



# Paul Derda Recreation Center



February 1 - March 31, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:10	<b>Pilates Express</b> B: PATTY						
5:30	 <b>BODYPUMP</b> A: LARA	<b>TRAIN LIKE A PRO</b> (45 minutes) A: JAALA	 <b>BODYPUMP</b> A: KIMM	 <b>TURBOTUCK</b> A: DINELLE	 <b>BODYPUMP</b> A: KATE	7:10 <b>60 Minute Ride</b> B: KIMM	
6:00	 B: KATE	 B: KIMM	 B: ELAINE <i>The Silver Sneakers</i> Fitness Program JON: Cardio Circuit	 B: ELAINE	 B: KIMM	7:15 <b>BODYPUMP</b> A: KATHY	
7:00						8:15 <b>Yoga</b> (75 min) B: RACHAEL	
8:00	 <b>BODYPUMP</b> A: EXPRESS: RIA	 <b>TURBOTUCK</b> A: KATIE	 <b>BODYSTEP</b> B: LARA	 <b>TURBOTUCK</b> B: KIMM	<b>Ultimate Fitness</b> B: KATIE	8:20 <b>BODYSTEP</b>	
8:10	<i>The Silver Sneakers</i> Fitness Program JAALA: Cardio Circuit	<b>8:30</b> <b>ADDRESS YOUR ABS</b> B: JULIE	 <b>BODYVIVE</b> EXPRESS: A: KATIE	<b>8:30</b> <b>ADDRESS YOUR ABS</b> B: RHONDA	 <b>BODYVIVE</b> A: EXPRESS: JAALA		
9:00	<i>The Silver Sneakers</i> Fitness Program RHONDA: Cardio Circuit	<b>Yoga</b> B: JULIE	<i>The Silver Sneakers</i> Fitness Program CINDY: Cardio Circuit	<b>Yoga</b> B: KIMM	<i>The Silver Sneakers</i> Fitness Program CINDY: Cardio Circuit	8:30 A: KATIE	
9:00	 <b>BODYSTEP</b> A: KATIE	 <b>BODYPUMP</b> A: VERONICA	<b>60 Minute Ride</b> B: JULIE	 <b>BODYPUMP</b> A: RHONDA	 <b>BODYSTEP</b> A: RHONDA	8:30	<b>Yoga</b> (90 min) A: JEANNIE
10:05	<b>Pilates Matwork</b> B: CAROL	<i>The Silver Sneakers</i> Fitness Program 10:15 AM B: CINDY: MSROM	<b>Pilates Matwork</b> B: WENDY	<i>The Silver Sneakers</i> Fitness Program 10:15 AM B: TRACY: MSROM	<b>Power Yoga</b> B: SHANNON	9:00	<b>Pilates</b> (75 min) B: CAROL
10:05	 <b>BODYPUMP</b> A: RHONDA	 <b>BODYSTEP</b> A: RHONDA	 <b>BODYPUMP</b> A: LARA	 <b>BODYVIVE</b> A: CINDY	 <b>BODYPUMP</b> A: TRIMBI	9:25 <b>BODYPUMP</b>	
11:10		<b>Gentle Seated Yoga</b> A: KIMM		<b>Gentle Seated Yoga</b> A: RACHAEL	<b>Pilates With Props</b> A: PATTY	9:40 B: STEVE	
11:15		 <b>&amp; CORE</b> B: DAWN		 <b>&amp; CORE</b> B: DAWN	<b>Preschool YOGA</b> (Ages 3-5) B: Registration Required	10:20 <b>BODYPUMP</b> A: JAALA	
12:00	 <b>&amp; YOGA</b> B: JULIE	 <b>BODYPUMP</b> A: EXPRESS: KIMM	 <b>&amp; YOGA</b> B: LISA	 <b>BODYPUMP</b> A: EXPRESS: V	 <b>&amp; CORE</b> B: JAALA	10:45 <b>Pilates Matwork</b> B: PATTY	
12:00	 <b>TURBOTUCK</b> A: JAALA		 <b>TURBOTUCK</b> A: KIMM	<b>YOUTH YOGA PROGRAMMING</b> 3:30-5:00PM Ages 3-5, 6-10, 11-15 Registration Required	<b>12:15PM Prenatal Yoga</b> A: SHANNON	4:00 A: DINELLE	
4:15		<b>Youth Cardio Games</b> TRACK: LISA	<b>Tai Chi</b> 1:00PM A: ELIZABETH			<b>OUR YOUTH ARE IMPORTANT!</b> Come and attend a class designed for youth.	
4:30	 <b>BODYSTEP</b> A: RIA	 <b>TURBOTUCK</b> A: JAALA	 <b>BODYSTEP</b> A: JAALA	<b>TRAIN LIKE A PRO</b> (45 minutes) A: JAALA	 <b>BODYPUMP</b> A: RIA	<b>Yoga &amp; Pilates Matwork ...</b> additional fee for non-annual pass holders.	
5:10		 B: STEVE				<b>AVAILABLE AT PDRC for a fee:</b>	
5:30	<b>Ultimate Fitness</b> A: JAALA	 <b>BODYPUMP</b> A: JAALA	<b>Ultimate Fitness</b> A: JESSICA	 <b>BODYSTEP</b> A: KATIE	 <b>BODYSTEP</b> A: RIA	<b>ZUMBA</b> - Wed 7:40PM, Fri 4:25PM Sat 10:30AM & Sun 5:00PM	
5:30				 <b>FLEX</b> B: STEVE	<b>Yoga</b> B: CATHERINE	<b>JAZZERCISE</b> - Mon 7:40PM, T/Th 12:30PM, Wed 4:30PM, Sun 10:30AM	
6:00	<b>Pilates Matwork</b> B: CAROL	 B: STEVE	<b>Pilates Matwork</b> B: PATTY			<b>Mommy &amp; Me:</b> 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	
6:35	 <b>BODYPUMP</b> A: ELAINE	 <b>BODYSTEP</b> A: RIA	 <b>BODYPUMP</b> A: SHERI	<b>ADDRESS YOUR ABS</b> B: KATIE			
7:05	<b>Yoga</b> B: CATHERINE	<b>Yoga</b> B: LINDA	<b>Prenatal Yoga</b> B: LINDA	<b>6:35PM Power Yoga</b> A: RACHAEL			
7:45		<b>Non-Contact Boxing</b> B: RIA					

