R*<br>Sherri | <b>Jazzercise</b><br><b>6-6:55pm</b><br><b>(Separate Fee)</b>  | 5:45-7pm<br>Cycling<br>Chris   |   |  |  |
|                   |  | 7-8pm<br>Belly Dance Fusion for<br>All Levels R*<br>Elizabeth  | 7:10-8:10pm<br>ZUMBA® Kelly<br><b>(Separate Fee to<br/>Instructor)</b> | <b>Jazzercise</b><br><b>6-6:55pm</b><br><b>(Separate Fee)</b>       |  |  |

- R = registration class, reference brochure/attached page for session dates
- \* If minimums are not met the class session will be cancelled please check with the front desk if current session is running

## South Table Mountain Room Schedule

|  | Mon.                                      | Tues.  | Wed.                                      | Thurs.                                     | Fri.   | Sat./Sun.  |
|--|---|--|---|--|--|--|
| Morning  |   |  |   |  |  |  |
|  | 8-8:55am<br>SS® Circuit<br>Alison         | 9-9:55am<br>Body Fit<br>Audrey   | 7:45-8:45am<br>Tai Chi<br>Brenda          |  | 7:30-8:30am<br>Kimodo<br>Hashi                 | <b>Jazzercise</b><br><b>8:30-9:30am</b><br><b>(Separate Fee)</b> |
|  | 9-9:55am<br>Body Fit<br>Alison            | <b>IN THE GYM</b><br>9-9:55am<br>ZUMBA® Leah<br><b>**general admission</b> | 9-9:55am<br>Strength and Cardio<br>Audrey | 9-9:55am<br>Fitness for All<br>Joy         | 8:45am-9:40am<br>Strength and Cardio<br>Marina |  |
|  | 10-10:55am<br>SS® Classic<br>Alison       | 10-10:55am<br>SS® Classic<br>Julie   | 10-10:55am<br>SS® Classic<br>Julie        | 10-10:55am<br>SS® Classic<br>Various       | 10-10:55am<br>SS® Classic<br>Julie             |  |
| Afternoon/Evening                                | 11-11:55am<br>Easy Yoga 60+<br>Julie      | 11-11:55am<br>SS® Circuit<br>Alison  | 11-11:55am<br>Easy Yoga 60+<br>Julie      | 11-11:55am<br>SS® Circuit<br>Alison        | 11-11:55am<br>Easy Yoga 60+<br>Julie           |  |
|  | 12-12:55am<br>Easy Yoga 60+<br>Julie      | 12-12:55pm<br>Easy Yoga 60+<br>Alison                                      |   | 12-12:55pm<br>Total Body Fitness<br>Alison |  |  |
|  | 5:30-6:25pm<br>Sports Conditioning<br>Joy | 5-6:00pm<br>Body Power Plus<br>Mary Ann                                    | 5:45-6:30pm<br>Core Blast<br>Audrey       | 7-8pm<br>WERQ<br>Jillian                   |  |  |
| <b><u>This Schedule was updated 4/9/2018</u></b> |   |  |   |  |  |  |



### Schedule & instructors subject to change

Check for the most updated schedule at the front desk at the Community Center.  
The schedule can be found at <http://www.cityofgolden.net/media/GroupFitnessSchedule.pdf>

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## Class Descriptions

**Body Fit** - Define tone and strengthen your muscles with various resistance movements and low impact aerobics, all fitness levels welcome.

**Cardio Sculpt** – This class provides muscle work, and gets the heart pumping. This is an intense workout.

**Cardio Lift Interval**- An interval type format with lifting and cardio aerobics

**Core Blast** - Use a variety of exercises (from Barre to Pilates to Bootcamp) to target the abs, glutes, and lower back. This class focuses on toning with a touch of cardio. A workout for all levels.

**Cycling** – Cycling enthusiasts, practice your sport year round in the comfort of a controlled climate. Instructors will take you through the rigors of an-terrain workout. This is NOT a Sunday stroll. Classes are multilevel, work at your own pace.

