Broomfield Community Center

May 26 - August 29, 2015

Fitness Studio

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00		Jazzercise*** CHERYL		Jazzercise*** NICOLE	
8:30	Jazzercise*** CHERYL		Jazzercise*** CHERYL		Jazzercise*** CHERYL
9:00		ZUMBA®*** MICHELLE		ZUMBA®*** MICHELLE	
9:30	LesMills BODYVIVE CINDY		LesMills BODYVIVE KATIE		
10:35			YOGA JULIE	SERENITY YOGA KIMM	Youth Dance*** 11:15-12:00
12:00	Youth Dance*** 11:15-12:00/3:15-5:00	ZUMBA GOLD®*** SUE		ZUMBA GOLD®*** SUE	*12:30 PM* Jazzercise*** NICOLE
4:30					Irish Dance***
5:15	Body Sculpting Express SANDRA	LesMills BODYVIVE *RIA*	Body Sculpting Express SANDRA	LesMills BODYVIVE *JEN*	Taekwondo*** 5:30-7:00
5:55	TABATA SANDRA		TABATA SANDRA		
6:15	Taekwondo*** 6:45-9:15	ZUMBA®*** KERI	Taekwondo*** 6:45-9:15	ZUMBA®*** KELLY	
7:15		Jazzercise*** HEATHER		Jazzercise*** HEATHER	
8:15				Irish Dance***	

	Saturday
8:15	Jazzercise*** NICOLE/CHERYL
9:30	ZUMBA®*** KERI
10:35	Ultimate Fitness SANDRA
12:00	Irish Dance***
2:00	Taekwondo***
3:00	

*** Additional Fee

Lakeshore

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30		The SilverSneakers Fitness Program MARY ANN: Cardio		The SilverSneakers Fitness Program SANDRA: Cardio	
9:00	Active Adult YOGA KIMM		Active Adult YOGA KIMM	9:30AM Intermediate Line Dancing	Active Adult YOGA JULIE
10:20	The SilverSneakers Fitness Program JON: Classic		The SilverSneakers Fitness Program TRACY: Classic	11:00AM Beginner Line Dancing	The SilverSneakers Fitness Program JULIE: Classic
2:00	The SilverSneakers Fitness Program TRACY: Classic		The SilverSneakers Fitness Program SANDRA: Classic		
6:00		Gentle Yoga (90 min) HEIDI		Gentle Yoga (90 min) HEIDI	
6:15		Body Sculpting GAIL		Body Sculpting SANDRA	

Yoga:
additional fee for non-recreation pass holders.

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® - 55 Minutes

BODYVIVE™ is the low-impact group fitness workout that lets you choose just how hard you work. Using 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.

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.

Irish Dance *(additional fee)* - 60 Minutes

Jig, don't jog - try Irish dancing and start any week pro-rated! For detailed information on joining the class, please call Kity Stewart at 918-850-1232 or email her at stewart.kitty@yahoo.com. All ages welcome.

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!**

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