



Instructors Chris and Ignacio demonstrate a fun bootcamp move!

► FITNESS

Try a new class! Challenge yourself! Have fun with a friend! Our experienced fitness staff is here for the beginner or the advanced exerciser.

Visitor fees for Registered Classes: A visitors' fee option (\$15.75 per visit, or \$65 for 5 visits) is available for most classes if they are not full. Pay your visitor's fee at the front desk and bring the receipt to the instructor. For questions about any fitness class, please call Content VonRoenn at 303-413-7280.

Please Note: Session 2 Classes will not meet the week of Thanksgiving. Contact Content VonRoenn the Fitness and Weight Training Program Coordinator : 303-413-7280 or speak with your instructor for available alternatives.

Adult Kickbox

Jab, cross, upper-cut, hook! High intensity aerobics using powerful boxing moves. Equipment provided.

Session 1

138944	9/12-10/26	M/W, 5-6pm	South	14	\$116/\$144	Ignacio
138945	9/12-10/26	M/W, 7-8pm	North	14	\$116/\$144	Ignacio

Session 2

138944	9/12-10/26	M/W, 5-6pm	South	14	\$116/\$144	Ignacio
138945	9/12-10/26	M/W, 7-8pm	North	14	\$116/\$144	Ignacio

Personalized Nutrition Plan

Our registered dietitian can help you design a new healthy eating program or tweak your already healthy program. They can also answer specific questions you may have about sport nutrition, how nutrition helps minimize chronic disease, and many other unique topic areas.

1 - 1 hour session: \$60 or 3 - 45 minute sessions for \$159

Contact Content VonRoenn at 303-413-7280.

Bootcamp

This high-intensity workout will kick start your day. Increase your speed, agility, strength and stamina in this fun, powerful, challenging workout. Meets outside, weather permitting.

Session 1

138946	9/12-10/26	M/W, 7-8am	East	14	\$116/\$144	Ignacio
138947	9/13-10/27	Tu/Th, 6:30-7:30am	South	14	\$116/\$144	Ignacio

Session 2

138954	10/31-12/21	M/W, 7-8am	East	14	\$116/\$144	Ignacio
138955	11/1-12/22	Tu/Th, 6:30-7:30am	South	14	\$116/\$144	Ignacio

Zumba

This latin-style fitness class gives you a cardiovascular workout while moving to salsa, merengue, and samba dance moves. All fitness levels welcome.

Session 1

138948	9/12-10/24	M, 9:30-10:30am	North	7	\$58/\$72	Karen
138949	9/13-10/25	Tu, 6:35-7:35pm	East	7	\$58/\$72	Karen

Session 2

138956	10/31-12/19	M, 9:30-10:30am	North	8	\$58/\$72	Karen
138957	11/1-12/20	Tu, 6:35-7:35pm	East	8	\$58/\$72	Karen

50 Plus Resistance

(Adult 50+) Men and women fifty years of age and older will benefit from using free weights, resistance bands and exercises to increase strength and bone density.

Session 1

138943	9/12-10/26	M/W, 1:30-2:30pm	East	14	\$116/\$144	Melissa
138942	9/16-10/28	F, 11:30am-12:30pm	East	7	\$58/\$72	Melissa

Session 2

138951	10/31-12/21	M/W, 1:30-2:30pm	East	14	\$116/\$144	Melissa
138950	11/4-12/23	F, 11:30am-12:30pm	East	7	\$58/\$72	Melissa



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HEALTH & WELLNESS: FITNESS & WEIGHTS

▶ SWISS BALL

Swiss Ball exercises were developed in the 1960's by Swiss physical therapists and a pediatrician for neurological and pediatric problems. Later, orthopedic and fitness applications were added. The Swiss Ball is far more versatile and valuable than the rehabilitative application it was initially intended for. In the late 1980's, fitness professionals including coaches, athletic trainers and personal trainers, realized the effectiveness of the Swiss Ball in developing balance, core strength, coordination, spine stabilization, body symmetry and more. Today Swiss Balls are considered to be one of the safest and most effective methods for core conditioning.

Intro to Swiss Ball

Swiss balls are one of today's top fitness tools - and for good reason! Using a Swiss ball will improve the strength of the abs and the lower back. Our licensed physical therapist will teach you many fun and useful Swiss Ball exercises that promote core strength while improving flexibility, balance, postural alignment and coordination.

138958	9/12-10/24	M, 4-5pm	North	7	\$58/\$72	Heidi
138959	10/31-12/19	M, 4-5pm	North	8	\$58/\$72	Heidi

Swiss Ball with Props

Ready for the next level? Our physical therapist will help you continue to explore Swiss Ball exercises to further improve your core strength and conditioning, flexibility, alignment, balance and coordination. **Pre-Requisite:** One previous session with the instructor or instructor's permission.

138961	9/28-11/30	W, 8:45-9:45am	East	10	\$83/\$103	Darcy
138960	9/29-12/8	Th, 4-5pm	North	10	\$83/\$103	Heidi

▶ WEIGHT MANAGEMENT

Weight training and nutrition for weight management, this is a dynamic combination too good to pass up!

Beyond Body Basix

Go Beyond! Engage in circuit training that includes core, balance, strength, agility, and flexibility to transform your body AND work with your instructor to take action on wellness targets that will enhance your life. Change your body - Change your life!

138924	9/12-10/26	M/W, 6:20-7:20am	North	14	\$135/\$168	Belen
138930	10/31-12/21	M/W, 6:20-7:20am	North	14	\$135/\$168	Belen

Beyond Body Basix -Supplement

Take your workout to the next level by adding a 3rd day to your routine! Must be enrolled in Beyond Body Basix class to sign up for this supplement.

138926	9/16-10/28	F, 6:20-7:20am	North	7	\$96/\$120	Belen
138932	11/4-12/23	F, 6:20-7:20am	North	7	\$96/\$120	Belen



Biggest Winner

You're the Biggest Winner! Workout twice a week with a trainer in a small group. Activities include exercising together, nutritional support, e-mails from your trainer and weekly exercise targets. Your trainer will support you, set goals with you, and track your progress and success.

