



Come check out our new Freemotion spin bikes and take "The Ride".

"The Ride" group spin classes have new bikes!

East Boulder Recreation Center is pleased to introduce brand new indoor cycles! The Freemotion 11.8 spin bike offers a smooth flywheel high-gear ratio system that allows for a realistic ride. The bike is easily adjustable for a comfortable ride for all body



types. Each bike is equipped with a power sensor that detects watts (power), RPM (revolutions per minute), and stage timing so that each ride can be different. The sensor also pairs with your heart rate monitor and allows you to track workout data via a USB port.

We invite you to drop-in to "The Ride". Check out our schedule online at www.BoulderParks-Rec.org or on pages 54-55. Come and take "The Ride". We also have a version of these spin bikes in all three weight rooms.

Try a new class! Challenge yourself!

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 Summer Kennedy at 303-413-7264.

► FITNESS

Hard Core Burn - Revolution Running

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 motivate you through the hour long class.

196232 6/10-8/19 M, 6-7pm North 10 \$85/\$106 Heather

Cooking for Healthy Eating

Cooking with Farmers' Market Produce and Meats. A lot of us would like to shop more at farmers' markets but we're not sure what to buy, how to use the produce that's available, or how to make meals that are affordable and manageable on a busy schedule. We'll make and taste seasonal recipes utilizing the summer offerings from the Boulder Farmers' Market. You'll learn cooking, buying and organizational tricks and strategies to make delightful, everyday meals from the healthiest, freshest, tastiest food around.

198132 6/11-7/16 Tu, 5:30-7:30pm★ East Senior 5 \$150/\$188 Mary

Adult Kickbox

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

198232 6/10-8/21 M/W, 5-6pm South 18 \$153/\$191 Ignacio

198233 6/10-8/21 M/W, 7-8pm North 20 \$170/\$213 Ignacio



HEALTH & WELLNESS: FITNESS & WEIGHTS

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.

198234	6/10-8/21	M/W, 7-8am	East	20	\$170/\$213	Ignacio
198235	6/11-8/22	Tu/Th, 6:30-7:30am	South	18	\$153/\$191	Ignacio
198236	6/15-8/17	Sa, 8-9am	North	9	\$77/\$96	Ignacio

50 Plus Resistance

(Ages 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.

197493	6/10-8/21	M/W, 1:30-2:30pm	East	20	\$170/\$213	Ignacio
197492	6/14-8/9	F, 11:30am-12:30pm	East	8	\$68/\$85	Melissa

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.

197490	6/13-8/22	Th, 4:15-5:15pm	North	10	\$85/\$106	Heidi
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▶ NEW CARDIO EQUIPMENT

Come check out the new cardio equipment located at all 3 recreation centers! These are all top of the line machines providing a smooth and comfortable workout. Help protect the environment by utilizing several machines that are self powered and require no electricity.

- SportsArt recumbent and upright bikes are state of the art and powered by you. These require zero use of electricity.
- Woodway Curve treadmill is designed to encourage proper running form and improve posture. This piece is also completely green, as it is self propelled and reduces impact on the joints.
- Runners will enjoy the Cybex Treadmills, which offer a shock absorbing suspension deck and is the most advanced treadmill on the market.
- AMT (Adaptive Movement Trainer) can be utilized as a stair stepper or as an elliptical. This is a great machine for tall people, as it allows for long strides and adapts to your movement.
- Cybex Arc Trainer allows for an arc like motion and can be adjusted to alter the movement.
- Octane Lateral X Trainer offers a lateral movement which is generally overlooked by most individuals (East location only). This allows for side to side movements instead of forward and back.
- Matrix Climbmill is a constantly moving flight of stairs that requires you to use muscle rather than body weight with each step.

▶ DIETITIAN SPOTLIGHT



Erin Williams, MS, CN/RD, LMP

Erin is a Registered Dietitian with a Master's of Science in Nutrition and an Herbalist Certification from Bastyr University. Come learn to create a health enhancing diet plan in this new class with Erin.

Healthy Body

Building a healthy body from the inside out. Whether your goal is to manage your weight, sugar or cholesterol or to increase your energy, vitality and stamina this class is for you! Learn to create a health enhancing diet plan by understanding your body's nutritional requirements. We will discuss what macronutrients (carbohydrates, proteins and fats) are needed in which ratios for weight maintenance and weight loss, how to read a food label, which fats are healthy and which aren't, what cholesterol is, and how to eat a balanced, low-sugar diet."