**Belly Dance Fusion for All Levels**-Learn to belly dance! Based on American Tribal Style® & Fusion Belly Dance, this unimimidating class is a fun way to work out and learn the dance vocabulary! Beginners and intermediate students welcome. All sizes, shapes and abilities welcomed and encouraged!

**Body Power Plus** – This is a sculpting class

**BODYcamp**-Full body workouts with everything from cardio, core and strength BODYcamp is for everyone: all ages, abilities and genders

**Core Conditioning** - Focuses on abdominals and lower back. Exercises using the ball, the mat and gravity to strengthen the core area.

**Easy Yoga 60+** - Designed for the older adult who wishes to improve their general health and wellbeing through stretching and balance exercises. In this class we will use the chair and wall, as well as mat work – to help build strength, increase mobility and improve lifestyle.

**Fitness for All** - A hi/lo impact class for beginners or beyond! In this class, you can expect to mix it up! With various forms of strength training, cardio and balance work with modifications offered, this is a great workout for most fitness levels.

**Jazzercise** –Class offers a blend of jazz dance and exercise science set to your favorite music. Easy-to-follow, fun choreography includes a gentle warm-up, 40-minute aerobic workout, muscle toning and a stretch finale. Contact Susan for more info and fees at 303-279-6203.

**Kimodo** - The art of Healing using Ki or Chi. It is similar to Tai-Chi and Yoga. It teaches the correct breathing technique, balance, & directs Ki energy to various organs of your body thus promoting wellness. The art uses imitations of various animal forms (as in Kung Fu). It can be practiced standing, sitting on the floor, or sitting in a chair. People of all ages can participate. Every session ends with stretching and meditation.

**Line Dance** - Let's learn this stuff together! Bring a line dance to share! We'll learn a new dance each week as well as the basic moves!

**Pilates Intro** – So many exercises are inefficient, strengthening some muscle while neglecting others. Pilates strengthens all the muscles and helps to develop visible changes in posture, muscle awareness, and muscular definition. This class will teach the basics of the Pilates.

**Power Training** – This high intensity, weight lifting based class will help sculpt your entire body. Adjustable bar bell sets, hand weights, balls, gliders and resistance bands will be used. Increase balance, core and muscle strength/endurance. This is not your ordinary class.

**Silver Sneakers® Circuit** – Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

**Silver Sneakers® Classic** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

**Strength and Cardio** – The name says it all! Gain strength from a variety of tools and cardio endurance with hi/lo impact aerobics.

**Sports Conditioning**- Be ready for anything! This class is a mixture of everything from cardio to strength training

**Tai Chi**- This class is a moving meditation of different low impact moves consisting of mainly T'ai Chi Chih and T'ai Chi Moving for Better Balance along with a different variety of Qigongs. We may also do standing meditation and you can have the option to sit during the meditation. We will be doing slow and gentle movements to circulate the Chi. T'ai Chi is good for many things like stress reduction and helps with many health related elements. It is appropriate for any age or ability

**Total Body Fitness** - Strength training with an attitude! Get your whole body in shape using a variety of strength and aerobic training equipment

**WERQ**- Join Jillian for the wildly addictive cardio dance class, WERQ! WERQ is the fiercely fun dance fitness workout based on pop and hip hop music.

**Yoga, Continuing** - This Yoga class is for all levels except the first timer, some exposure to Yoga is required in order to enjoy this class. If you have had a lot of experience you will also be fulfilled.

**Yoga Intermediate AM** - Not beginner yoga. Create a sense of physical wellbeing, balance, strength and flexibility. Get in touch by using an ancient system of combining postures (asana) with breath. PM runs for 1 ½ hours. See brochure to register.

**Yoga Morning** – Make your day flow by starting it with yoga. See brochure to register.

**Zumba**- Ditch the workout, join the party! Zumba® is a Latin dance based cardio class that gets you moving and soon forgetting you are burning calories! \$8/drop in or \$15 for two people, \$60 for a 10 pass punch card, fee paid to instructor. Please contact Kelly Collins at [kellycollinsemc@gmail.com](mailto:kellycollinsemc@gmail.com) or 303-870-7701