Session 1

138923	9/13-10/27	Tu/Th, 6:30-7:30am	East	14	\$135/\$168	Belen
138928	9/13-10/27	Tu/Th, 6-7pm	East	14	\$135/\$168	Belen

Session 2

138929	11/1-12/22	Tu/Th, 6:30-7:30am	East	14	\$135/\$168	Belen
138933	11/1-12/22	Tu/Th, 6-7pm	East	14	\$135/\$168	Belen

Viva La Slim! - A Weight Management Class

Come join this empowering class, taught by a registered dietitian. Get your weight management questions answered and gain the knowledge you need to get the body you want! This is a realistic weight loss program, which involves behavior modification, and healthy food choices. In addition you will receive a consultation with a personal trainer that will help you determine an exercise plan to achieve your goals.

138927	9/28-11/30	W, 12-1pm	North	10	\$96/\$120	
138925	9/28-11/30	W, 6:30-7:30pm	East Senior	10	\$96/\$120	

▶ FIRST AID & CPR/AED CERTIFICATION

Red Cross Babysitting

(Ages 11-15) Gain skills and confidence to care for infants and children. Training shows you how to respond to emergencies and illness with First Aid and rescue breathing. Learn household rules, hygiene, diapering, feeding and how to communicate with parents. CPR certification is not included but will be demonstrated.

136937	10/22	Sa, 9am-3pm	South	1	\$60/\$75	
136982	11/5	Sa, 9am-3pm	South	1	\$60/\$75	

First Aid

Customized First Aid course covers common sport injuries including concussion, overheating, sprains etc. Endorsed by Children's Hospital and Colorado High School Activities Association.

134335	6/13	M, 5-9pm	South	1	\$40/\$50	
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CPR/AED Certification

Heartsmart CPR/AED certification in adult, child, infant CPR, choking protocols and use of an AED (defibrillator).

136932	10/18	Tu, 5-9pm	South	1	\$40/\$50	
136933	11/19	Sa, 9am-1pm	South	1	\$40/\$50	

First Aid Certification

Heartsmart First Aid topics focus on adult emergencies including bleeding, shock, head/neck/back injuries, stroke, diabetic emergencies, seizures and more.

136935	11/19	Sa, 1:30-5:30pm	South	1	\$40/\$50	
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Each of our three recreation/fitness centers offer certified personal training, state-of-the-art cardio and conditioning equipment.

Please Note: Session 2 Classes will not meet the week of Thanksgiving. Contact Content VonRoenn the Fitness and Weight Training Program Coordinator at 303-413-7280 or speak with your instructor for available alternatives.

► PERSONAL TRAINING

Have one of our certified trainers design your personal blueprint for success!

One hour sessions address sport specific, weight loss, rehabilitative and general fitness goals. To find out more about our excellent training staff check out our weight training page at www.boulderparks-rec.org. Request a trainer online, visit the front desk or call 303-413-7280 to get started with your trainer today! (Sessions expire 1 year from purchase date.)

Private Sessions

(Age 12+) Personalized training with a certified professional.
1 session \$51 • 3 sessions \$144 • 6 sessions \$276 • 12 sessions \$516

Partner/Group Training

(Ages 15+) Customized training for a pre-arranged group of 2-6 individuals sharing similar goals and fitness needs. Call 303-413-7280 for pricing.

Express Personal Training

Never met with a trainer before, have limited time, or in need of a tune up? Your trainer will provide a targeted 30 minute plan that will invigorate your workouts and show you how to maximize your time in the weight room. Three 30 minute sessions with a personal trainer. Investment \$99

► TRAINER SPOTLIGHT

Cydney Brooks

With my extensive knowledge in exercise I can draw upon a huge range of exercises—so you'll never get bored! I believe that fitness training should be goal oriented and scientifically based to create workouts that are effective and fun. Through consistency in training and nutrition I can help you reach the lifestyle goals you desire.

—Cydney Brooks CPT



Commit to Get Fit

Let us ensure your success...Commit to Get Fit with us this year! What is Commit to Get Fit? It's the answer to your most pressing fitness concern...whether you'd like to lose weight, enhance sport performance or improve overall health, this is the program for you.

• Choose your level

Power Plan: Meet your trainer 1x a week. Best for moderate gains, foundation building and increased motivation.

Performance Plan: Meet your trainer 2x a week. Best for accelerated gains, improved technique and performance; dynamic motivation.

Peak Plan: Meet your trainer 3x each week. Tremendous gains and maximum goal achievement in minimum time.

POWER • 1X weekly – \$179/mo. (less than \$45 per session)

PERFORMANCE • 2X weekly – \$329/mo. (less than \$42 per person)

PEAK • 3X weekly – \$464/mo. (less than \$39 per person)

• Choose your Trainer

All City of Boulder Personal Trainers are highly qualified professionals who maintain national personal training certifications in addition to CPR/AED/First Aid certifications. Select your own from our web-based profiles – or let us help you select the trainer best suited to meet your goals and interests. Trainer profiles are available online, or contact the Fitness & Weight Training Coordinator, Content VonRoenn, to discuss which trainer would be best for you. Vonroennc@bouldercolorado.gov or 303-413-7280.

• Choose to Achieve

Sign up for an annual commitment to meet with your trainer once, twice or three times weekly. It's up to you! As an added bonus you will receive an annual pass!

(Can be cancelled at anytime with a written 30 day notice.)





HEALTH & WELLNESS: FITNESS & WEIGHTS

Please Note: Session 2 classes will not meet the week of Thanksgiving. Contact Content VonRoenn, Fitness & Weight Training Coordinator: 303-413-7280 or speak with your instructor for available alternatives.

▶ WORKOUTS FOR WOMEN

A selection of weight training classes geared especially for women.

Women's Weight Training

All ability levels are welcome! Use free weights and machines to improve strength and muscle tone. Great for posture and extra calorie burning as well!

Session 1

138909	9/12-10/26	M/W, 9:30-10:30am	☼	North	14	\$116/\$144	Chris
138910	9/13-10/27	Tu/Th, 9:30-10:30am	☼	North	14	\$116/\$144	Chris
138911	9/13-10/27	Tu/Th, 10:45-11:45am		South	14	\$116/\$144	Sue

Session 2

138917	10/31-12/21	M/W, 9:30-10:30am	☼	North	14	\$116/\$144	Chris
138918	11/1-12/22	Tu/Th, 9:30-10:30am	☼	North	14	\$116/\$144	Chris
138919	11/1-12/22	Tu/Th, 10:45-11:45am		South	14	\$116/\$144	Sue

Women's Intermediate Weight Training

Move to a new level of training! This class is not for first timers and is designed for women who have become comfortable in the weight room.

