Paul Derda Recreation Center

January 2 - March 29, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30	LesMills BODYPUMP A: SUSAN	TRAIN LIKE A PRO (45 minutes) A: JAALA	LesMills BODYPUMP A: KIMM	5:15AM TABATA/CORE A: SUSAN	LesMills BODYPUMP A: KATE
6:00	Spinning B: KATE	Spinning B: KIMM	Spinning B: ELAINE	Spinning B: ELAINE	Spinning B: KIMM
7:00		6:30AM Yoga A: JEANNIE	The Silver Sneakers Fitness Program B: JON: Cardio		The Silver Sneakers Fitness Program B: JON: Cardio
8:00	LesMills BODYPUMP A: EXPRESS: RIA	Ultimate Fitness A: KATIE	LesMills BODYSTEP A: LARA	Turbo Kick B: KIMM	Ultimate Fitness A: KATIE
8:00	The Silver Sneakers Fitness Program B: JON: Cardio	8:30AM ADDRESS YOUR ABS B: JULIE	LesMills BODYVIVE EXPRESS: B: KATIE	8:30AM ADDRESS YOUR ABS A: RHONDA	LesMills BODYVIVE EXPRESS: B: JAALA
8:05	TABATA BOOT CAMP GYM: JAALA		TABATA BOOT CAMP GYM: JULIE		
9:00	The Silver Sneakers Fitness Program B: TRACY: Cardio	Yoga B: JULIE	The Silver Sneakers Fitness Program A: CINDY: Cardio	Yoga B: KIMM	The Silver Sneakers Fitness Program B: CINDY: Cardio
9:00	LesMills BODYSTEP A: KATIE	LesMills BODYPUMP A: VERONICA	60 Minute Ride B: JULIE	LesMills BODYPUMP A: RHONDA	LesMills BODYSTEP A: RHONDA
10:00	Pilates With Props A: PATTY	The Silver Sneakers Fitness Program 10:15 AM B: CINDY: Classic	10:05AM Pilates Matwork B: WENDY	The Silver Sneakers Fitness Program 10:15 AM B: JULIE: Classic	Yoga B: CASEY
10:05	LesMills BODYPUMP A: RHONDA	LesMills BODYSTEP A: RHONDA	LesMills BODYPUMP A: LARA	LesMills BODYVIVE A: CINDY	LesMills BODYPUMP A: SUSAN
11:10	11:00AM Yoga B: CASEY	Gentle Seated Yoga A: KIMM		Gentle Seated Yoga A: JEANNIE	
11:15		Spinning & CORE B: LISA	12:00PM Turbo Kick A: KIMM	Spinning & CORE B: JULIE	Pilates With Props A: PATTY
12:00	Spinning & YOGA B: JULIE	LesMills BODYPUMP A: EXPRESS: KIMM	Spinning & YOGA B: LISA	LesMills BODYPUMP A:EXPRESS: V	Spinning & CORE B: JAALA
1:00	Ultimate Fitness A: KATIE	4:15PM Youth Cardio Games TRACK: LISA	Tai Chi A: ELIZABETH	YOUTH YOGA PROGRAMMING 3:30-4p 2-5 years 4-4:45p 6-10 years 4:45-5:30p 11-15 years	
4:15		Yoga B: CATHERINE			
4:30	LesMills BODYSTEP A: RIA	Piloxing B: JAALA	LesMills BODYSTEP A: SUSAN	TRAIN LIKE A PRO (45 minutes) B: JAALA	LesMills BODYPUMP A: RIA
5:30	LesMills BODYVIVE A: JEN	LesMills BODYPUMP A: MARIA	Ultimate Fitness A: MARQUI	LesMills BODYSTEP A: JAALA	LesMills BODYSTEP A: RIA
5:30		Spinning B: STEVE		Spinning FLEX B: STEVE	Yoga B: CATHERINE
6:00	Pilates Matwork B: RIA		Pilates Matwork B: MARY		
6:35	LesMills BODYPUMP A: ELAINE	LesMills BODYSTEP A: RIA	LesMills BODYPUMP A:SHERI		
7:05	Yoga B: CATHERINE	6:35PM Yoga-*75 minutes* B: LINDA	Prenatal Yoga B: JEANNIE	6:35PM Yoga A: KAMALA	
7:45		Non-Contact Boxing A: RIA		LesMills BODYPUMP A:MARIA	

	Saturday	Sunday
7:10	60 Minute Ride B: KIMM	
7:15	LesMills BODYPUMP A: KATHY	
8:15	Yoga (75 min) B: CASEY	Ultimate Fitness B: MARQUI/JAY
8:20	LesMills BODYSTEP A: KATIE	
8:30		Yoga (90 min) A: JEANNIE
9:25	LesMills BODYPUMP A: CATHRYN	
9:40	Spinning B: STEVE	
10:20		LesMills BODYPUMP A: JAALA
11:30		LesMills BODYSTEP A: JAALA

LEARN THE MOVES!

BODY PUMP 101 - 1st Monday - 11:10am

BODY STEP 101 - 2nd Wednesday - 4:00pm

12-15 year olds may attend with an adult 18+ and at the discretion of the instructor!

