



Challenge yourself and try a new fitness class!

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 (\$17 per visit, or \$70 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.

► FITNESS

Adult Kickbox

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

182986	1/7-3/20	M/W, 5-6pm	South	22	\$182/\$226	Ignacio
182987	1/7-3/20	M/W, 7-8pm	North	22	\$182/\$226	Ignacio

Bootcamp

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

182988	1/7-3/20	M/W, 7-8am	East	22	\$182/\$226	Ignacio
182989	1/8-3/21	Tu/Th, 6:30-7:30am	South	22	\$182/\$226	Ignacio
183023	1/12-3/23	Sa, 8-9am	North	11	\$91/\$113	Ignacio

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.

182985	1/7-3/20	M/W, 1:30-2:30pm	East	22	\$182/\$226	Susan
182984	1/11-3/22	F, 11:30am-12:30pm	East	11	\$91/\$113	Melissa

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. A licensed physical therapist will teach you exercises that promote core strength while improving flexibility, balance, postural alignment and coordination.

182990	1/7-3/18	M, 4-5pm	North	11	\$91/\$113	Heidi
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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.

182992	1/10-3/21	Th, 4-5pm	North	11	\$91/\$113	Heidi
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► NUTRITION

Personalized Nutrition Plan

A personalized nutrition plan, designed just for you, elevates the potential of success!

A dietitian will work with you to assess your current nutritional status and determine what your body needs to perform at its optimal level. Learn to manage chronic diseases such as diabetes, high blood pressure, and high cholesterol, or pursue heightened athletic performance via improved nutrition. No nutrition question is off limits. Let us help you achieve the nutritional success you've been striving for!

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

Inspired Cooking for Healthy Eating

In this hands-on series you will make and taste healthy dishes and learn how to make good-for-you meals. Fee includes light tasting dinner. Dishes are gluten- and dairy-free (and frequently vegetarian) optional.

182560	1/29-2/26	Tu, 5:30-7:30pm	East Senior	4	\$120/\$150	TBA
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HEALTH & WELLNESS: FITNESS & WEIGHTS



Viva La Slim! - A Weight Management Class

Come join this empowering class, taught by a registered dietitian. 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 to help you determine an exercise plan.

179782 1/7-3/25 M, 12:15-1:15pm West Snr. 10 \$96/\$120 Martha
182708 1/9-3/13 W, 12-1pm★ North 10 \$96/\$120 Martha

Beyond Body Basix

Change your body - Change your life! 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. Go Beyond!

182705 1/7-3/20 M/W, 6:20-7:20am North 22 \$212/\$264 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.

182709 1/8-3/21 Tu/Th, 6-7pm★ East 22 \$212/\$264 Belen

FIRST AID & CPR/AED TRAINING - Heartsmart

CPR/AED Certification

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

182553 1/19 Sa, 9am-1pm South 1 \$40/\$50 Jennifer

First Aid Certification

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

182554 1/19 Sa, 1:30-5:30pm South 1 \$40/\$50 Jennifer

Kidswatch Babysitting Class

This Heartsmart class is designed for babysitters ages 10-18 and covers parent interaction, how to set up clients, specifics of child development, an overview of infant/child CPR (not for certification), choking protocols and basic first aid. A Kidswatch and Pediatric First Aid book is included.

182555 2/9 Sa, 9am-2pm South 1 \$60/\$75 Jennifer

182558 3/9 Sa, 9am-2pm South 1 \$60/\$75 Jennifer

▶ TRAINER SPOTLIGHT

Roberta Mecklenburg

Roberta has repeatedly designed goal oriented, results driven health and exercise programs specializing in Circuit training, TRX and Stability Ball training, Core Training, training for Weight Loss, custom Running and Cycling programs, Partner Training, and Group Exercise Training.

She has completed over a dozen Marathons and Triathlons and takes a realistic approach to your health and fitness goals. She is skilled at designing goal oriented, efficient and challenging workouts that match your personal lifestyle, and fit into your busy schedule.

- Certified Personal Trainer, Health Fitness Specialist, and Exercise is Medicine Credential.
- Roberta has specific training to provide supervised exercise for cancer survivors.
- She has over 18 years of personal training experience.
- BS of Exercise Science.