Session 1

138912	9/12-10/26	M/W, 8:15-9:15am		East	14	\$116/\$144	Sue
138913	9/12-10/26	M/W, 8:30-9:30am		North	14	\$116/\$144	Chris
138914	9/13-10/27	Tu/Th, 9:30-10:30am		South	14	\$116/\$144	Sue

Session 2

138920	10/31-12/21	M/W, 8:15-9:15am		East	14	\$116/\$144	Sue
138921	10/31-12/21	M/W, 8:30-9:30am		North	14	\$116/\$144	Chris
138922	11/1-12/22	Tu/Th, 9:30-10:30am		South	14	\$116/\$144	Sue

Women's Workout

Guaranteed FUN and Hard Work! Your trainer will motivate and guide you through a new workout each week using weights, cardio, and core training.

Session 1

138907	9/13-10/27	Tu/Th, 6-7pm		North	14	\$116/\$144	Ignacio
138908	9/13-10/27	Tu/Th, 7-8pm		North	14	\$116/\$144	Cyd

Session 2

138915	11/1-12/22	Tu/Th, 6-7pm		North	14	\$116/\$144	Ignacio
138916	11/1-12/22	Tu/Th, 7-8pm		North	14	\$116/\$144	Cyd



Passport to Health

The perfect package! Get a quick start with this 3 hour investment to a healthy lifestyle. Our comprehensive fitness assessment* will determine your current fitness level, test your strength and identify any postural or muscle imbalances that need to be addressed. Once the assessment is completed, you and your trainer will prepare a personalized exercise plan indicating the frequency, duration and intensity of exercise appropriate for you. Lastly you will receive a personalized nutrition plan from a registered dietitian to optimize your success.

Investment \$180 (You can also purchase each one hour segment of this package separately.)

Fitness Assessment

Administered by Martin Petrofes: Advanced Health and Fitness Specialist. His certification qualifies him to work with the healthy population as well as chronic disease and pre/post rehab clients.

Recommended every 3-6 months. Use this tool to direct and track your fitness success! This fitness assessment will determine your current fitness level, test your strength and identify any postural or muscle imbalances that need to be addressed. Testing includes: resting heart rate, blood pressure, 8 min treadmill, or step test, VO2 estimate, range of motion and strength testing of the back, neck, shoulder, and hamstrings. You will have your choice of skin fold measurements, body mass index, bio electrical impedance, or circumference measurements to be used as a measuring tool to track weight loss goals and improvements in fitness. Testing can be modified to accommodate personal preference or injury.

Investment - \$60

Personalized Exercise Plan

A specific plan that maps out the days of the week, type of exercise, length and intensity of each workout provides direction and motivation to achieve your goals. Use this one hour session to customize a beginning program or amp up your current strength training routine!

Investment - \$60

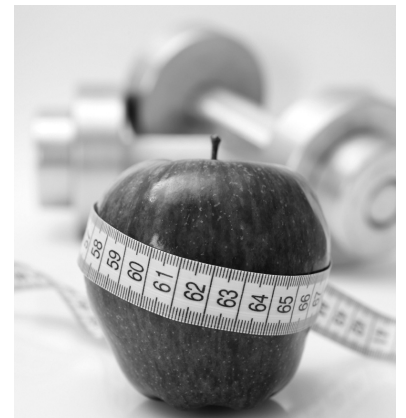
Personalized Nutrition Plan

(Designed by a Registered Dietitian) Our registered dietitians can help you tweak an already healthy program or design an entirely new healthy eating plan. They can also answer specific questions you may have about sport nutrition, how nutrition helps minimize chronic disease, lower cholesterol, manage diabetes...even gluten free eating!

1 - 1 hour session: \$60 or

3 - 45 minute sessions: \$159

Request these services online, visit the front desk or call 303-413-7280 to get started today!





Free weights are a great way to build strength and increase core stability.

▶ COMPLETE CONDITIONING

Functional Interval Training (F.I.T.) is your one stop shop for calisthenics, core conditioning, circuit and functional training!

Circuit Training

Strong Men and Women Stay Young! Train smart, keep your heart rate up, and body toned, in this demanding one hour workout. Weight training, cardiovascular, and core activities are completed in timed intervals. Get individualized training at your level from one of our veteran instructors!

Session 1

138883	9/12-10/28	M/F, 10-11am	East	14	\$116/\$144	Marti
138882	9/13-10/27	Tu/Th, 10-11am	East	14	\$116/\$144	Marti

Session 2

138897	10/31-12/16	M/F, 10-11am	East	14	\$116/\$144	Marti
138896	11/1-12/22	Tu/Th, 10-11am	East	14	\$116/\$144	Marti

F.I.T. Bootcamp

F.I.T. Boot camp will jumpstart your metabolism in a fast pace, supportive, team environment. Each unique class will build strength with whole body exercises, calisthenics, resistance and core training while maintaining your heart rate in a cardio conditioning zone.

138890	9/13-10/27	Tu/Th, 8:30-9:15am	North	14	\$87/\$108	Chris
138904	11/1-12/22	Tu/Th, 8:30-9:15am	North	14	\$87/\$108	Chris

F.I.T. Workout

Functional Interval Training - This class has it all, strength, cardio, core and more! Get your heart pumping, and your body fit, with this fun and energizing workout.

Session 1

138884	9/12-10/26	M/W, 9-10am	South	14	\$116/\$144	Ignacio
138889	9/13-10/27	Tu/Th, 7:20-8:20am	North	14	\$116/\$144	Catherine
138887	9/13-10/27	Tu/Th, 7:30-8:30am	South	14	\$116/\$144	Ignacio
138888	9/13-10/27	Tu/Th, 8:30-9:30am	South	14	\$116/\$144	Ignacio
138885	9/17-10/29	Sa, 8-9am	North	7	\$58/\$72	Ignacio
138886	9/17-10/29	Sa, 9-10am	North	7	\$58/\$72	Catherine

Session 2

138898	10/31-12/21	M/W, 9-10am	South	14	\$116/\$144	Ignacio
138903	11/1-12/22	Tu/Th, 7:20-8:20am	North	14	\$116/\$144	Catherine
138901	11/1-12/22	Tu/Th, 7:30-8:30am	South	14	\$116/\$144	Ignacio
138902	11/1-12/22	Tu/Th, 8:30-9:30am	South	14	\$116/\$144	Ignacio
138899	11/5-12/17	Sa, 8-9am	North	7	\$58/\$72	Ignacio
138900	11/5-12/17	Sa, 9-10am	North	7	\$58/\$72	Catherine

Lift For Life

Increase strength to achieve optimal performance in any day-to-day activity or sport!

