

FITNESS & WELLNESS

GROUP FITNESS CLASSES INCLUDED WITH PASSES OR DAILY DROP IN FEE

Benefits of Group Fitness

- » Find motivation and inspiration
- » Accountability
- » Social interaction
- » Variety
- » Expert guidance from certified instructors

With over 120 weekly classes, there is something for everyone

- » **Cardio:** kickboxing, Zumba®, Nia, step
- » **Strength:** sculpt & tone, bootcamp, cycle & strength
- » **SilverSneakers® Classes:** classic, circuit, yoga, splash, stability, enerchi
- » **Aqua Fitness:** lazy river classes, aqua power, deep water, aqua Zumba®
- » And MUCH MORE!



Get the schedule & class descriptions

Visit www.longmontcolorado.gov/fitness or see facility for printouts.



No Regular Fitness Classes: Mon, Sept 2 & Thurs, Nov 28

Join us for a special, come-get-your-last-chance-calorie-burn-before-the-big-day Pre-Turkey Buster boot camp class: Wed, Nov 27, 5:30pm at Longmont Recreation Center, 310 Quail Rd.

Please note annual maintenance closure dates for Recreation facilities in August - these closures will impact fitness schedules.



St Vrain Memorial Building
700 Longs Peak Ave
303-651-8404

Centennial Pool
1201 Alpine St
303-651-8406

Longmont Recreation Center
310 Quail Rd
303-774-4800

Sunset Pool - seasonal
1900 Longs Peak Ave
303-651-8300

SILVERSNEAKERS® & RENEW ACTIVE™ PROGRAMS

Designed for Medicare participants with select insurance plans. Both programs include use of facility amenities and group fitness classes with unlimited daily admission at the Longmont Recreation Center, Centennial Pool, and the St Vrain Memorial Building. Both programs are also valid for admission for the SilverSneakers® classes held at the Senior Center. To find out more, call 303-774-4800 or stop in at the Longmont Recreation Center and get signed up!



Facility Orientations

Facility orientations for SilverSneakers® and Renew Active participants involve a facility tour and an overview of the fitness equipment.

Days/Times: Sept 5, Oct 3, Nov 7, Dec 5, Thurs, 9am
Aug 15, Sept 19, Oct 17, Nov 21, Dec 19, Thurs, 2pm

Location: Longmont Recreation Center, 310 Quail Rd

Fee: FREE, however preregistration is required, keyword "silver"



One Pass™



SilverSneakers®
by Tivity Health

SilverSneakers® Fitness Classes

Choose from these 45 to 60 minute classes geared specifically for the unique fitness needs of older individuals. Class descriptions and schedule of classes are available online and at Recreation facilities.

- SilverSneakers® Classic** **SilverSneakers® Circuit** **SilverSneakers® Cardio**
SilverSneakers® Yoga **SilverSneakers® Stability** **SilverSneakers® Splash**
SilverSneakers® Enerchi *Please be sure to check the location of your class.*

Lunch & Learns Join Recreation instructors as they discuss different topics.

Tues, noon-1pm

Aug 13, Sept 10, Oct 8, Nov 12, Dec 10
Keyword "lunch"

Fee: Free for SilverSneakers® & Renew Active™ members

Location: Senior Center, 910 Longs Peak Ave

INDIVIDUALIZED CUSTOM TRAINING

Personal Training

Training can include core and balance training, basic weight training, muscle building and cardiovascular training tailored to your personal needs with a certified personal trainer or nutrition assessments and plans with a registered dietician. Call the Longmont Recreation Center at 303-774-4700 for more information. Days and Times by appointment. One hour sessions.

Session Fees:	Private	Semi-Private
1 session	\$59 res/\$74 nr	\$72 res/\$90 nr
5 sessions	\$260 res/\$325 nr	\$330 res/\$413 nr
10 Sessions	\$450 res/\$562 nr	\$590 res/\$737 nr

Body Composition with the InBody 270

Go beyond the scale with the InBody Test, a non-invasive body composition analysis. Call 303-774-4752 for more information and to schedule. The fifth session is FREE!