Dr. Heather North PT, DPT

Heather North is a Doctor of Physical Therapy at In Motion Rehabilitation in Boulder and a running coach for the BoldRunning Training Club.

She has extensive experience with biomechanics, gait analysis, exercise science and injury prevention/treatment.

'Hard Core Burn.' by BoldRunning

Designed and instructed by top Boulder Physical Therapist Dr. Heather North, PT, DPT, this class was created specifically to target the core areas typically weak in runners and endurance athletes. You will focus on your glutes, hip flexors, abs, back and hamstrings to build awesome stabilizing muscles to make you a better and more efficient runner. Each class brings new and demanding exercises to constantly challenge you and to keep the body adapting. Pulsing dance music provides a constant rhythm to motivated through the hour long class.

182995 1/7-3/18 M, 7:15-8:15pm North 10 \$83/\$103

No class January 21.



Improve your balance, increase bone density, and lose weight with weight training.

► 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 @ 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 one 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.

Cancer Fit - Personal Training

Come workout with a CancerFit specialist at your Boulder Rec Centers! For those of you who are undergoing cancer treatment, or have been diagnosed with cancer in the past, this is an exceptional opportunity for you. **Request this offer online at BoulderParks-Rec.org, visit the front desk or call 303-413-7280 to get started today!**

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**

Ring In The New Year With New Cardio Equipment!

Come join us at all three locations and discover our new treadmills, arc-trainers, step-mills, and rowing machines. As an added bonus there will be personal entertainment screens on most of the new equipment at our East location!



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 session)

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

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 at no additional cost!**

• 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. Vonroenne@bouldercolorado.gov or 303-413-7280.

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

Request a trainer online at BoulderParks-Rec.org, visit the front desk or call 303-413-7280 to get started today!



HEALTH & WELLNESS: FITNESS & WEIGHTS

► CIRCUITS

Strength + Cardio = Total Conditioning!

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.

182689	1/8-3/21	Tu/Th, 7:15-8:15am	North	22	\$182/\$226	TBA
182687	1/8-3/21	Tu/Th, 7:30-8:30am	South	22	\$182/\$226	Ignacio
182688	1/8-3/21	Tu/Th, 8:30-9:30am	South	22	\$182/\$226	Ignacio
182684	1/7-3/20	M/W, 9-10am	South	22	\$182/\$226	Ignacio

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 skilled instructors!

182683	1/7-3/22	M/F, 10-11am	East	22	\$182/\$226	Marti
182682	1/8-3/21	Tu/Th, 10-11am	East	22	\$182/\$226	Marti

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.

182696	1/8-3/21	Tu/Th, 6-7pm	North	22	\$182/\$226	Ignacio
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► SIMPLY STRENGTH

Strong Muscles + Strong Bones = Everyday Hero!

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!

182698	1/8-3/21	Tu/Th, 9:30-10:30am★	North	22	\$182/\$226	Chris
182699	1/8-3/21	Tu/Th, 10:45-11:45am	South	22	\$182/\$226	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.

182700	1/7-3/20	M/W, 8:15-9:15am	East	22	\$182/\$226	Sue
182701	1/7-3/20	M/W, 8:30-9:30am	North	22	\$182/\$226	Chris
182702	1/8-3/21	Tu/Th, 9:30-10:30am	South	22	\$182/\$226	Sue

Lift For Life

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

182692	1/8-3/21	Tu/Th, 4:30-5:30pm	South	22	\$182/\$226	Chris
182691	1/8-3/21	Tu/Th, 5:30-6:30pm	South	22	\$182/\$226	Chris

*MOTIVATION is what gets you started
HABIT is what keeps you going.*

— Jim Ryun

Take charge of your health with these starter packages.

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

Receive a specific plan that maps out the days of the week, type of exercise, length and intensity of each workout and 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

A personalized nutrition plan, designed just for you, elevates the potential of success!

A dietitian will work with you to assess your current nutritional status and determine what your body needs to perform at its optimal level. Learn to manage chronic diseases such as diabetes, high blood pressure, and high cholesterol, or pursue heightened athletic performance via improved nutrition. No nutrition question is off limits. Let us help you achieve the nutritional success you've been striving for!