Session 1

138892	9/13-10/27	Tu/Th, 4:30-5:30pm	South	14	\$116/\$144	Chris
138891	9/13-10/27	Tu/Th, 5:30-6:30pm	South	14	\$116/\$144	Chris

Session 2

138906	11/1-12/22	Tu/Th, 4:30-5:30pm	South	14	\$116/\$144	Chris
138905	11/1-12/22	Tu/Th, 5:30-6:30pm	South	14	\$116/\$144	Chris

Youth Weight Training and Safety

(Age 12-15) Teens will learn their major muscle groups, safe weight training techniques, and weight room safety and etiquette. Upon successful completion, participants are given clearance to use the weight room, when supervised by an adult.

138894	9/19-10/24	M, 4-5pm	North	6	\$50/\$62	TBA
138893	9/20-10/25	Tu, 4-5pm	South	6	\$50/\$62	Catherine
138895	9/21-10/26	W, 4-5pm	East	6	\$50/\$62	Catherine

“Michael was a fantastic trainer and cheerleader! I would recommend him highly to anyone wanting to do this (Commit to Get Fit) program.”

– M.W.



East Boulder Community Park Grand Opening!

Saturday, August 27 • 5660 Sioux Dr.

FREE!

9-11am – Opening Ceremony

9-11am – Tennis activities with Gonzo

8:30am-1:30pm – Dance, Yoga & Fitness sampler in the Rec Center



Celebrate the opening of the park plus enjoy **free activities and admission** to the East Boulder Community Center from 8:30am-1:30pm. Don't miss the sampler classes in the rec center from 8:30am-1:30pm.

RIBBON CUTTING • FREE CHILDCARE • TENNIS ACTIVITIES W/ GONZO • DANCE SAMPLER

For more information visit www.BoulderParks-Rec.org



The City of Boulder supports *Let's Move!*
 – a comprehensive initiative, launched by First Lady, Michelle Obama.

We are dedicated to solving the challenge of childhood obesity by offering Boulder's young people year round programs aimed at keeping them active, healthy and informed – so they are able to pursue their dreams. Our goal is to put children on a path to a healthy future.

For more information about *Let's Move!* and other resources for raising healthy children visit:

www.LetsMove.gov • www.fitness.gov • www.presidentschallenge.org



Important Dates:

- Aug. 5 Flick & Float at Scott Carpenter Pool - 6:30pm
- Aug. 8-12 Denver Nuggets Basketball Camp (pg.37)
- Aug. 22 Youth Flag Football League begins (pg.36)
- Aug. 27 East Boulder Community Park Opening (pg.26)
- Sept. 13 Mini-Sports series begins (pg.36)
- Sept. 18 Green Streets/Ciclovia (pg.50)
- Sept. 19 Youth Weight Training (pg.25)
- Nov. 21-23 Thanksgiving Break Camp (pg.36)
- Dec. 19-22 Winter Break Camp



www.BoulderParks-Rec.org



MIND / BODY: PILATES



Pilates students "on the mat," concentrating on breath, flow and control.

▶ PILATES MAT PROGRAM INFORMATION

Registered Class Punchcard

Pilates Mat \$65 - 5 Punches

Punchcards may be purchased at Recreation Center front desks and are valid for 6 months from the date of purchase. **Present your card to the front desk personnel and give your receipt to your instructor for admission. Salberg and Iris Center class punchcard holders may present card at any Recreation Center and present receipt to instructor before admission to class.**

Registered Class Visitor's Fee

Pilates Mat \$15.75

Select classes have space available and are appropriate for visitation. Choose the level which is suitable for your experience, check space availability and pay your admission fee at the Recreation Center front desk. **Give your receipt to your instructor for admission to class. Salberg and Iris Center visitor's fees may be paid at any Recreation Center and receipt presented to instructor before admission to class.**

Make-up policy - Make-ups are approved and arranged through your instructor.

Please check your registration confirmation for information about the Thanksgiving week schedule, week of November 21.

▶ PILATES MAT

This system of exercising, developed by physical therapy pioneer, Joseph Pilates, is a non-impact system that stabilizes and aligns the body. While focused on strengthening and balancing the core muscle groups, the Pilates Method develops greater flexibility, strength, concentration, coordination and control, and increases awareness of functional body mechanics, all with the intention of building a better you.

Mat - Beginner

(Age 14+) Practice classic Pilates Method principles such as control, coordination and breath by learning the beginning sequence of Pilates mat exercises including 'hundreds,' 'rolling like a ball,' 'saw,' and 'mermaid stretch.' Props such as Pilates circles, Therabands and Theraballs are used to enhance your experience in this basics course.

138155	9/9-12/16	F, 8:45-9:45am	Iris	14	\$112/\$140	Christine
138154	9/12-12/12	M, 8:45-9:45am	Iris	14	\$112/\$140	Christine
140733	9/12-10/24	M, 5:30-6:30pm	Salberg	7	\$56/\$70	Roxolana
138156	9/18-12/18	Su, 4:15-5:15pm	Salberg	14	\$112/\$140	Jane
142732	10/31-12/12	M, 5:30-6:30pm	Salberg	7	\$56/\$70	Roxolana

Mat - Continuing Beginner

(Age 14+) Continue your practice of Pilates Method beginner mat exercises with precisely coordinated movement, and continue to learn proper sequencing of the exercises. Intermediate exercises such as 'rollover,' 'corkscrew II,' 'swan dive' and 'teaser II' will be introduced when appropriate.

Pre-requisite: Ability to properly perform and flow through all beginner mat exercises in sequence.