Single Session: \$20 extended pass-holders/ \$25

Location: Longmont Recreation Center, 310 Quail Rd



TRX Free Orientation

Join us for a free orientation to familiarize yourself with the TRX straps and prepare to take TRX classes. Must take an orientation or have taken a TRX class in order to drop in the ongoing sessions. *“TRX”*

14 & up: **Mon, 10-10:30am or Wed, 6:45-7:15pm**
Aug 12/14, Wed, 6:15-6:45pm 323500
Sept 9/11 | Oct 14/16 | Nov 4/6 423500
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: Free, but must pre-register

TRX

TRX is a distinct training system that uses your own body weight and gravity as resistance. This training system is unique, simple to perform, but challenging as every movement requires balance and core strength. A great supplemental workout or a standalone program for every fitness level. Attend a TRX orientation before this class. *“TRX”*

16 & up: **Mon & Wed, 9-10am** 323512 | 423512
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Daily Fee: \$7 resident/\$8.75 non-resident

Nia Dance Party

Come share in the JOY of moving with us. Great Music and lots of fun. No Experience needed. *“Nia”*

14 & up: **Oct 11, Fri, 5:45-7pm** 413812
Dec 13, Fri, 5:45-7pm 113812
 Instructor: Jackie and Marty Diner
 Location: Longmont Recreation Center
 Fee: \$8 resident/\$10 non-resident

TRX Yoga

TRX Yoga is the ultimate fusion of fitness and yoga, made stronger with the use of TRX® Suspension Trainer™. Putting the straps into practice builds a strong foundation of alignment feedback during poses, while also building strength, mobility, core stability and overall confidence through the repetition of movement with breath. *“TRX”*

16 & up: **Wed, 12-1pm** 323516 | 423516
 Instructor: Helene Pronk
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Daily Fee: \$8 resident/\$10 non-resident



BECOME A FITNESS INSTRUCTOR

Do you have a passion for fitness? Are you an upbeat and positive person that loves helping people achieve goals? Come be part of a team that loves to motivate and inspire people to be active and healthy.

Contact Carla at 303-774-4752 or Carla.Mathers@longmontcolorado.gov for more information about getting started teaching fitness classes for our community.

ON-GOING YOGA OFFERINGS

Pre-registration is required. August codes begin with "3". September, October, and November begin with "4". Classes are offered on an on-going weekly basis unless otherwise noted. Custom dates available online.

Alignment- Gateway to the Heart of Yoga

Gravity, poor posture and stress can pull us physically and emotionally off center and into discomfort. Clear instruction in alignment aimed at spine and joint health, can improve posture and well being. Personalized attention will guide you towards greater strength, flexibility, and balance. Beginning and continuing students welcome. "yoga"

16 & up: **Monday, 12:30-1:45pm** 343117 | 443117
 Instructor: Gwyn Cody
 Location: Lashley St Station, 1200 Lashley St
 Daily Fee: \$15 resident/\$18.75 non-resident

Prenatal Yoga

This class is designed for all stages of pregnancy. Enjoy a uniquely tailored yoga class to strengthen, stretch, and nourish the pregnant body. Movement is created to support the rapidly changing pregnant body, as well soothe and alleviate the common discomforts of pregnancy. "yoga"

16 & up: **Monday, 5-6:15pm** 343144 | 443144
 Instructor: Jessica Fawcett
 Location: Longmont Recreation Center, 310 Quail Rd
 *Aug location: Lashley St Station, 1200 Lashley St
 Daily Fee: \$18 resident/\$22.50 non-resident

Resilient Hatha Yoga

This class is designed to mindfully move your body in multiple planes, using your skill, strength and good judgment to emphasize flexibility and strength. Practice using your breathing more consciously to support your movements and to increase enjoyment of your life. "yoga"

16 & up: **Tuesday, 9:15-10:30am** 343152 | 443152
 Instructor: Diana Shellenberger
 Location: Lashley St Station, 1200 Lashley St
 Daily Fee: \$15 resident/\$18.75 non-resident

Evening Yoga for Flexibility

Yoga class that practices deep stretching and flow movement. We practice slow sun salutations and standing poses. Alignment and balancing poses help to keep the student strong. We incorporate stretching and holding poses for each class. Most people can adapt each class to their personal needs. "yoga"