197494	6/11-7/16	Tu, 6:45-7:45pm	East Senior	5	\$43/\$53	Erin
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▶ FIRST AID & CPR/AED TRAINING - Heartsmart

CPR/AED Certification

(Age 10+) Heartsmart CPR/AED certification in adult, child, infant CPR, choking protocols and use of an AED (defibrillator).

196782	6/29	Sa, 9am-1pm	South	1	\$40/\$50	Jennifer
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First Aid Certification

(Age 10+) Heartsmart First Aid topics focus on adult emergencies including bleeding, shock, head/neck/back injury, stroke, diabetic emergencies, seizures and more.

196783	6/29	Sa, 1:30-5:30pm	South	1	\$40/\$50	Jennifer
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Join Parks and Recreation on Facebook!

Now you can get the latest scoops, news and deals from Parks and Rec on Facebook. This is a great way to stay informed on everything rec centers, parks, pools, Pottery Lab, Valmont Bike Park, Boulder Reservoir, Flatirons Golf Course and more.

Like us at: www.facebook.com/boulderparksrec

Follow us on Twitter!

Get the latest news, special offers and information from Parks and Recreation.
twitter.com/boulderparksrec





All three recreation centers have new treadmills, arc-trainers, step mills, rowing machines and spin bikes. Come check it out!

► PERSONAL TRAINING

Have a certified trainer design your personal blueprint for success! One hour sessions address sport specific, weight loss, rehabilitation and general fitness goals. To check out our excellent training staff and request personal training visit www.boulderparks-rec.org, visit the front desk or call 303-413-7280 to get started today! If a client cancels more than 24 hours prior to the lesson, he or she will have the opportunity to reschedule the personal training session and will not be charged. However, if the personal training session is cancelled within 24 hours, or a client does not arrive for the lesson within 15 minutes of the start time, no refund will be issued under any circumstance. (Sessions expire one year from purchase date)

Private Sessions

Ages 12+) Personalized training with a certified professional.
1 session \$55 • 3 sessions \$157.50 • 6 sessions \$297 • 12 sessions \$561

Semi Private Training (Two Individuals)

(Ages 15+) Customized training for you and a friend who share similar goals and fitness needs.
3 sessions \$192 • 6 sessions \$366 • 12 sessions \$684 (fee is for 2 individuals)

Cancer Fit - Personal Training

Come workout with a Cancer Fit specialist at your Boulder Recreation 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.
1 session \$55 • 3 sessions \$157.50 • 6 sessions \$297 • 12 sessions \$561

Personal Training with a Physical Therapist

Staff therapists are available for one-on-one personal training. If you are returning to the gym from physical therapy, have chronic aches and pains, or need a home exercise plan, a staff therapist can help you in your transition to working out on your own. 1 session \$60 • 3 sessions \$171 • 6 sessions \$324

Body Composition Testing

Bio-electrical impedance is a non-invasive way to provide comprehensive understanding of your body composition. Have a qualified trainer review your results and give you recommendations to reduce body fat percentage and increase lean muscle. 1 session \$35

Customized Fitness Assessment

This fitness assessment will determine your current fitness level, test your strength and identify any postural or muscle imbalances. Testing includes: resting heart rate, blood pressure, range of motion and strength testing of the back, neck, shoulder, and hamstrings and optional 8 minute treadmill, step test, VO2 estimate, and body fat composition. Testing can be modified to accommodate personal preference or injury.

1 session \$55

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!

1 session \$55

Consultation with a Dietitian

A dietitian will assess your current nutritional status and make dietary recommendations. A dietitian can assist in the management of diabetes, high blood pressure, and elevated cholesterol. A dietitian can also assist athletes with their sports performance goals.

1 session: \$55

Passport to Health Package

The perfect 3 session package for starting a healthy lifestyle! This package includes the customized fitness assessment, personalized exercise plan, and the consultation with a dietitian.

All three sessions \$157.50

Request these services online at BoulderParks-Rec.org, visit the front desk or call 303-413-7264 to get started today!



HEALTH & WELLNESS: FITNESS & WEIGHTS

Commit to Get Fit

Ensure your success...Commit to Get Fit this year!