143732	9/10-10/22	Sa, 8:15-9:15am	Salberg	7	\$56/\$70	Desiree
138993	9/12-12/12	M, 5:30-6:30pm	South	14	\$112/\$140	Lisa
143782	10/29-12/10	Sa, 8:15-9:15am	Salberg	7	\$56/\$70	Desiree
142782	9/13-10/25	Tu, 6:40-7:40pm	Salberg	7	\$56/\$70	Janique
142832	11/1-12/13	Tu, 6:40-7:40pm	Salberg	7	\$56/\$70	Janique

"With body, mind, and spirit functioning perfectly as a coordinated whole, what else could reasonably be expected other than an active, alert, disciplined person."

- Joseph Pilates



Mat - Intermediate

(Age 14+) This course is designed for students who are ready for the next step in their Pilates exercise routine. More emphasis is placed on flowing through Level 2 mat exercises such as 'shoulder bridge,' 'spine twist' and 'teaser III.' Advanced exercises such as 'jack knife' and 'boomerang' are introduced.

Pre-requisites: Ability to perform and flow through all beginner mat exercises, in sequence, with adherence to Pilates principles, and regular practice of Pilates mat exercises.

138157	9/9-12/16	F, 9:55-10:55am	Iris	14	\$112/\$140	Christine
139732	9/12-12/12	M, 9:55-10:55am	Iris	14	\$112/\$140	Christine
142582	9/12-10/24	M, 5:20-6:20pm	East Senior	7	\$56/\$70	Janique
142882	10/31-12/12	M, 5:20-6:20pm	East Senior	7	\$56/\$70	Janique

Pilates Mat/Yoga Combo - Continuing Beginner

(Age 14+) Learn and practice yoga postures with your Pilates Mat exercise routine. Each discipline complements the other to give you an overall feeling of well-being. **Pre-requisite:** One session of Pilates Mat, Yoga or Pilates/Yoga combo classes or equivalent experience.

139002	9/7-12/14	W, 5:30-6:30pm	South	14	\$112/\$140	Lisa
142932	9/10-10/22	Sa, 12-1pm	South	7	\$56/\$70	Bianca
142982	10/29-12/10	Sa, 12-1pm	South	7	\$56/\$70	Bianca

► PILATES REFORMER AND MULTI-APPARATUS PROGRAM INFORMATION

Pre-requisite policy - Five private or semi-private Pilates Reformer lessons or one full 8-class Introduction/Orientation Reformer class through the City of Boulder Pilates Program will be required to participate in any "Level 1" or higher Pilates Reformer or Multi-Apparatus class, or coordinator approval is required.

Make-up policy - Students who miss a Pilates Reformer or Multi-Apparatus class may attend a Pilates Mat class as a make-up, or purchase a private reformer lesson for an additional fee of \$40. Make-ups are arranged through your instructor.

► PRIVATE & SEMI-PRIVATE REFORMER LESSONS

Private and Semi-Private Pilates Reformer Lessons

(Age 16+) Individual instruction for those who would like an introduction to the Pilates Reformer or for those who wish to focus on individual needs. Proper and safe use of the equipment is emphasized. Private lessons will help you determine whether this form of exercise is a good fit for you.

1-Hour Private Pilates Reformer Lesson Fee: \$50/student

1-Hour Semi-Private Pilates Reformer Lesson Fee: \$35/student

Must register two or more students together at the same time.

Lessons are available at South Boulder Recreation Center and Salberg Center. Please call registration to begin appointment procedure.

24-hour cancellation policy: If a Private or Semi-Private Pilates Reformer Lesson is cancelled within 24 hours, no refund will be issued.

► PILATES REFORMER

Discover the philosophy, focus and benefits of exercising on the Pilates Reformer, a non-impact system of tension springs, ropes, poles and mats. The reformer adds resistance to the Pilates Method exercises and can provide support to beginners or challenges to more advanced students. Develop core strength, coordination and flexibility within this non-impact system of tension springs, ropes, poles and mats.

Reformer - Intro/Orientation

(Age 16+) This 8-week course will introduce you to the Pilates Reformer apparatus, and get you started on learning the basic Level 1 exercises. Proper and safe use of the equipment is emphasized.

140744	9/7-10/26	W, 8:30-9:30am	South	8	\$104/\$130	Sheri
140751	9/8-10/27	Th, 5:30-6:30pm	Salberg	8	\$104/\$130	Tamara
140754	9/8-10/27	Th, 5:30-6:30pm	South	8	\$104/\$130	Desiree
140749	9/10-10/29	Sa, 10:45am-11:45am	South	8	\$104/\$130	Bianca

Reformer - Level 1 - Beginner

(Age 16+) Exercises at this level, on this unique apparatus, best suit students who are familiar with the Pilates Reformer and who have either taken private lessons or completed the Introduction/Orientation Reformer class through the City of Boulder Pilates Program. Use of the reformer will quickly strengthen, stretch and reshape your body.

140038	9/7-12/14	W, 7:30-8:30am	Salberg	14	\$182/\$228	Missie
140037	9/8-12/15	Th, 6:40-7:40pm	South	14	\$182/\$228	Desiree
140837	9/8-10/20	Th, 5:30-6:30pm	Salberg	7	\$91/\$114	Tamara
140039	9/9-12/16	F, 7:30-8:30am	Salberg	14	\$182/\$228	Missie
140799	9/13-10/25	Tu, 5:30-6:30pm	Salberg	7	\$91/\$114	Janique
140748	9/17-12/17	Sa, 10:30-11:30am	Salberg	14	\$182/\$228	Desiree
143232	11/1-12/13	Tu, 5:30-6:30pm	Salberg	7	\$91/\$114	Janique
140750	11/2-12/21	W, 8:30-9:30am	South	7	\$91/\$114	Sheri
140755	11/3-12/22	Th, 5:30-6:30pm	South	7	\$91/\$114	Desiree
143332	10/27-12/15	Th, 5:30-6:30pm	Salberg	7	\$91/\$114	Tamara
140836	11/3-12/22	Th, 6:40-7:40pm	Salberg	7	\$91/\$114	Tamara
143482	11/5-12/17	Sa, 10:45-11:45am	South	7	\$91/\$114	Bianca

Reformer - Level 2 - Continuing Beginner

(Age 16+) Review Level 1 Pilates Reformer exercises such as 'footwork,' 'hundreds,' 'frog,' 'tree front,' and 'elephant,' and incorporate and practice more challenging Pilates Reformer exercises - 'short spine massage,' 'knee stretches,' and 'teaser,' for example. **Pre-requisite:** Completion of at least one session of Level 1 classes with the City of Boulder Pilates program, or coordinator approval.

