DROP-IN AEROBICS CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:30am **Mat Pilates** Becky	5:45-6:15am **Super Sculpt** 6:15-6:45am **Aerobic Interval** Becky	5:30-6:30am **Step Aerobics** Alison	5:45-6:45am **Barre/Yoga** Becky	5:30-6:30am **Step Interval** Alison	
				7:00-7:55am **SilverSneakers Classic** Lauren E. (Gym)		
	8:00-8:55am **SilverSneakers Classic** Kelli (Gym)	8:00-8:55am **SilverSneakers Circuit** Tiffany (Gym)	8:00-8:55am **SilverSneakers Classic** Kelli (Gym)	8:00-8:55am **SilverSneakers Circuit** Deborah (Gym)	8:00-8:55am **SilverSneakers Classic** Karen (Gym)	8:00-8:55am **Yoga** Alison
		8:30-8:55am **Core Blast** Alison				
	9:00-9:25am **TaijiFit™** 9:25-9:55am **TaijiStrength™** Kelli	9:00-9:55am **Step Interval** Alison	9:00-9:55am **Low Impact** Alison	9:00-9:55am **Step Interval** Tiffany	9:00-9:55am **Low Impact** Alison	9:00-9:30am **Step Aerobics** 9:30-9:55am **Super Sculpt** Hannah
	9:00-9:55am **SilverSneakers Circuit** Tiffany (Gym)	9:00-9:55am **SilverSneakers Yoga** Deborah (Gym)	9:00-9:55am **SilverSneakers Circuit** Tiffany (Gym)	9:00-9:55am **SilverSneakers Yoga** Deborah (Gym)	9:00-9:55am **SilverSneakers Circuit** Tiffany (Gym)	
Alternating Weeks 10:15-11:25am **Power Yoga** Jeni ---------- 10:15-11:00am **Step Aerobics** 11:00-11:25am **Super Sculpt** Ali	10:00-11:00am **Power Yoga** Randy/Becka	10:00-11:00am **Super Sculpt** Deborah	10:00-11:00am **Nia** Aimee V.	10:00-10:55am **Super Sculpt** Tiffany	10:00-11:00am **Power Yoga** Alison	10:00-11:00am **Nia** Aimee V. ***(ages 8+ welcome with parent and WRRC ID card)***
11:30am-12:25pm **The willPower Method** Katie	11:15am-11:45am ***NEW! BOOM: Muscle*** 11:45am-12:15pm ***NEW! BOOM: Mind*** Deborah	11:45am-12:45pm **Gentle Yoga** Karen	11:15am-11:45am ***NEW! BOOM: Muscle*** 11:45am-12:15pm ***NEW! BOOM: Mind*** Deborah	11:00am-11:55am **Yoga** Jeni ---------- 12:15pm-12:55pm ***NEW! BodyShred*** Susan	11:45am-12:15pm **Super Sculpt** 12:15-12:45pm **Step Interval** Tiffany	11:15am-12:15pm **Zumba** Sheri ***(ages 8+ welcome with parent and WRRC ID card)***
	1:00-2:00pm **Zumba** Jaime	1:00-2:00pm **Mat Pilates** Angela	1:00-2:00pm **Zumba** Jaime	1:00-2:00pm **Mat Pilates** Kendall	1:00-2:00pm **Nia** Therese	
			2:05-3:05pm **Yoga** Robyn			
	4:30-5:25pm **Super Sculpt** Tiffany		4:30-4:55pm **Super Sculpt** 4:55-5:25pm **Aerobic Interval** Ali	4:30-5:25pm **Super Sculpt** Tiffany		
	5:30-6:25pm **Step Interval** Tiffany	5:30-6:25pm **Sport Conditioning** Tiffany	5:30-6:25pm **Step Interval** Tiffany	5:30-6:25pm **Zumba** Sheri		
	6:30-7:25pm **Yoga** Jessica	6:30-7:25pm **Zumba** Leset	6:30-7:25pm **Power Yoga** Becka			

All drop-in aerobics classes are included with your daily admission. Use your punch card, annual pass or pay the daily drop-in fee. See reverse side for class descriptions. All drop-in classes are for adults 18 & up and youth ages 12-17 who have completed a Teen Fitness Orientation.