Whether you'd like to lose weight, enhance sport performance or improve overall health, this is the program for you. Sign up for an annual commitment to meet with your trainer once, twice or three times weekly.

Choose your level:

Power Plan

Meet your trainer once a week. Best for moderate gains, foundation building and increased motivation.

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

Performance Plan

Meet your trainer twice a week. Best for accelerated gains, improved technique and performance and dynamic motivation.

PERFORMANCE = 2 x weekly • \$329/mo. (less than \$42 per session)

Peak Plan

Meet your trainer three times each week. Tremendous gains and maximum goal achievement in minimum time.

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

As an added bonus you will receive an annual pass at no additional cost!

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

CIRCUITS

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.

198032 6/11-8/22 Tu/Th, 10-11am East 20 \$170/\$213 Marti

Functional Interval Training F.I.T.

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.

198036 6/11-8/22 Tu/Th, 7:15-8:15am North 20 \$170/\$213 Jeff

198082 6/11-8/22 Tu/Th, 7:30-8:30am South 18 \$153/\$191 Ignacio

198037 6/11-8/22 Tu/Th, 8:30-9:30am South 18 \$153/\$191 Ignacio

198034 6/10-8/21 M/W, 9-10am South 18 \$153/\$191 Ignacio

SIMPLY STRENGTH

Lift For Life

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

198040 6/11-8/22 Tu/Th, 4:30-5:30pm South 18 \$153/\$191 Chris

198039 6/11-8/22 Tu/Th, 5:30-6:30pm South 18 \$153/\$191 Chris

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.

198193 6/11-8/22 Tu/Th, 6-7pm North 20 \$170/\$213 Ignacio

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!

198198 6/10-8/21 M/W, 8:30-9:30am North 20 \$170/\$213 Chris

198194 6/11-8/22 Tu/Th, 9:30-10:30am North 20 \$170/\$213 Chris

198196 6/11-8/22 Tu/Th, 10:45-11:45am South 18 \$153/\$191 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.

198197 6/10-8/21 M/W, 8:15-9:15am East 20 \$170/\$213 Sue

198199 6/11-8/22 Tu/Th, 9:30-10:30am South 18 \$153/\$191 Sue



Use free weights and machines to improve strength and muscle tone in our Women's Weight Training class.



Pilates students learn the classical Pilates Method on our high-quality equipment, in our comfortable studio.

► 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.

No class July 4, check with instructor for information about any other 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!

196083	6/7-8/16	F, 8:45-9:45am★	North	10	\$85/\$106	Christine
196082	6/10-8/12	M, 8:45-9:45am★	North	10	\$85/\$106	Christine
196135	6/10-8/12	M, 5:30-6:30pm	Salberg	10	\$85/\$106	Roxolana
201032	6/9-8/11	Su, 4:15-5:15pm	Salberg	10	\$85/\$106	Bianca

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.

196085	6/7-8/23	F, 9:55-10:55am★	North	10	\$85/\$106	Christine
196084	6/10-8/12	M, 9:55-10:55am★	North	10	\$85/\$106	Christine
198291	6/10-8/5	M, 5:30-6:30pm	South	9	\$75/\$88	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.

198284	6/10-8/12	M, 5:20-6:20pm★	East Senior	10	\$85/\$106	Janique
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MIND / BODY: PILATES

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 a good workout. **Pre-requisite:** One session of Yoga, Pilates Mat, or Pilates/Yoga combo classes or equivalent experience.

196185 6/12-8/7 W, 5:30-6:30pm South 9 \$75/\$88 Lisa

▶ 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: \$55/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.

No class July 4, check with instructor for information about any other dates when classes will not meet.

Are Registered Classes a Good Value?

Our registered classes cost \$13.80 (Resident) / \$17.30 (Non-resident) per hour. Compare our prices to other clubs and studios.

See the inside back cover for drop-in Pilates Mat 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.

198287	6/11-7/30	Tu, 6:30-7:30pm	South	8	\$110/\$138	Bianca
200882	6/12-7/31	W, 8:40-9:40am	South	8	\$110/\$138	Sheri
200884	6/15-8/3	Sa, 9:15-10:15am	South	8	\$110/\$138	Bianca
201133	6/8-7/27	Sa, 9:20-10:20am	Salberg	8	\$110/\$138	Desiree

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.

