



# Broomfield Community Center

January 2-May 31, 2020



## Gold Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:35				Serenity Yoga KIMM		
3:30		Move It, Improve It*** NANCY		Move It, Improve It*** NANCY		1:00 Taekwondo*** 1:00-4:00pm
5:15	Taekwondo*** 5:15-9:00pm		Taekwondo*** 5:15-9:00pm		Taekwondo*** 5:30-7:00pm	
5:30		Body Sculpting GAIL		Body Sculpting SANDRA		

## Lakeshore

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

## **Body Sculpting**

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.

## **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.

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

The class is designed to introduce you to yoga with basic postures from a seated position to gradually introduce body awareness and posture. During some standing postures the chair is utilized as a prop to allow the body ease and comfort while working with alignment.

## **Move it! Improve it! For Parkinson's Disease**

This research-based exercise program, taught by a certified therapist, uses the principles of Exercise for Brain Change and Multitask Training to fight the effects of Parkinson's Disease on posture, balance, coordination, voice, attention span, mood and fatigue. Care partners are welcome to take the class for the same fee the people with Parkinson's. Participants who pose a high fall risk may need added supervision. Please discuss fall risk, troublesome symptoms, and any orthopedic limitations with the instructor for guidance. Participants must be able to walk independently and able to transition from seated to standing without assistance. If a care partner is required to assist the person with Parkinson's, their admission is free. Laughter and fun are included in every class! For more information, call Nancy Hillmer at 720-620-9465.

## **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 variations and modifications of poses and postures are introduced. Serenity Yoga is "do-able" regardless of the body's abilities.

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