139982	9/7-12/14	W, 5:30-6:30pm	Salberg	14	\$182/\$228	Jane
140035	9/9-12/16	F, 9:45-11am	South	14	\$228/\$284	Sheri
140036	9/12-10/24	M, 8:30-9:30am	South	7	\$91/\$114	Sheri
141736	9/12-10/24	M, 4:15-5:15pm	South	7	\$91/\$114	Sheri
140747	9/17-12/17	Sa, 9:20-10:20am	Salberg	14	\$182/\$228	Desiree
143532	10/31-12/12	M, 8:30-9:30am	South	7	\$91/\$114	Sheri



MIND / BODY: PILATES / NIA

Reformer - Level 3 - Intermediate

(Age 16+) This class will review Level 1 and 2 Pilates Reformer exercises and incorporate and practice Level 3 Pilates Reformer exercises. This is an advanced Pilates Reformer class. Students with strong Pilates Reformer experience will enjoy the workout! **Pre-requisite:** At least one session of Level 2 classes with the City of Boulder Pilates program, or coordinator approval. Must be able to consistently perform Level 2 Pilates Reformer exercises in a safe and controlled manner, and be able to confidently perform and flow through all Level 2 reformer exercises with coordination and precision.

140033	9/7-12/14	W, 9:40-10:55am	South	14	\$228/\$284	Sheri
139005	9/9-10/21	F, 8:45-9:45am	Salberg	7	\$91/\$114	Emily
143132	9/12-10/24	M, 6:40-7:40pm	Salberg	7	\$91/\$114	Roxolana
140032	9/13-12/13	Tu, 8:30-9:45am	Salberg	14	\$228/\$284	Sheri
143182	10/31-12/12	M, 6:40-7:40pm	Salberg	7	\$91/\$114	Roxolana

Reformer/Tower/Chair - Level 1 - Beginner

(Age 16+) You will receive an introduction to exercises on the Pilates Tower and Pilates Chair, and experience the benefits of a well-rounded practice of Level 1 Reformer exercises. Pilates Method principles will be emphasized as you work your muscles to the core. **Pre-requisite:** At least one session each of Level 1 - Beginner Reformer and Beginner Mat classes with the City of Boulder Pilates program or equivalent experience and coordinator approval.

139013	9/18-12/18	Su, 3-4pm	Salberg	14	\$182/\$228	Jane
143582	10/28-12/16	F, 8:45-9:45am	Salberg	7	\$91/\$114	Emily
141737	10/31-12/12	M, 4:15-5:15pm	South	7	\$91/\$114	Sheri

Reformer/Tower/Chair - Level 2 - Continuing Beginner

(Age 16+) At this level, all Pilates apparatus will be used to give you a complete Pilates workout. **Pre-requisite:** At least one session of Pilates Reformer/Tower/Chair at Level 1, or equivalent advanced experience and coordinator approval.

140034	9/7-10/19	W, 6:40-7:40pm	Salberg	7	\$91/\$114	Jane
140745	9/9-10/21	F, 11:10am-12:10pm	South	7	\$91/\$114	Sheri
139014	9/12-12/12	M, 9:40-10:55am	South	14	\$228/\$284	Sheri
143632	10/26-12/14	W, 6:40-7:40pm	Salberg	7	\$91/\$114	Jane
143682	10/28-12/16	F, 11:10am-12:10pm	South	7	\$91/\$114	Sheri

Workshop for Skiers

(Age 14+) Specialized ski conditioning workshop. Participants will learn sport-specific exercises using all apparatus and props including Pilates reformer, tower, chair, arc, Pilates circles, stretchy bands, balls and light weights. Get ready to ski!

140740	9/17-12/17	Sa, 11:45am-1:30pm	Salberg	14	\$322/\$398	Desiree
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“Working out on the reformer has lengthened and strengthened my body. I can feel the results in my abs, hips, legs and arms. Once you learn ‘The Method’ exercises, you see the brilliance of this system. All of my athletic endeavors have benefitted.”

- Lori T. - runner, hiker and avid skier



Improve strength and coordination in a Nia class today!

► NIA

Combining carefully selected movements and concepts from Yoga, Martial Arts, Jazz, Modern Dance and other movement forms, Nia classes offer total body cardiovascular conditioning and cross-training for any sport or activity. All Nia movements are adaptable and can be personalized for any level of fitness and agility. Everyone is welcome.

New to Nia

(Age 14+) In this class you will learn the 52 Moves, increase your flexibility, strength, and stability and gain a better understanding of ‘The Body’s Way’. For beginners looking for a fun new workout or those current students looking to expand their knowledge of Nia in a more intimate setting.

139006	9/16-10/28	F, 9-10am	North	7	\$56/\$70	Jackie
139007	11/4-12/16	F, 9-10am	North	7	\$56/\$70	Jackie

Nia Workshop - 52 Moves

(Age 14+) Highly recommended! These moves are the building blocks of all Nia workouts: the Base (steps, kicks and stances); the Core (motions); and Upper Extremities (hands, arms and finger expressions, strikes and blocks). Learning to do the movement correctly enables you to dance freely, safely and with greater power.

140741	10/15-10/15	Sa, 1:15-3:15pm	North	1	\$30/\$38	Jackie
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Also see the inside back cover for additional drop in Nia classes!

MIND / BODY: YOGA



The Yoga program focuses on beginning level classes yet offers continuing students a spirited challenge.

▶ YOGA PROGRAM INFORMATION

Registered Class Punchcard

Yoga program classes \$65 - 5 Punches

Punchcards may be purchased at Recreation Center front desks and are valid for 6 months from the date of purchase. **Present your card to the front desk personnel and give your receipt to your instructor for admission.**

Salberg and Iris Center class punchcard holders may present card at any Recreation Center and present receipt to instructor before admission to class.