# 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™ 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

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. This course requires registration.

## Pilates Matwork (additional fee for non-annual pass holders) - 60 Minutes unless noted differently

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 Express (additional fee for non-annual pass holders) - 45 Minutes

This class is designed to move quickly through the Pilates mat repertoire. Precise control, concentration and awareness will be developed by using Pilates breathing to stabilize core muscles through each of the movements. This method of movement will lubricate and strengthen spinal joints, shoulder and hip joints and open the chest and lungs for improved breathing.

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

This class is designed to use props to support and challenge your core stabilizer muscles while moving your limbs. The props are used to correct poor posture, open and stretch the chest to breathe easier. Poor body mechanics can subject the spine to degeneration of the vertebral disks. Your instructor will guide/coach you through the various Pilates mat/reformer exercises on these props in various body positions.

## 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.

## Power Yoga (additional fee for non-annual pass holders) - 60 Minutes unless noted differently

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® - 50 Minutes

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® - 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 strength 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.

## TurboKick - 45 Minutes for noon classes 60 Minutes for others

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 participants of all fitness levels to enjoy a great cardio class!

## Train Like a Pro - 45 Minutes

45 Minute Class! 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 - 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

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.

## Yoga Spin® - 75 Minutes

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).

## 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 ONE-hour in advance for Silver Sneakers, BODYPUMP®, Pilates, and Yoga.**

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