



Paul Derda Recreation Center

February 15, 2010 - April 3, 2010



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	A: KATHY	A: PATTY	A: KIWANI	A: VICKI	A: KATE		
6:00	B: KATE	B: KIMM	B: ELAINE	B: ELAINE	B: KIMM	7:10 60 Minute Ride B: KIMM	
7:00			B: RIA			7:15	
8:00			A: KARRY: Cardio	A: KARRY: Cardio		8:15 A: KATHY/VICKI	
8:10	A: EXPRESS: RIA	A: EXPRESS: KATIE	B: KATIE	B: KIMM	B: EXPRESS: JAALA	8:15 Yoga (75 min) B: KIMM	
8:30		ADDRESS YOUR ABS B: JULIE		ADDRESS YOUR ABS A: RHONDA		8:20	
9:00	B: RHONDA: Cardio	Yoga B: JULIE	A: KARRY: Cardio	Yoga B: KIMM	B: CINDY: Cardio	8:30 A: VICKI	Yoga (90 min) A: JEANNIE
9:00	A: KATIE	A: VERONICA	60 Minute Ride B: JULIE	A: RHONDA	A: RHONDA	8:30	
9:30	Stroller (track & gym) T: JESSICA		Stroller (track & gym) T: DAWN	Stroller (track & gym) T: JAALA		9:25 A: KARRY	CAROL
10:00	Pilates Matwork 75 Minutes B: CAROL	10:15 AM B: CINDY: MSROM	Pilates Matwork B: KARRY	10:15 AM B: JOLENE MSROM	Power Yoga B: SHANNON	9:35 B: STEVE	
10:05	A: RHONDA	A: KATIE	A: ALICE	A: CINDY	A: KATHY	10:20 A: KARRY	A: JAALA
11:10	ADDRESS YOUR ABS A: RHONDA	Gentle Seated Yoga A: KIMM	ADDRESS YOUR ABS A: ALICE	Gentle Seated Yoga A: JEANNIE	Pilates with Props A: PATTY	10:30 Pilates Matwork B: CAROL	
11:15		& CORE B: DAWN		& CORE B: DAWN	Preschool YOGA 11:00 AM B: Reg. Required	4:00 A: KATIE	
12:00	& YOGA B: JULIE	A: EXPRESS: KIMM	& YOGA B: KIMM	A: EXPRESS: VERONICA	& CORE B: JAALA	5:00 ADDRESS YOUR ABS A: KATIE	
12:15				B: JULIE			
3:30			Tai Chi 1:00PM A: ELIZABETH	Preschool YOGA (Ages 3-5) B: Reg. Required			
4:00	Fun-n-Fitness (Ages 8-12) A: Reg. Required	Youth Cardio Games T: LISA	Fun-n-Fitness (Ages 8-12) P: Reg. Required	Youth YOGA (Ages 6-10) B: Reg. Required			
4:30	A: RIA		A: JAALA	20-20-20 A: LYDIA	A: RIA		
4:45				Teen YOGA 4:45PM B: Reg. Required			
5:10		B: STEVE		T: JAALA			
5:30	Ultimate Fitness A: JAALA	A: KARRY	Ultimate Fitness A: JOLENE	A: KATIE	A: RIA		
5:30				FLEX B: STEVE			
6:00	Pilates Matwork B: CAROL	B: STEVE	Pilates Matwork B: PATTY				
6:35				Power Yoga A: SHANNON			
6:35	A: ELAINE	A: RIA	A: VICKI	ADDRESS YOUR ABS B: KATIE			
7:05	Yoga B: LINDA	Yoga B: CATHERINE	Prenatal Yoga B: SHANNON				

Class Location ...

A: Studio A B: Studio B

T: Track P: Pool



Available at PDRC for an additional fee
Wednesdays 7:40PM & Sundays 5:00PM



= 50 minute classes



= 45 minute rides



Mommy & Me:

Mom's with infants in strollers are welcome to attend!

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

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®

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®

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 coordinator, and upper and lower body conditioning for functional fitness.

BodyVIVE®

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.

Fun-n-Fitness (Ages 8-12)

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)*

This multi-level Pilates class 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. If you are just starting your Pilates journey, check out the Intro course in the brochure.

Pilates With Props *(additional fee for non-annual pass holders)*

Whether you are a Pilates pro or a novice. This class with challenge you to reach deep into your core muscles without straining your neck or back. The equipment is used to help stretch and lengthen the body to find correct alignment of joints and work stabilizing muscles in each of the Pilates exercises to build strength.

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

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.

Power Yoga *(additional fee for non-annual pass holders)*

This class is based on the Astanga style of yoga. Although many of the poses are "rigorous", each pose can be modified to accommodate all abilities. Some benefits of practicing power yoga are stronger backs, increased flexibility, and improved balance. This class is great for runners, skiers, and golfers who want to improve their performance!

SilverSneakers®

MSROM: Exercises include work for all major and minor muscle groups addressing strength, flexibility, muscular endurance, balance, coordination, agility, speed and power.

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

Spin®

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

A combo class that adds the use of flex bands, tubing and weights to train the major muscles groups, paying special attention to the upper body following a 40 minute Spin ride.

Stroller (mommy and me fitness)

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 track, so bring your stroller (jogger or non-jogger) and enjoy a workout with other moms and babies.

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

This yoga class helps you achieve harmony between your body and mind. The practice of poses and breathing exercises cleanses your body, restores your energy, and makes you stronger and more flexible; it also enables you to achieve emotional balance, leaving you better equipped to deal with the demands of your lifestyle.

Spin® Yoga

Is a combination class format that trains your heart and strengthens your lower body with a Spinning ride, and then stretches your hard-worked muscles with yoga asanas. The Spinning® program and yoga are natural complements to one another because each one has a mental and a physical component, and allows us to train our bodies while developing mind/body awareness. Reservations are taken one-day in advanced at the front desk (303-460-6900).

Ultimate Fitness

Get the most out of your workout! This class works between intervals of cardio and strength to get a full body workout in 60 minutes.

Youth Cardio Games (Ages 10-14)

30 minutes of instructor lead intervals & games on the cardio machinesto 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).