One - 1 hour session: \$60

Three - 45 minute sessions for \$159

Passport to Health Package

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**

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





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

► PILATES MAT PROGRAM INFORMATION

Registered Class Punchcard

Pilates Mat \$70 - 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 \$17

Some classes have space available and are appropriate for visitation. Choose the level that 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.

Check with instructor for information about any dates when classes will not meet.

Are Registered Classes a Good Value?

Our registered classes cost \$8.25(Resident)/\$10.30(Non-resident) per class. Compare our prices to other clubs and studios.

► 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. Reshape your body with Pilates!

183013	1/7-3/18	M, 8:45-9:45am	Iris	11	\$91/\$113	Christine
183035	1/11-3/22	F, 8:45-9:45am	Iris	11	\$91/\$113	Christine
183018	1/7-3/18	M, 5:30-6:30pm	Salberg	11	\$91/\$113	Roxolana
183582	1/6-3/17	Su, 4:15-5:15pm	Salberg	11	\$91/\$113	Diane

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 learning and flowing through Level 2 mat exercises such as 'rollover,' 'corkscrew II,' 'shoulder bridge,' 'spine twist' and 'teaser II.' 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.

183015	1/7-3/18	M, 9:55-10:55am	Iris	11	\$91/\$113	Christine
183283	1/11-3/22	F, 9:55-10:55am	Iris	11	\$91/\$113	Christine
183019	1/9-3/20	W, 5:30-6:30pm	South	11	\$91/\$113	Lisa

Mat - Advanced

(Age 14+) Learn and practice Pilates Method advanced mat exercises and transitions, utilizing all Pilates Method principles. Challenge yourself!

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

183017	1/7-3/18	M, 5:30-6:30pm	East Senior	11	\$91/\$113	Janique
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MIND / BODY: PILATES

Pilates with Props - Beginner

(Age 14+) Learn to enhance beginner level Pilates mat exercises with use of Pilates props including Pilates circles, foam rollers, stretchy bands, Theraballs, weights, and the Pilates Arc (low barrel). This is a fun and effective way to reshape your body - fast!

183024 1/10-3/21 Th, 4:15-5:15pm South 11 \$91/\$113 Desiree

▶ PRIVATE & SEMI-PRIVATE REFORMER LESSONS

Private & 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 & 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, or coordinator approval, will be required to participate in any "Level 1" or higher Pilates Reformer or Multi-Apparatus class.

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.

Check with instructor for information about any dates when classes will not meet.

Are Registered Classes a Good Value?

Our registered classes cost \$13(Resident)/\$16.25(Non-resident) per hour. Compare our prices to other clubs and studios.

See the inside back cover for drop-in Pilates and Yoga classes.

▶ 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.

Reformer - Intro/Orientation

(Age 16+) This 8-week course will introduce you to the Pilates Reformer apparatus, and get you started learning the basic Level 1 exercises. Proper and safe use of the equipment is emphasized. This form of exercise is often recommended by physical therapists, doctors and chiropractors and can effectively tone the body. See if Pilates Reformer is the right workout for you.

183011	1/7-2/25	M, 8:40-9:40am	South	8	\$104/\$130	Sheri
183382	1/10-2/28	Th, 5:30-6:30pm	Salberg	8	\$104/\$130	Tamara

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. **Pre-requisite:** Five private or semi-private Pilates reformer lessons, or completion of the 8-week Intro/Orientation Reformer course through the City of Boulder Pilates program, or coordinator approval.

183021	1/7-3/18	M, 6:40-7:40pm	Salberg	11	\$143/\$179	Roxolana
183332	1/9-3/20	W, 9-10am	Salberg	11	\$143/\$179	Christine
183033	1/10-3/21	Th, 6:30-7:30pm	South	11	\$143/\$179	Desiree
183082	1/11-3/22	F, 8:45-9:45am	South	11	\$143/\$179	Sheri
183482	1/12-3/23	Sa, 9:20-10:20am	Salberg	11	\$143/\$179	Desiree
183012	3/4-3/18	M, 8:40-9:40am	South	3	\$39/\$49	Sheri

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.