198282	6/10-8/5	M, 8:40-9:40am	South	9	\$124/\$155	Sheri
196136	6/10-8/12	M, 6:40-7:40pm	Salberg	10	\$138/\$173	Roxolana
200885	6/12-8/7	W, 7:10-8:10pm	South	9	\$124-\$155	Bianca
198293	6/13-8/22	Th, 5:30-6:30pm	Salberg	10	\$138/\$173	Tamara
200984	6/6-8/8	Th, 6:30-7:30pm	South	9	\$124/\$155	Desiree

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.

198299	6/12-8/14	W, 5:30-6:30pm	Salberg	10	\$138/\$173	Diane
201082	6/12-8/14	W, 6:40-7:40pm	Salberg	10	\$138/\$173	Diane
200983	6/6-8/8	Th, 5:20-6:20pm	South	9	\$124/\$155	Desiree
198294	6/13-8/22	Th, 6:40-7:40pm	Salberg	10	\$138/\$173	Tamara
201082	6/8-8/10	Sa, 8:15-9:15am	Salberg	10	\$138/\$173	Desiree

Reformer - Level 3 - Interm ediate

(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.

198285	6/11-8/6	Tu, 8:30-9:30am	South	9	\$124/\$155	Sheri
200883	6/11-8/13	Tu, 6-7pm	Salberg	10	\$138/\$173	Desiree
198289	6/12-8/7	W, 9:45-11am	South	9	\$155/\$194	Sheri



Reformer/Tower/Chair - Level 1 - Beginner

(Age 16+) You will receive an introduction to exercises on the Pilates Tower and 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:** 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.

198286 6/11-8/6 Tu, 5:25-6:25pm South 9 \$124/\$155 Bianca

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.

198296 6/7-8/9 F, 11am-12pm South 10 \$138/\$173 Sheri

198283 6/10-8/5 M, 9:45-11am South 9 \$155/\$194 Sheri

► DROP-IN CLASSES

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.

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.



Summer Concert Series

Performances in the Park

All concerts are held on **Monday evenings**. Bring a picnic dinner and enjoy our parks with your family! Rainout date is the Tuesday following each scheduled performance, same time. (Please no glass in parks.)

Los Bohemios

June 10 7-8 p.m. Bandshell • Canyon Blvd. & Broadway

Swing Je Taime

June 17 7-8 p.m. East Boulder Community Park • 5660 Sioux Dr.

Boulder Summer Concert Band

June 24 7-8 p.m. Main Library Lawn • Broadway & Canyon

Boulder Summer Concert Band

July 1 7-8 p.m. Harlow Platts Park • 1360 Gillaspie

Boulder Summer Concert Band

July 8 7-8 p.m. Salberg Park • 19th St. & Elder Ave.

Boulder Summer Concert Band

July 15 7-8 p.m. Scott Carpenter Park • 1505 30th St.

Boulder Summer Concert Band

July 22 7-8 p.m. North Boulder Park • 9th & Dellwood

Boulder Summer Concert Band

July 29 7-8 p.m. Chautauqua Park • 900 Baseline Rd.

Library Concert Series

All concerts are held at the Main Boulder Public Library, 1001 Arapahoe Ave. For additional information, visit us online at www.bplnow.boulderlibrary.org > **concerts** or contact Juliette Bartsch at bartschj@boulderlibrary.org.

The Colorado Chamber Players

June 9 2 p.m. Canyon Theatre

Midday Music Meditation

June 12 12 p.m. Canyon Theatre

Third Tuesday Lunchtime Concert

June 18 12 p.m. Canyon Theatre

Midday Music Meditation

July 10 12 p.m. Canyon Theatre

Third Tuesday Lunchtime Concert - CU Quartet Program

July 16 12 p.m. Canyon Theatre

Library Summer Festival

Sunday, August 18, from 2-5 p.m.

Music and fun activities for the whole family! Outside on the Main Boulder Public Library Lawn. Kids, bring your swimsuits!

More information online at www.boulderlibrary.org > events



www.BoulderParks-Rec.org

www.bplnow.boulderlibrary.org



MIND / BODY: YOGA



Peaceful surroundings and expert instruction create an environment in which you can enjoy the depth of your yoga experience.

► 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.

No class July 4, check with instructor for information about any other 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 \$8.50(Resident) / \$10.63 (Non-resident) per hour. Compare our prices to other clubs and studios.

***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.)

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.