Registered Class Visitor's Fee

All yoga program classes \$15.75

Select classes have space available and are appropriate for visitation. Choose the level which is suitable for your experience, check space availability and pay your admission fee at the Recreation Center front desk. **Give your receipt to your instructor for admission to class.**

Salberg and Iris Center visitor's fees may be paid at any Recreation Center and receipt presented to instructor before admission to class.

Make-ups - Approved and arranged through your instructor.

Beginner Yoga

(Age 14+) Learn the basics of stretching and correct alignment in detail in order to practice yoga safely. Newcomers, students returning for a refresher, and those wishing to slowly refine a lifelong yoga routine find this gentle pace suitable. Explore correct breathing - the cornerstone of all yoga levels, foundational standing, seated and supine poses, twists, and modifications for individual body types.

*138160	9/7-12/14	W, 7:30-8:45am	South	14	\$140/\$175	Ravi
139001	9/7-12/14	W, 5:30-7pm	South	14	\$168/\$210	Andrea
*138161	9/7-12/14	W, 7:15-8:45pm	North	14	\$168/\$210	Lori
*138162	9/8-12/15	Th, 9:15-10:45am	North	14	\$168/\$210	Louann
138164	9/10-12/10	Sa, 10-11:30am	South	14	\$168/\$210	Louis
*138751	9/12-12/12	M, 8:15-9:45am	North	14	\$168/\$210	Alicia
*138158	9/12-12/12	M, 6:30-8pm	East Senior	14	\$168/\$210	Ines
138159	9/13-12/13	Tu, 9:15-10:45am	South	14	\$168/\$210	Kathleen
*138997	9/13-12/13	Tu, 1:15-2:45pm	North	14	\$168/\$210	Louann
*138163	9/16-12/16	F, 9-10:30am	East	14	\$168/\$210	Brian

***Seniors** - Beginning classes designated with an asterisk are suitable for seniors and are rejuvenating, limbering, and help maintain stability. Students should be able to sit comfortably on the floor, kneel and then stand, lunge, and support some weight with the arms. (Also see Therapeutic and Restorative Yoga, T'ai-Chi and Feldenkrais classes.)

Continuing Yoga

(Age 14+) This ongoing level is moderately paced for beginners who have studied yoga regularly, at least 3-4 times per week, for 6 months or more. Classes review the fundamentals, with longer holding of poses or variations in the flowing vinyasa style. Emphasis on the breath and attention to structure help you enjoy a deeper level of understanding. Continuing is also a comfortable match for students readying for more vigorous intensity and fit individuals who exercise often but are new to yoga.

138761	9/8-12/15	Th, 9:15-10:45am	South	14	\$168/\$210	Kathleen
138762	9/8-12/15	Th, 5:45-7:15pm	North	14	\$168/\$210	Dan
138763	9/9-12/16	F, 8:50-10:20am	North	14	\$168/\$210	De
140800	9/11-12/11	Su, 4:30-6pm	North	14	\$168/\$210	John
141732	9/12-10/24	M, 5:30-7pm	North	7	\$84/\$105	Louann
138753	9/12-12/12	M, 7:15-8:45pm	North	14	\$168/\$210	Kirsten
138754	9/14-12/21	W, 7-8:30pm	East Senior	14	\$168/\$210	Brian
138773	9/17-12/17	Sa, 9:15-10:45am	North	14	\$168/\$210	Karen
141733	10/31-12/12	M, 5:30-7pm	North	7	\$84/\$105	Louann

Intermediate Yoga

(Age 14+) Students entering this more advanced level should have an established yoga practice of a year or more, be competent in most yoga poses, and free of major neck, back, knee and wrist injury or other serious limitations. Knowledge of safe alignment and non-competitive principles are essential for these classes which focus on more complex endurance-building and faster moving sun salutations. With an internal meditative approach, you will increase your sensitivity to breath and mental patterns. Poses are held longer to allow concentration and strength in order to deepen your experience. You will learn progressive back bending and inversions. Staff may introduce partner work, sound and pranayamas.

138778	9/7-12/14	W, 9-10:30am	North	14	\$168/\$210	Angel
138777	9/7-12/14	W, 5:40-7:10pm	North	14	\$168/\$210	Matt

Iron Yoga

(Age 14+) Gain strength and flexibility in this unique class combining the grace and flexibility of yoga with resistance training. We use basic yoga poses and light weights to transform your mind and body. Originally designed for athletes, all exercisers will benefit.

138994	9/13-12/13	Tu, 10:15-11:15am	North	14	\$112/\$140	Brian
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MIND / BODY: YOGA

Restorative Yoga

(Age 14+) Give your body and spirit an opportunity to focus and rejuvenate. Practice breathing and floor asanas supported by blankets and bolsters. This restorative method creates greater flexibility, balance and inward connection, reduces stress and increases clarity of mind.

138769 9/7-12/14 W, 10:40-11:55am ☞ North 14 \$140/\$175 Shawna

Therapeutic Yoga

(Age 14+) Cultivate healing and relieve stress. This class explores gentle, safe, focused yoga motions and postures. The purpose of which is to find balance between mind, muscles, physiology and kinesiology. This class is suitable for those recovering from surgery or illness, those with limited range of motion or anyone wanting a gentle introduction to yoga.

138768 9/7-12/14 W, 4-5:15pm South 14 \$140/\$175 Lori

138765 9/9-12/16 F, 3:45-5pm North 14 \$140/\$175 Cassandra

143932 9/10-10/22 Sa, 10:50-11:50am North 7 \$56/\$70 Karen

138767 9/13-12/13 Tu, 5:15-6:30pm North 14 \$140/\$175 Cassandra

143982 10/29-12/10 Sa, 10:50-11:50am North 7 \$56/\$70 Karen



Youth yoga instruction in a positive, enriching environment.

Women's Yoga

(Age 14+) Share with other female practitioners of yoga as you immerse yourself in simple routines designed for the present moment in all passages: pre/post natal, menopause and senior years. This class specifically addresses women's bodies with an emphasis on breath, strengthening skeletal health, and restoring energy and inner beauty.

138770 9/14-12/21 W, 10:20-11:50am East 14 \$168/\$210 Alicia

Pre/Post Natal Yoga

(Age 16+) Through yoga, expectant mothers can strengthen the lower back, increase flexibility, and learn effective breathing and relaxation patterns. Prenatal yoga tones pelvic floor muscles, alleviates many common discomforts of pregnancy and aids in preparing for labor and delivery. Postpartum yoga refreshes and helps you regain tone in the pelvic floor and abdomen. Mothers find support and sharing with one another. Infants are welcome in class.