183025	1/8-3/19	Tu, 5:20-6:20pm	Salberg	11	\$143/\$179	Desiree
183027	1/9-3/20	W, 8:40-9:40am	South	11	\$143/\$179	Sheri
183029	1/9-3/20	W, 5:30-6:30pm	Salberg	11	\$143/\$179	Diane
183032	1/10-3/21	Th, 5:20-6:20pm	South	11	\$143/\$179	Desiree
183034	1/11-3/22	F, 7:30-8:30am	Salberg	11	\$143/\$179	Emily

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.

183022	1/8-3/19	Tu, 8:30-9:45am	Salberg	11	\$179/\$223	Sheri
183028	1/9-3/20	W, 9:45-11am	South	11	\$179/\$223	Sheri
183132	1/11-3/22	F, 8:40-9:40am	Salberg	11	\$143/\$179	Emily



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.

183532 1/6-3/17 Su, 3-4pm Salberg 11 \$143/\$179 Diane

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.

183014 1/7-3/18 M, 9:45-11am South 11 \$179/\$223 Sheri

183030 1/9-3/20 W, 6:40-7:40pm Salberg 11 \$143/\$179 Diane

183284 1/11-3/22 F, 11am-12pm South 11 \$143/\$179 Sheri

Chair - Level 1 - Beginner

(Age 14+) Try a different approach to Pilates! Learn classical Pilates chair exercises. Many mat exercises can be performed on this apparatus with the chair giving extra resistance and thus requiring more control of the body by core muscles. Learn other new and effective Pilates chair exercises as well. **Pre-requisite:** Completion of at least one session of Pilates Mat Beginner or one Reformer course, or coordinator approval.

183282 1/11-3/22 F, 9:50-10:50am South 11 \$143/\$179 Sheri

183432 1/12-3/23 Sa, 10:30-11:30am Salberg 11 \$143/\$179 Desiree

183031 1/8-3/19 Tu, 4:15-5:15pm Salberg 11 \$143/\$179 Desiree

► WORKSHOP

Pilates for Skiers

(Age 14+) Could you use some additional conditioning to improve your winter skiing activities this year? This workshop will focus specifically on conditioning for all types of skiers. Participants will use all Pilates apparatus and props to fine-tune their bodies for optimal use while "on the boards."

183682 1/8-3/19 Tu, 6:30-7:30pm Salberg 11 \$143/\$179 Desiree

► 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.

185832 1/9-3/20 W, 11:45-12:45pm South 11 \$91/\$113 Kim

183182 1/11-3/22 F, 9-10am North 11 \$91/\$113 Wendy

Valentine's Nia Jam

Thursday, February, 14
6:30-8 p.m.

East Boulder Community Center
Senior Wing

► ZUMBA®

Zumba® classes feature zesty Latin music, like salsa, merengue, cumbia and reggaeton. Experience exhilarating, easy-to-follow moves and the invigorating atmosphere as you dance your way to fitness. It's a blast!

► AYRE

This class is a fusion of different dance styles and fitness moves set to fun and upbeat music.

See the inside back cover for drop-in Nia, Ayre
and Zumba® classes.



Have a blast in Juliet's Ayre class.



MIND / BODY: YOGA

► YOGA PROGRAM INFORMATION

Registered Class Punchcard

Yoga program classes \$70 - 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

Yoga program classes \$17

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.

Check with instructor for information about any dates when classes will not meet.

Yoga Mats & Eyebags - It is recommended that students bring their own mat. Please bring your own eyebag if you choose to use one during relaxation.

Recommendation: It is recommended that students who are new to Yoga attend a registered yoga course prior to attending our drop-in classes.

Are Registered Classes a Good Value?

Our registered classes cost \$8.25(Resident)/\$10.30(Non-resident) per hour. Compare our prices to other clubs and studios.

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.

*183007	1/5-3/16	Sa, 9:45-11:15am	South	11	\$136/\$170	Louis
*183010	1/6-3/17	Su, 4:30-6pm	North	11	\$136/\$170	John
*182734	1/7-3/18	M, 6:30-8pm	East Senior	11	\$136/\$170	Ines
*182736	1/8-3/19	Tu, 9:15-10:45am	South	11	\$136/\$170	Andrea
*182738	1/8-3/19	Tu, 1:15-2:45pm	North	11	\$136/\$170	Louann
*182786	1/9-3/20	W, 7:30-8:45am	South	11	\$113/\$142	Ravi
*182932	1/9-3/20	W, 5:30-7pm	South	11	\$136/\$170	Andrea
*182997	1/10-3/21	Th, 9:15-10:45am	North	11	\$136/\$170	Louann
*183002	1/11-3/22	F, 9-10:30am	East	11	\$136/\$170	Brian

***Seniors** - Beginning and continuing beginner yoga 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 for 6 months or more. Classes review fundamentals and variations with longer holding of poses and/or the addition of the flowing vinyasa style. Emphasis on the breath and attention to structure help you enjoy a deeper level of understanding. The continuing level is also a comfortable match for students preparing for more vigorous practice, and fit individuals who exercise often but are new to yoga.

