



# Broomfield Community Center

January 2 - March 29, 2015

## Fitness Studio



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
8:00		<b>Jazzercise***</b> CHERYL				<b>Jazzercise***</b> KELLI				8:15	<b>Jazzercise***</b> HEATHER/CHERYL
8:30	<b>Jazzercise***</b> CHERYL			<b>Jazzercise***</b> CHERYL				<b>Jazzercise***</b> CHERYL			
9:00		<b>ZUMBA®***</b> MICHELLE				<b>ZUMBA®***</b> MICHELLE				9:30	<b>ZUMBA®***</b> KERI
9:30	 CINDY			 KATIE						10:35	<b>Ultimate Fitness</b> Sandra
10:35				<b>YOGA</b> JULIE		<b>SERENITY YOGA</b> KIMM		<b>Youth Dance***</b> 11:15-12:00		12:00	<b>Irish Dance***</b>
12:00	<b>Youth Dance***</b> 11:15-12:00/3:15-5:00	<b>ZUMBA GOLD®***</b> SUE				<b>ZUMBA GOLD®***</b> SUE		<b>12:30 PM Jazzercise***</b> KELLI		2:00	<b>Taekwondo***</b>
4:30								<b>Irish Dance***</b>			
5:15	<b>Body Sculpting Express</b> SANDRA	 RIA		<b>Body Sculpting Express</b> SANDRA		 JEN					
5:55	<b>TABATA</b> SANDRA			<b>TABATA</b> SANDRA						3:00	
6:15	<b>Taekwondo***</b> 6:45-9:15	<b>ZUMBA®***</b> KERI		<b>Taekwondo***</b> 6:45-9:15		<b>ZUMBA®***</b> KELLY		<b>Taekwondo***</b> 5:30-7:00		*** Additional Fee	
7:15		<b>Jazzercise***</b> HEATHER				<b>Jazzercise***</b> HEATHER				ALL classes are <b>60 minutes</b> unless noted.	
8:15						<b>Irish Dance***</b>					

### Lakeshore

Monday		Tuesday		Wednesday		Thursday		Friday		Yoga: additional fee for non-recreation pass holders.	
8:30		 Cardio				 SANDRA: Cardio					
9:00	<b>Active Adult YOGA</b> KIMM			<b>Active Adult YOGA</b> KIMM		<b>9:30AM Intermediate Line Dancing</b>		<b>Active Adult YOGA</b> JULIE			
10:20	 JON: Classic			 TRACY: Classic		<b>11:00AM Beginner Line Dancing</b>		 JULIE: Classic			
2:00	 TRACY: Classic			 SANDRA: Classic							
6:00		<b>Gentle Yoga (90 min)</b> HEIDI				<b>Gentle Yoga (90 min)</b> HEIDI					
6:15		<b>Body Sculpting</b> GAIL				<b>Body Sculpting</b> SANDRA					

## **Body Sculpting - 60 Minutes Body Sculpting Express - 45 Minutes**

Get conditioned with this total body workout. This class tones the whole body using any or all of the following: bands, body bars, fit balls, hand weights, tubing, and more.

## **BodyVIVE® - 55 Minutes**

BODYVIVE™ is the low-impact group fitness workout that lets you choose just how hard you work. Using the VIVE™ balls, VIVE™ tubes and optional hand weights you're talked step-by-step through the entire class by a skilled instructor, while listening to uplifting and inspiring music. Best of all, you finish feeling thoroughly rejuvenated – and fizzing with energy.

## **Active Adult YOGA (free for annual pass holders and SilverSneaker® members) - 60 Minutes unless noted**

A regular practice of yoga is beneficial for everyone, regardless of gender, age or fitness level. Join us for a practice that will integrate the strength, balance and flexibility of a yoga class along with breathing exercises to achieve harmony between body and mind, as well as stress relief. Each class will be a journey through a physical and mental balance that can be tailored to individual needs.

## **Irish Dance (additional fee) - 60 Minutes**

Jig, don't jog - try Irish dancing and start any week pro-rated! For detailed information on joining the class, please call Kitty Stewart at 918-850-1232 or email her at [stewart.kitty@yahoo.com](mailto:stewart.kitty@yahoo.com). All ages welcome.

## **Jazzercise® (additional fee) - 60 Minutes**

If you like to exercise and dance, you'll love Jazzercise! Set to the beat of great music, these easy to follow, fun, aerobic dance routines with muscle toning and stretching exercises is sure to get your heart pumping and your feet moving. Please register with the instructor on your first class. Class payment is on a monthly basis.

## **SilverSneakers® - 50 Minutes**

**Classic:** Muscular Strength & Range of Motion. Exercises include work for all major and minor muscle groups addressing strength, flexibility, muscular endurance, balance, coordination, agility, speed and power.

**Cardio:** A non-impact cardiovascular conditioning class presented in a circuit format with alternating resistance tool work and aerobic conditioning choreography.

## **Serenity YOGA (free for annual pass holders and SilverSneaker® members) - 45 Minutes**

Treat yourself to this 45-minute yoga practice which focuses on providing a sense of calm and well-being, to help lower the body's production of physical and mental stressors that compromise the immune system. Designed for those living with a chronic condition such as MS and/or other auto-immune disorders, Serenity Yoga provides participants with the tools to help combat depression (possibly due to the physical condition), focus on the positive and let go of the rest. Breath work and meditation, a multitude of

## **Ultimate Fitness - (free for annual pass holders and SilverSneaker® members) - 60 Minutes**

Get the most out of your workout! This class works between intervals of cardio and strength to give you a total body workout in 60-90 minutes.

## **Zumba (additional fee) - 60 Minutes**

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. Zumba is a "feel-happy" workout that is great for both the body and the mind. Class payment is on a monthly basis. **First class is FREE!**

Questions/Comments: Contact Veronica Mueller, Fitness Coordinator at 303.460.6928 or [vmueller@broomfield.org](mailto:vmueller@broomfield.org)