196155	6/7-8/30	F, 9-10:30am	East	9	\$115/\$144	Brian
198334	6/8-8/24	Sa, 9:45-11:15am	South	10	\$128/\$160	Louis
198432	6/9-8/11	Su, 4:30-6pm	North	10	\$128/\$160	John
196183	6/10-8/19	M, 6:30-8pm	East Senior	11	\$140/\$175	Erin
196141	6/11-8/20	Tu, 1:15-2:45pm	North	11	\$140/\$175	Louann
196143	6/12-8/21	W, 7:30-8:45am	South	10	\$106/\$133	Ravi
196159	6/12-8/21	W, 5:30-7pm	South	10	\$128/\$160	Bianca
196148	6/13-8/22	Th, 9:15-10:45am	North	10	\$128/\$160	Louann

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.

196184	6/10-8/12	M, 7-8:30pm	North	10	\$128/\$160	Casey
196147	6/12-8/14	W, 7-8:30pm	East Senior	10	\$128/\$160	Brian
195982	6/13-8/8	Th, 9:15-10:45am	South	9	\$102/\$128	Kathleen
198302	6/13-8/22	Th, 5:45-7:15pm	North	10	\$128/\$160	Dan
196154	6/14-8/16	F, 8:50-10:20am★	North	10	\$128/\$160	De West

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.

198337	6/8-8/10	Sa, 10:40-11:55am	Iris	10	\$106/\$133	Karen
198298	6/11-8/13	Tu, 5:30-6:45pm★	East Senior	10	\$106/\$133	Erin
198300	6/12-8/14	W, 10:30-11:45am	North	10	\$106/\$133	Karen

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.

196186	6/11-8/13	Tu, 3:45-5pm	North	10	\$106/\$133	Cassandra
196187	6/12-8/21	W, 4-5:15pm	South	10	\$106/\$133	Lori

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.

196145	6/12-8/28	W, 10:20-11:50am	East	10	\$128/\$160	Alicia
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Yoga at the Reservoir

(Age 14+) Sand and grass beneath your feet, morning sunshine and fresh water... Enjoy the outdoors as you focus within yourself in this early morning class at the beautiful City of Boulder Reservoir. This is a moderately paced yoga class for those who have some yoga experience. Rain or shine, classes will meet, either in the open or under shelter, promising to bring the rhythms of nature to your practice. (It is recommended that students bring their own mats and blankets and dress in layers.)

201283	6/13-8/8	Th, 8:30-9:45am	Reservoir	9	\$96/\$120	Louis
201282	6/14-8/2	F, 8:30-9:45am	Reservoir	9	\$96/\$120	Cassandra

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. 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 methods for improving asana.

198332	6/8-8/10	Sa, 9-10:30am	North	10	\$128/\$160	Karen
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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.

196152	6/14-8/23	F, 7:30-8:45am	North	11	\$117/\$146	Ravi
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Parent - Child Yoga

(Age 6-11) Spend quality time together in this educational and enjoyable yoga class. Students learn basic postures designed to strengthen the body, stretch the muscles and relax the mind. Learning yoga together can be a positive, life-enhancing experience for both parent and child. No experience necessary. Fee is for one parent with one child. Each additional child is \$2(Resident)/\$4.50(Non Resident).

198301	6/12-7/31	W, 12-1pm★	North	8	\$68/\$85	Juliana
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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.

196188	6/7-8/9	F, 12-1pm★	North	9	\$75/\$88	Gil
198292	6/12-8/14	W, 6:30-7:45pm	East Senior	10	\$106/\$133	Gil

CHI KUNG

(Age 14+) Qigong (also spelled Chi Kung) is a form of yoga with roots in ancient China. 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. 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.

198339	6/8-8/10	Sa, 3:30-5pm	North	10	\$128/\$160	Beth
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T'AI-CHI & T'AI-CHI CH'UAN

T'ai-Chi Ch'uan - Beginner

(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.

196142	6/11-8/13	Tu, 6:45-7:45pm	North	10	\$85/\$106	Bill
198297	6/13-8/22	Th, 5:30-6:30pm★	East Senior	10	\$85/\$106	Bill

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.

198333	6/8-8/10	Sa, 9:30-10:30am	Iris	10	\$85/\$106	Jon
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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 drop-in schedule.

See inside back cover for all drop-in yoga classes.