182982	1/9-3/20	W, 5:45-7:15pm	North	11	\$136/\$170	Matt
182994	1/9-3/20	W, 7-8:30pm	East Senior	10	\$124/\$155	Brian
182998	1/10-3/21	Th, 9:15-10:45am	South	11	\$136/\$170	Kathleen
183000	1/10-3/21	Th, 5:45-7:15pm	North	11	\$136/\$170	Dan
183001	1/11-3/22	F, 8:50-10:20am	North	11	\$136/\$170	De

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.

182735	1/7-3/18	M, 7-8:30pm	North	11	\$136/\$170	Casey
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Restorative Yoga

(Age 14+) Give your body and spirit an opportunity to heal and rejuvenate. Practice breathing and floor asanas supported by blankets, bolsters, blocks and straps. This restorative method, in the Iyengar style, creates greater flexibility, balance and inward connection. It reduces stress and increases clarity of mind. This type of yoga is helpful for those who are recovering from illness.

182832	1/9-3/20	W, 10:30-11:45am	North	11	\$113/\$142	Karen/ John
184882	1/11-3/22	F, 3:45-5pm	North	11	\$113/\$142	John
184633	1/12-3/23	Sa, 10:45am-12pm	Iris	11	\$113/\$142	Karen/John

Therapeutic Yoga

(Age 14+) 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 injury and/ or surgery, those with limited range of motion or anyone wanting a gentle introduction to yoga.

182783	1/8-3/19	Tu, 5:15-6:30pm	North	11	\$113/\$142	Cassandra
182882	1/9-3/20	W, 4-5:15pm	South	11	\$113/\$142	Lori

Yin Yoga

(Age 14+) Through a series of long-held postures, with little muscular effort, Yin Yoga focuses on gently stretching and healing connective tissues such as the ligaments, bones and even the joints of the body, specifically the connective tissues of the hips, lower spine and pelvis, rather than on muscular engagement. Yin Yoga has the same goals and objectives as all other types of yoga; however, it directs the benefits and stimulation deeper than the superficial or muscular tissues. Yin Yoga is a perfect complement to the dynamic and muscular styles of yoga that emphasize internal heat and the lengthening and contracting of muscles. All levels are welcome.

See inside back cover for drop-in Yin Yoga classes.



▶ WORKSHOPS

Yoga for a Healthy Back

(Age 14+) Relieve tension and ease strain in your back through a series of yoga poses that stabilize the lower back and improve the alignment and range of motion of the pelvis. Learn how to adjust your posture and use props to help you be more comfortable when sitting, standing bending and lying down.

185032 3/2 Sa, 1:30-3:30pm North 1 \$40/\$50 John

Yoga for the Neck and Shoulders

(Age 14+) Learn how to address neck and upper back pain and stiffness using simple yoga postures as therapeutic tools. We will explore techniques for restoring health to the upper spine and surrounding tissues. Each student will emerge from the session with practices to address his or her own specific symptoms.

185082 3/10 Sa, 1:30-3:30pm North 1 \$40/\$50 John

Iyengar Yoga

(Age 14+) An in-depth study, hands-on, feet-on of the Iyengar Yoga Method of Classical Hatha Yoga. From asana to pranayama, from props to jumpings, to the philosophy, each class will penetrate these topics through our weekly practice, bringing awareness into the body while cultivating the intuition imbedded within us. Discover how the techniques of this method bring philosophy into physical reality. This is yoga you can feel on all levels.

This class is intended for those who are interested in experiencing the power of Iyengar Yoga. Beginners will discover how this yoga is customized for any body, enabling you to feel increased energy levels, health and vitality from this deeply beneficial practice. Ongoing students will deepen their experience of asana and their understanding of yoga and the connections of the body. Yoga students new to Iyengar Style will uncover a deeper connection of mind within body and new tricks to improve asana.