Yoga & Pilates Matwork ...

Additional fee for non-rec pass holders

AVAILABLE AT PDRC for a fee:

JAZZERCISE - Mon5:00PM, Wed 4:55PM, T/Th (Sculpt) 12:30PM, Sat 10:30AM, Sun 9:20AM (Sculpt) 10:05AM

ZUMBA - Wed 7:45PM, Fri 4:25PM

Mommy & Me:

M/W/F 9:00-10:00 AM Stroller (track & gym)

T/Th 11:15-12:15 PM Spin & Core

M-F 1:00-3:00 PM Cardio Equipment

Mom's with infants are welcome to attend

CLASS DESCRIPTIONS -- ALL classes are subject to cancellation due to low enrollment.

When the scheduled instructor is unable to teach, we will make every attempt to find a Substitute instructor.

Address Your Abs - 30 Minutes

Come and target the muscles of your midsection -- abdominal and back -- as well as upper thighs during this quick workout.

BODYPUMP® - 60 Minutes/BODYPUMP EXPRESS - 45 Minutes

BODYPUMP is The Fastest Way In The Universe To Get In Shape. BODYPUMP is a strength endurance training class where muscle & music collide! Low on complexity but high in fun, BODYPUMP has all of the benefits of traditional weight training combine with time efficiency & predictability. BODYPUMP is great for "EVERY BODY".

BODYSTEP® - 60 Minutes

BODYSTEP is a simple, athletic and fun workout using an adjustable step platform to step up and down to uplifting music. Some of the benefits you can expect to achieve in this class are toning from the lower body, increased cardio fitness and coordination, and upper and lower body conditioning for functional fitness.

BODYVIVE® - 55 Minutes/BODYVIVE EXPRESS - 45 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 taked 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.

Fun-n-Fitness (Ages 8-12) - 45 Minutes

45-minutes of instructor lead games in increase movement while having fun. Mondays we are in the studio and on Wednesdays we are in the pool.

Pilates Matwork *(additional fee for non-annual pass holders)* - 60 Minutes

Pilates offers a system of conditioning to develop lean, well-toned muscles, balance, strength and flexibility, improved posture and concentration, and an overall sense of well-being. When you finish a Pilates workout, you feel refreshed, invigorated, and energized.

Pilates with Props *(additional fee for non-annual pass holders)* - 60 Minutes

In this class, classical Pilates exercises are performed using props and incorporating the 6 Pilates principles. This class is great after a cardio/strength workout. Breath is cued for each exercise to oxygenate your blood, increase circulation and flexibility, and to deepen the work of the abdominals.

Piloxing *(additional fee for non-annual pass holders)* - 60 Minutes

A combined cardio workout which includes both Pilates and Boxing. The workout combines all the power moves of boxing for that intense cardio to burn calories, along with incorporating lots of Pilates movements to help tone and strengthen.

Prenatal Yoga *(additional fee for non-annual pass holders)* - 60 Minutes

This class for moms-to-be designs Yoga postures specialized for the pregnant body. This class will strengthen the back, pelvic floor, and core and will help to alleviate common discomforts of pregnancy. Please join us and other pregnant moms.

SilverSneakers® - 50 Minutes

Classic: 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.

Spin® - 45 Minutes

An indoor stationary bike class guaranteed to challenge you, no matter what your fitness level. All levels are encouraged to come. First time riders should arrive 5–10 minutes early for instruction on proper bike set-up. Reservations are taken one-day in advanced at the front desk (303-460-6900).

Spin®FLEX - 60 Minutes

This combo class adds the use of flex bands, tubing and dumbbells to train the major muscle groups, paying special attention to the upper body following a 40-45 minute Spin ride.

Stroller (mommy and me fitness) - 60 Minutes

A class designed to give you a workout and bond with your newborn baby. Cardiovascular and strengthen training exercises will be incorporated to get you back in shape. All classes will start on the

TABATA & TABATA BOOT CAMP - 45 Minutes

Not for Beginners! High intensity intervals with 20 seconds of work followed by 10 seconds of rest. Extremely effective for increasing cardiovascular health.

TurboKick - 45-60 Minutes

Designed to burn a lot of fat calories and feel like a party. Combines kickboxing, endurance drills, leg work and fun dance moves while targeting your core. An interval based class that allows

Train Like a Pro - 45 Minutes

Designed to push you to the edge of your comfort level! High intensity intervals -- strength, sprints, plyometric, core work, etc….NOT FOR THE BEGINNER!

Ultimate Fitness - 50-60 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 minutes.

Yoga *(additional fee for non-annual pass holders)* - 60 Minutes unless noted differently - Intensity level varies by instructor

flexible; it also enables you to achieve emotional balance, leaving you better equipped to deal with the demands of your lifestyle.

Youth Cardio Games (Ages 10-14) - 45 Minutes

30 minutes of instructor lead intervals & games on the treadmill to add movement & fun into your day. Followed by 15 minutes of core work and stretching. Reservations are taken one-day in advance at the front desk (303-460-6900).

Numbers will be handed out, beginning 90 minutes in advance for Silver Sneakers, BODYPUMP®, Pilates, and Yoga.

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