16 & up: **Tuesday, 6:30-7:45pm*** 343118* | 443118
 Instructor: Josine Michels *Aug classes 6-7:15pm
 Location: Lashley St Station, 1200 Lashley St
 Daily Fee: \$15 resident/\$18.75 non-resident



Toddler and Me Yoga

For mamas/caregivers and little ones who are mobile and want to explore the world with their bodies. Movement is a blend between postpartum focused recovery and strengthening as well as playful fluid movement beneficial for all ages and stages of life. "yoga"

16 & up: **Wed, 10-11am** 343145 | 443145
 Instructor: Jessica Fawcett
 Location: Lashley St Station, 1200 Lashley St
 Daily Fee: 16 resident/\$20 non-resident

Baby and Me Yoga

This class is for mamas/caregivers and babies who are not yet "mobile" and are at least 6 weeks postpartum/6 weeks old. Focus mainly on postpartum recovery. Includes time at the end of each class for baby movement and massage, as well as a sweet savasana for all. "yoga"

16 & up: **Wed, 11:15am-12:15pm** 343146 | 443146
 Instructor: Jessica Fawcett
 Location: Lashley St Station, 1200 Lashley St
 Daily Fee: \$16 resident/\$20 non-resident

Yoga Therapy

Explore yoga using principles of breath, sensation and observation. Foundational posture "Asana" allowing body, mind into peace and harmony with the perspective of promoting flexibility and mindfulness. Pranayama and meditation are also integrated with the structural therapeutic values of this class. Enjoy! *No August Classes. "yoga"

16 & up: **Thursday, 9-11am** 443142
 Instructor: Shar Lee
 Location: Lashley St Station, 1200 Lashley St
 Daily Fee: \$18 resident/\$22.50 non-resident

ON-GOING YOGA OFFERINGS

Gentle Yoga

This All-level Gentle Vinyasa yoga is practiced at a moderate pace with props and modifications for comfort and individual growth. An excellent option to improve balance, posture, strength, flexibility, and wellbeing.

“yoga”

16 & up: **Friday, 9:30-10:45am** 343133 | 443133
 Instructor: Urszula Bunting
 Location: Lashley St Station, 1200 Lashley St
 Daily Fee: \$15 resident/\$18.75 non-resident

Sunday Morning Yoga

From the first morning you'll sense a difference in your flexibility, strength, integration, sense of ease. Gentle lying, sitting, and standing sequences move with breath. Develop an intimate and bigger perspective. Hone awareness; find delight in body & mind.

“yoga”

16 & up: **Sunday, 9:30-10:45am** 343171 | 443171
 Instructor: Katharine Kaufman
 Location: Lashley St Station, 1200 Lashley St
 Daily Fee: \$15 resident/\$18.75 non-resident

SPECIALTY YOGA

Yoga Happy Hour

Join Diana for an introduction to meditation one-hour mini-intensive. Even if you've never practiced yoga before, you can benefit from this class. Receive printouts of what you practice in class, along with an audio recording of each class.

“yoga”

16 & up: **Aug 23, Fri, 6-7pm** 343153
 Instructor: Diana Shellenberger
 Location: Lashley St Station, 1200 Lashley St
 Daily Fee: \$20 resident/\$25 non-resident

Fall Yoga & Meditation Retreat

Take a beat, and a day, to practice yoga, sitting and walking meditation at Longmont's hidden jewel, Sandstone Ranch. Rest and restore. Find balance, energy & awareness.

“yoga”

16 & up: **Nov 9, Sat, 10am-4:30pm** 443193
 Instructor: Katharine Kaufman
 Location: SSR Visitor Center, 3001 Sandstone Dr
 Fee: \$70 resident/\$87.50 non-resident

Restorative Yoga

Unwind, experience deep relaxation, and allow your body and mind to pause with restorative yoga poses, various props, Tibetan bowls, candlelight, soft music, and gentle guidance from an experienced yoga teacher. Stay for tea and treats after the class. Bring a yoga mat and two blankets.