184982 2/2-3/23 Sa, 9-10:30am North 8 \$99/\$124 Karen

▶ INSTRUCTOR SPOTLIGHT



Karen Dowling has studied yoga for over 20 years. Finding the Iyengar teachings early on, she has focused solely on this method; this new approach to classical yoga from the India Motherland, under the guidance of living yoga master B.K.S. Iyengar. Karen has traveled to Pune, India five times to study with the Iyengars in their yogashala. She continues practicing, studying, and penetrating these teachings with a great desire to share them with her friends and students.

B.K.S. Iyengar turns 95 this year (2013). Still practicing and teaching today as he has done for the past 70 years, his contributions to yoga as we know it today are many. From the inception of larger classes versus one-on-one instruction, to the invention and use of props, to restorative yoga, and also techniques of yoga therapy, Mr. Iyengar has been at the forefront of all of this and is a very large reason for the increased popularity of yoga today. He continues to learn and develop yoga, his art, science, philosophy and livelihood.

Morning Meditation

(Age 14+) Quiet your mental chatter so that your luscious sensory experience fills you with joy. After our meditation class you can expect to be less troubled by anxious thoughts, and to see a bluer sky, hear sweeter morning birdcalls, and feel a softer breeze on your skin. We will combine breath, postures, and relaxation with sitting meditation in a recipe for unwinding the stressors that constrain your bliss-mind-body. You will learn a method of meditation that uniquely suits you and that you can practice at home. No previous experience with meditation, or with yoga, required.

184632 1/11-3/15 F, 7:30-8:45am North 10 \$103/\$129 Ravi

▶ INSTRUCTOR SPOTLIGHT



Ravi Dykema, Yogiraj

The bicycle rickshaw finally clattered to a stop in a dusty expanse, in front of a filigreed gate in a 7 foot wall. Behind the wall loomed an oasis of green: papaya, banana and cashew trees, and the balconied ornateness of Ananda Ashram. Thus ended Ravi Dykema's 3 month journey from Wisconsin to London, and then overland across Europe and Asia to South India. In 1972, Pondicherry India was still a

mix of medieval and French colonial: bullock carts, bicycles, people and the odd cow meandering the narrow streets. And on the outskirts of the small crowded city mildewed 2-story buildings gave way to brilliant green rice paddies and villages of people living as they had for thousands of years, in mud-and-thatch huts.

Ravi found another medieval aspect of India when he carried his backpack through the Ashram gate: old fashioned yoga, the kind written about by ancient sages on palm leaves. He traveled all this way to study with a modern "sage," Swami Gitananda. Gitananda ran a strict and rigorous traditional yoga academy ("Ashram") where he taught a complicated Tantra-based kind of Hatha Yoga.

The central practice in traditional Hatha Yoga, Ravi learned, is meditation. So all the other yoga practices--poses, breathing, purification, relaxation, concentration and the practice of the yoga lifestyle--all these elements lead to meditation.

Ravi graduated with the title "Yogiraj" (Yoga master) and "Yoga Chikitsaka" (Yoga therapist) from Ananda Ashram in 1976 after four years of formal study and practice.

Since then he has been teaching, writing, and also practicing Yoga therapy. From 1990 to 2005 Ravi was Adjunct Professor of Yoga in the Traditional Eastern Arts Department at Naropa University in Boulder, Colorado. There he developed the Bachelor's degree, Yoga Concentration, in Traditional Eastern Arts. That degree is still being offered by Naropa University. In 2005 Ravi also completed a textbook on yoga history, philosophy and practice, titled "Yoga for Fitness and Wellness" (Wadsworth 2006, 2011).

Ravi's favorite subject to teach is meditation, because its practice, he says, imparts the most profound changes in people's lives. And it draws on all the other remarkable practices within the rich tradition of original Yoga.

Ravi teaches meditation that goes beyond sitting still. He includes, as did his guru (teacher), movement, breath, sound, and visualization. His class offers a journey into an expanded present moment—an expanded present that perhaps medieval Indian yogis explored too.



Focus, inner peace and strength, only a few of the many benefits of yoga.

