

Body Sculpting - 60 Minutes Body Sculpting Express - 45 Minutes

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.

BodyVIVE 3.1® - 50 Minutes

BODYVIVE 3.1™ If you want the optimal mix of cardio, strength and core training, this is it. Step into a BodyVive 3.1 class and you can be sure you're heading into one of the safest and most effective workouts around. The challenging mix of lunges, squats and tubing exercises will help you burn calories.

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 Seated 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.

Jazzercise® (additional fee) - 60 Minutes

If you like to exercise and dance, you'll love Jazzercise! Set to the beat of great music, these easy to follow, fun, aerobic dance routines with muscle toning and stretching exercises is sure to get your heart pumping and your feet moving. Please register with the instructor on your first class. Class payment is on a monthly basis.

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.

Ultimate Fitness - (free for annual pass holders and SilverSneaker® members) - 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.

Zumba (additional fee) - 60 Minutes

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. Zumba is a "feel-happy" workout that is great for both the body and the mind. Class payment is on a monthly basis. **First class is FREE!**

Questions/Comments: Contact Veronica Mueller, Fitness Supervisor at 303.460.6928 or vmueller@broomfield.org