“yoga”

16 & up: **Sept 6, Fri, 6-7:30pm** 443155
Oct 4, Fri, 6-7:30pm
Nov 15, Fri, 6-7:30pm
Dec 13, Fri, 6-7:30pm
 Instructor: Urszula Bunting
 Location: Lashley St Station, 1200 Lashley St
 Fee: \$25 resident/\$31.25 non-resident

Deep Play: The Art of Improvisational Moving

In Deep Play, moving can be restful, explorative, dynamic, and anything can happen! Cultivate awareness and community. Follow your own delight. Dance or theater background is not required.

18 & up: **Oct 5, Oct 19, Nov 23, Dec 7**
Sat, 1-2:15pm 443194
 Instructor: Katharine Kaufman
 Location: Lashley St Station, 1200 Lashley St
 Daily Fee: \$15 resident/\$18.75 non-resident

Tai Chi: Moving for Better Balance

One of the most effective programs for fall prevention! Commit to 12 weeks, once a week, and improve balance, confidence, gait, coordination, and overall health and well-being. This program is based on eight forms derived from the traditional Tai Chi Yang style. *No 10/29 & 11/26

“Tai Chi”

18 & up: **Sept 3-Dec 3, Tue, 2-3pm** 443251
 Instructor: Urszula Bunting
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$115 resident/\$143.75 non-resident



Essentrics w/ Kim

Increase mobility, flexibility, and range of motion. Barefoot, low impact. Get your metabolism going while increasing lymph and blood flow throughout the body. Feel increased energy while improving posture, balance and strength. A great addition to your fitness goals. Join us! *"Kim"*

16 & up: **Thurs 9-10am**
On-going weekly offerings 313922 | 413922
Instructor: Kim Zimmer
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Daily Fee: \$15 resident/\$18.75 non-resident

Tai Chi: 37 Posture Yang Short Form

Tai Chi is a mind-body exercise utilizing slow, relaxed movement, a quiet mind and deep, natural breathing that stimulates the flow of chi (intrinsic energy). For people who have some Tai Chi experience. *"tai chi"*

18 & up: **Mon, 11am-12pm** 343125 | 443125
Instructor: Barb Larsen
Location: Izaak Walton Clubhouse, 18 S Sunset St
Daily Fee: \$7 resident/\$8.75 non-resident

Mat Pilates

Pilates is an effective form of low impact exercise that builds core strength, tones the entire body, improves flexibility and posture. Class focuses on core stability, balance, precision and control using your own bodyweight for resistance while adding challenge with progressions and props. *"pilates"*
**No August classes.*

15 & up: **Tue, 1:30-2:30pm** 434126
Instructor: Elise Milam
Location: Lashley St Station, 1200 Lashley St
Daily Fee: \$20 resident/\$25 non-resident

Seniors on Weights

This small group program, taught by a certified personal trainer, is designed for seniors to get comfortable in the weight room, learn to use the equipment and properly warm up/cool down for safe execution of the strengthening exercises.

55 & up: **Tue & Thurs, 1:30-3pm** *"weights"*
Aug 6-29 313303
Sept 3-26, Oct 1-24, Oct 31-Nov 26,
Dec 3-26 413303
Instructor: Kenya Taylor, CPT
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Fee: \$130 res/\$162.50 non-resident

Meditation & Breathwork Healing Session

Clear energy blockages, boost the immune system & balance the body. Induces heart coherence with a variety of breathing techniques, visualizations, mantras & music. *"meditation"*

15 & up: **Aug 18, Sun, 2:30-4pm** 343127
Sept 10, Oct 8, Nov 12:
Tues, 12:15-1:15pm 434127
Instructor: Elise Milam
Location: Lashley St Station, 1200 Lashley St
Fee: \$30 resident/\$37.50 non-resident
*Aug Fee: \$45 resident/\$56.25 non-resident



Lashley St Station,
1200 Lashley St



Women on Weights

New to weight training or getting back into it after a long hiatus? This small group training program is designed to help you get comfortable in the weight room, teach you how to use the equipment and get the most out of your workout. *"weights"*

16 & up: **Tues, 1:15-2:45pm** 434112
Sept 3-Oct 1 | Oct 8-Nov 5 | Nov 12-Dec 17
Instructor: Shantel Wheaton
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$80 resident/\$100 non-resident