Women's Yoga

(Age 14+) Share time and energy with other female practitioners of yoga as you immerse yourself in simple routines designed for the present moment within all passages of life: teen, pre/post natal, mid-life, 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.

182787 1/9-3/20 W, 10:20-11:50am East 11 \$136/\$170 Alicia

Elementary School Yoga

(Age 6-10) Children enjoy yoga too! Through simple movements, gain strength and flexibility, develop good coordination and posture, and learn how to relax and focus.

182739 1/15-2/12 Tu, 3:30-4:15pm East 5 \$41/\$52 Juliana

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.

182782 1/15-2/12 Tu, 4:20-5:20pm East 5 \$41/\$52 Juliana

ALEXANDER TECHNIQUE

(Age 14+) Musicians, actors and athletes alike will benefit from F.M. Alexander's techniques for poise and mindful movement. Students will be guided through gentle exercises and repetitive movements such as walking, bending, sitting and standing, which are intended to integrate neuromuscular patterns with thoughtful movement. These exercises are an educational process designed to expand consciousness and integrate reflexive and voluntary movement patterns. Particular importance is given to the interrelationships of gravity, head, neck and torso. The Alexander Technique is helpful for improving performance, avoiding repetitive strain, recovering from injury and relieving pain or tightness.

182733 1/14-3/18 M, 4-5pm North 10 \$83/\$103 Tom/Julie

FELDENKRAIS

(Age 14+) Practicing the Feldenkrais Method helps students move with more ease, coordination and freedom from pain. Subtle, slow movements are experienced while lying down, standing or sitting in a chair. The Feldenkrais Method is a re-education of the nervous system and the physical body. It is especially helpful for those who experience tension and/or pain, and greatly benefits those who would like to move more efficiently during all physical activities.

182983 1/9-3/20 W, 6:30-7:45pm East Senior 9 \$93/\$116 Gil

183003 1/11-3/22 F, 12-1pm Iris 11 \$91/\$113 Gil

CHI KUNG

(Age 14+) Qigong (also spelled Chi Kung) is a form of yoga with roots in ancient China. Its many benefits include physical health and vitality, emotional wellbeing, mental clarity, and the unfolding of our deepest potential. A regular qigong practice may, over time, reduce chronic pain, resolve anxiety/depression, and support rejuvenating sleep cycles. This ten-week course, perfect for beginners and more advanced practitioners alike, will introduce the joyful and powerful practice of qigong by exploring the "ten stages of qi cultivation" outlined in the book "The Healing Promise Of Qi" by Roger Jahnke, OMD. ("Qi" is our human life-force energy.) Each week you will learn a simple yet potent practice, combining gentle movements with breathing and visualization, that corresponds to one of these ten stages. By the end of the course, you will have learned ten life-affirming and health-enhancing qigong practices, which you can continue to work with, either on your own or in future classes.

183009 1/12-3/23 Sa, 3:30-5pm North 11 \$136/\$170 Beth

T'AI-CHI & T'AI-CHI CH'UAN

T'ai-Chi

(Age 14+) In T'ai Chi, movements are slow and methodical to create peace and inner calm. Learn energizing warm-up exercises and the "5 Elements Form" in which the five elements correspond to different organs in the body. These elements are Wood, Fire, Earth, Metal and Water. When they are in balance, the whole body is in harmony. Inspirational music and guided stress reduction relaxation are included.

182999 1/10-3/14 Th, 12-1pm Iris 10 \$83/\$103 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 and internal organs; and promotes general life-long health. This is an introduction to the short form 'Yang' style of T'ai-Chi Ch'uan as taught by Professor Cheng Man-ch'ing. The beginner level will be taught in both courses.

182785 1/8-3/19 Tu, 6:45-7:45pm North 11 \$91/\$113 Tom

183232 1/10-3/21 Th, 5:30-6:30pm East Senior 9 \$74/\$93 Tom

T'ai-Chi Ch'uan - Continuing

(Age 14+) This course is a continuation of the short form Yang style of t'ai-chi ch'uan as taught by Prof. Cheng Man-ch'ing. The first third will be reviewed, corrections will be made, and new choreography will be introduced.

185182 1/12-3/23 Sa, 9:30-10:30am Iris 11 \$91/\$113 Tom