140735 9/14-10/26 W, 4:15-5:30pm North 7 \$70/\$88 De West

139009 9/9-10/21 F, 10:30-11:45am ☞ North 7 \$70/\$88 Ines

140736 11/2-12/21 W, 4:15-5:30pm North 7 \$70/\$88 De West

139010 10/28-12/16 F, 10:30-11:45am ☞ North 7 \$70/\$88 Ines

▶ YOUTH YOGA

Elementary School Yoga

(Age 6-11) Children enjoy yoga too! Through simple movements, gain strength and flexibility, develop good coordination and posture, and learn how to relax and focus.

138747 9/13-10/25 Tu, 3:30-4:15pm ☞ East 7 \$56/\$70 Nancy

138748 11/1-12/20 Tu, 3:30-4:15pm ☞ East 7 \$56/\$70 Nancy

Middle School Yoga

(Age 11-15) Practicing yoga develops strength, flexibility, and balance for all body types. It enhances athletic, music, and dance skills and complements the arts and sciences. Teens improve body confidence, avoid injury, increase concentration and reduce stress while enculturating a life-long tool for healthy, heartfelt living.

138749 9/13-10/25 Tu, 4:20-5:20pm ☞ East 7 \$56/\$70 Nancy

138750 11/1-12/20 Tu, 4:20-5:20pm ☞ East 7 \$56/\$70 Nancy

Father & Son Workshop

(Age 5-7) Enjoy yoga together with your son. You will explore basic yoga postures and movement intended to cultivate play and deepen bonds between father and son. The father & son workshop is a great opportunity for fathers and sons to connect, practice a little yoga and have a great time.

141735 10/9 Su, 2-3pm North 1 \$20/\$25 Matt



▶ WORKSHOPS

Hip Opening

Examine the pelvic floor and its relationship to legs and low back. You will learn how to release low back tension, ease knee discomfort and decompress the sacral joints.

139782 9/11-10/2 Su, 10:30am-12:15pm North 4 \$140/\$186 Angel

Back Bending

Explore the shoulder girdles and the thoracic region to help with chest opening, and learn how to ground through the legs and pelvic floor for a deeper and happier backbend.

139832 10/9-10/30 Su, 10:30am-12:15pm North 4 \$140/\$186 Angel

Arm Balancing

Explore arm balancing postures through proper alignment of the shoulders, hip-opening, and core stability and strength.

139882 11/6-11/20 Su, 10:30am-12:15pm North 3 \$105/\$132 Angel

Yoga for Neck and Shoulders

Address neck and upper spine pain and stiffness with modified yoga poses and props that promote healthy alignment, and ease of movement.

139932 11/5 Sa, 2-4pm North 1 \$40/\$50 John



Find stretching and relaxation in a variety of Yoga Program classes.

▶ ALEXANDER TECHNIQUE

(Age 14+) Sensitize your internal kinesthetic guide to a new standard of normal as you are guided in gentle exercise with verbal cues and mental self-reminders. As you repeat movements such as walking, bending, sitting and standing up, neuromuscular patterns are steered toward more expansion, integration and poise. Particular importance is given to the interrelationships of gravity, head, neck and torso. Helpful for improving performance, avoiding repetitive strain, recovering from injury and relieving pain or tightness.

138988 9/12-10/24 M, 4-5pm North 7 \$56/\$70 Tom

138989 10/31-12/12 M, 4-5pm North 7 \$56/\$70 Tom

Workshops with Angel Lin

Angel Lin has been practicing yoga since 1995. She studied with Alan Finger from New York City and received her first



500-hours Teaching Certification in ISHTA tradition in 2002. She has also studied with many renowned teachers like David Swenson, Shiva Rea, Tias Little, Sarah Powers and Gabriella Giubilaro. A dedicated student of Richard Freeman, she has completed several of his Advanced Teacher Intensives in the past years. Her yoga practice and teaching are deeply influenced and inspired by her continuing study with Richard Freeman, Sarah Powers, and the ISHTA Tradition.

Having taught for the City of Boulder since 2003, Angel endeavors to assist students in creating their "personalized" yoga practice, so they can experience beauty in their own presence and all beings. Her teaching style is dynamic, openhearted, and accessible. She strives to bring physical, emotional, and spiritual balance and harmony to her everyday life and hopes to convey the same to her class. She is also an excellent hands-on adjuster and an avid student in the language of Sanskrit.

▶ FELDENKRAIS

(Age 14+) What if you could move with more ease, coordination and freedom from pain? The Feldenkrais method offers safe and enjoyable exploratory exercises that enable you to dissolve tension, gain control over pain and move efficiently in all of your activities. Subtle, slow movements are experienced while lying down, standing or sitting in a chair.

138764 9/9-12/16 F, 12-1pm Iris 14 \$112/\$140 Gil K.

140737 9/14-12/21 W, 6:30-7:45pm East Senior 14 \$140/\$175 Gil K.

143282 11/3-12/22 Th, 12-1pm Iris 7 \$56/\$70 Deborah

▶ T'AI-CHI & T'AI-CHI CH'UAN

T'ai-Chi

(Age 14+) Learn energizing Qi Gong warm-up exercises, the 5 Element form and first circle as taught by Master Chungliang Ai Huang. Inspirational music and guided stress reduction relaxation are included.

140738 9/15-10/27 Th, 12-1pm Iris 7 \$56/\$70 Cynthia

T'ai-Chi Ch'uan

(Age 14+) This ancient exercise in which standing postures are practiced in a slow moving, relaxed manner cultivates tranquility and mental control and hence appreciation for each moment. Doing this gentle martial art increases energy and circulation; improves balance; strengthens the spine, internal organs; and promotes general life-long health. This is the simplified short 'Yang' style as taught by Grand Master Cheng Man-ch'ing. Check online to see which of the three levels are being offered.

138998 9/13-12/13 Tu, 6:45-7:45pm North 14 \$112/\$140 Bataan

139012 9/17-12/17 Sa, 9:30-10:30am North 14 \$112/\$140 Bataan