FITNESS FLOOR

WHEAT RIDGE
RECREATION CENTER

Wheat Ridge
Recreation Center
City of Wheat Ridge
Parks and Recreation
4005 Kipling St.
Wheat Ridge, CO 80033
303-231-1300
www.ci.wheatridge.co.us

Revised 01/09/2017

FEATURES

Aerobics/Dance Room

- 2000 square foot room
- Balls, jump ropes, dumbbells, exertubes and more
- Wood sprung floor
- Double ballet bars
- Mirrors on two walls
- Top-of-the-line sound system

Weights/Fitness Area

- 3000 square foot fitness area
- Magnum free weight and Biangular equipment
- 19 Paramount circuit machines
- Various cardiovascular equipment *(elliptical cross-trainers, treadmills, upright and recumbent bikes, cycling bikes, rowing machine)*
- Six color TVs tuned to various set channels – use your Walkman headset to listen

Jogging/Walking Track

- 5500 square feet
- 10.4 laps = 1 mile
- Soft synthetic floor
- Scenic overlooks

GUIDELINES

- Children under the age of 12 are not allowed on the fitness floor, except during Family Fitness Hours (Saturdays 10:00am - 5:00pm).
- Children ages 8-11 may use the fitness floor and attend specially designated drop-in classes ***with a parent during Family Fitness Hours ONLY,*** after completing a Teen Fitness Orientation.
- Children ages 8-11 who have completed a Teen Fitness Orientation are allowed ONLY in classes specially designated on the reverse side.
- Teenagers (ages 12-17) must complete a Teen Fitness Orientation before using the fitness area and leave their ID card at the fitness desk while on the fitness floor.

For more information, ask at the front desk or the fitness desk on the second floor.

Drop-in Aerobics Class Descriptions (see reverse for class schedule)

Aerobic Interval - Combines aerobic and anaerobic conditioning to maximize intensity, speed, and recovery.

Barre/Yoga - Balance based functional and strength training using the ballet barre, weights and balls followed with yoga.

Barre - A ballet conditioning class that combines Pilates, Yoga and ballet moves to give you beautiful, sculpted, lean muscles. It's a fun, low-impact, upbeat class set to music that also incorporates weights, gliders, and blocks.

BodyShred - Fast-paced 35 minute full-body workout incorporating high intensity interval training with unique bodyweight and dumbbell excercises. Get a great cardio and strength class in a 3 minute warm-up, 24 minutes of crazy, and a 5 minute cool down stretch.

BOOM: Mind - Patrons will improve range of motion, balance and flexibility in this yoga/Pilates-fusion class. They will learn techniques to relax their mind and engage their muscles through athletic-stretching techniques.

BOOM: Muscle - Encourages patrons to up their game in this strength-training class that consists of a series of exercises inspired by their favorite activities like golf, tennis and hiking.

Core Blast - Intense core workout, abs, glutes, and lower back in and out!

Gentle Yoga - Learn proper posture and breathing with fundamental yoga postures that will build balance, strength, and flexibility in a form that's very gentle for your body.

Low Impact - Includes low impact aerobic combinations followed by toning, abs, and stretching.

Mat Pilates - Build and strengthen your core while improving flexibility and encouraging proper body alignment.

Nia - A dynamic blend of dance, martial arts, and healing arts that offers a highly effective way to condition and heal.

Power Yoga - A vigorous, flowing yoga class designed to improve strength, flexibility, balance, and core strength.

SilverSneakers Circuit - A blend of standing exercises to build muscular strength and cardiovascular endurance. A chair is provided for support.

SilverSneakers Classic - Increases strength for the upper and lower body and activities for daily living. A chair is provided for seated and/or standing support.

SilverSneakers Yoga - A blend of yoga styles taught from a seated and standing position to increase balance and flexibility.

Sport Conditioning - A combination of aerobic sport and propulsion moves, strength conditioning, and interval training.

Step Aerobics - A high-energy class with 30-40 minutes of aerobic step combinations followed by toning, abs, and stretching. A great fat burner.

Step Interval - Combines aerobic and anaerobic conditioning moves and sculpting with weights and bands.

Super Sculpt - Weights, body bars, bands, and balls are used to strengthen and tone.

TaijiFit™ - Not just an exercise - it's an experience! Great music, great energy - and most of all, great people. It combines the best elements of fitness, meditation, and the ancient martial art of Taiji (Tai Chi). Feel for yourself the mind/body connector we call FLOW. TaijiFit is mindfulness in motion!

TaijiStrength™ - Combines the best of traditional Tai Chi with modern Western fitness to bring your muscular, cardiovascular and nervous systems into perfect synergy. No choreography to remember. The use of weighted balls and bars enhances the experience.

Total Body - A combination of high/low, step, sports moves, interval work, and sculpting.

The willPower Method - The ideal cardiovascular solution for mind-body practitioners combining dance, pilates, and plyometrics into one barefoot class.

Yoga - Learn proper posture and breathing with fundamental yoga postures that will build balance, strength, and flexibility.

Zumba - Ditch the workout, join the party! Zumba is a Latin dance based cardio class that will have you wondering where the time went.