



# HEALTH & WELLNESS: FITNESS & WEIGHTS



*Improve your balance, strengthen your bones, and lose weight with a strength training class.*

## ► 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](http://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.

### 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**



## 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)

### • 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. [Vonroenn@bouldercolorado.gov](mailto:Vonroenn@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 anytime with a written 30 day notice.)

**Request a trainer online at [BoulderParks-Rec.org](http://BoulderParks-Rec.org), visit the front desk or call 303-413-7280 to get started today!**



## ▶ COMPLETE CONDITIONING

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

### 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

172810	9/10-10/24	M/W, 9-10am	South	14	\$116/\$144	Ignacio
172815	9/11-10/25	Tu/Th, 7:20-8:20am	North	14	\$116/\$144	TBA
172813	9/11-10/25	Tu/Th, 7:30-8:30am	South	14	\$116/\$144	Ignacio
172814	9/11-10/25	Tu/Th, 8:30-9:30am	South	14	\$116/\$144	Ignacio
172811	9/15-10/27	Sa, 8-9am	North	7	\$58/\$72	Ignacio

#### Session 2

172824	10/29-12/19	M/W, 9-10am	South	14	\$116/\$144	Ignacio
172829	10/30-12/20	Tu/Th, 7:20-8:20am	North	14	\$116/\$144	TBA
172827	10/30-12/20	Tu/Th, 7:30-8:30am	South	14	\$116/\$144	Ignacio
172828	10/30-12/20	Tu/Th, 8:30-9:30am	South	14	\$116/\$144	Ignacio
172825	11/3-12/22	Sa, 8-9am	North	7	\$58/\$72	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!

#### Session 1

172809	9/10-10/26	M/F, 10-11am	East	14	\$116/\$144	Marti
172808	9/11-10/25	Tu/Th, 10-11am	East	14	\$116/\$144	Marti

#### Session 2

172817	10/29-12/21	M/F, 10-11am	East	14	\$116/\$144	Marti
172816	10/30-12/20	Tu/Th, 10-11am	East	14	\$116/\$144	Marti

### Lift For Life

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

#### Session 1

172820	9/11-10/25	Tu/Th, 4:30-5:30pm	South	14	\$116/\$144	Chris
172819	9/11-10/25	Tu/Th, 5:30-6:30pm	South	14	\$116/\$144	Chris

#### Session 2

172832	10/30-12/20	Tu/Th, 4:30-5:30pm	South	14	\$116/\$144	Chris
172831	10/30-12/20	Tu/Th, 5:30-6:30pm	South	14	\$116/\$144	Chris



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. Come join the fun!

### 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

172848	9/10-10/24	M/W, 9:30-10:30am★	North	14	\$116/\$144	Chris
172850	9/11-10/25	Tu/Th, 9:30-10:30am★	North	14	\$116/\$144	Chris
172851	9/11-10/25	Tu/Th, 10:45-11:45am	South	14	\$116/\$144	Sue

#### Session 2

172856	10/29-12/19	M/W, 9:30-10:30am★	North	14	\$116/\$144	Chris
172857	10/30-12/20	Tu/Th, 9:30-10:30am★	North	14	\$116/\$144	Chris
172858	10/30-12/20	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

172852	9/10-10/24	M/W, 8:15-9:15am	East	14	\$116/\$144	Sue
172853	9/10-10/24	M/W, 8:30-9:30am	North	14	\$116/\$144	Chris
172854	9/11-10/25	Tu/Th, 9:30-10:30am	South	14	\$116/\$144	Sue

#### Session 2

172859	10/29-12/19	M/W, 8:15-9:15am	East	14	\$116/\$144	Sue
172860	10/29-12/19	M/W, 8:30-9:30am	North	14	\$116/\$144	Chris
172861	10/30-12/20	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

172846	9/11-10/25	Tu/Th, 6-7pm	North	14	\$116/\$144	Ignacio
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#### Session 2

172849	10/30-12/20	Tu/Th, 6-7pm	North	14	\$116/\$144	Ignacio
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## ▶ YOUTH WEIGHT TRAINING

### 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.

172822	10/8-11/12	M, 4:15-5:15pm	North	6	\$50/\$62	Chad
172823	10/10-11/14	W, 4:15-5:15pm★	East	6	\$50/\$62	Chad



# HEALTH & WELLNESS: FITNESS & WEIGHTS

## ▶ TRAINER SPOTLIGHT

### Chad Dammen

**Education:** BS in Kinesiology-Exercise & Fitness from the University of Wisconsin-Milwaukee, MS in Exercise Science-Performance Enhancement & Injury Prevention from the UC of Pennsylvania.

**Certifications:** National Strength and Conditioning Association-Certified Strength & Conditioning Specialist, National Academy of Sports Medicine Performance Enhancement Specialist, USA Weightlifting-club coach



Chad first worked in Club Corps Milwaukee facility, Le Club. He later worked at Binghamton University in upstate New York and then the International Performance Institute at IMG Academies in Bradenton, Florida. Most recently he was the Sports Performance Director at Velocity Sports Performance in Concord, California.

Chad has worked with everyone from pro athletes from a variety of sports to youth groups and the elderly. His knowledge and experience can help any client, of any level, at any point in their life. His comprehensive approach addresses everything: strength & power, energy system development, speed & movement mechanics, lifestyle and nutritional consultations, as well as consciousness development. All this is integrated together with the aim of realizing your full potential.

## Inspired Cooking for Healthy Eating

Want to learn healthy cooking that's delicious and fun? Sign-up for Inspired Cooking for Healthy Eating and learn how to incorporate healthy cooking into your everyday life.



Whether you're cooking for one or a family, a beginner or expert, you'll enjoy new recipes, new flavors and ingredients, vegetable rich dishes, seasonal cooking and fresh inspiration. Come enjoy good food and good company!

Author, Kitchen Coach, instructor, and speaker Mary Collette Rogers with The New Kitchen School loves to share the joy of cooking great tasting whole foods with powerful healing abilities.

Class Code: #171382  
Sept. 18-Oct. 16, Tues. 5:30-7:30pm  
\$150/\$188

The New Kitchen  
Cooking School

Register online at [www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)

Request these services online at [BoulderParks-Rec.org](http://BoulderParks-Rec.org), visit the front desk or call 303-413-7280 to get started today!

### 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 for \$60 ea.)

### 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

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

In this session, 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





*Instructor Tamara Conner demonstrates Pilates precision.*

## ► 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 November 22.** (Check with your instructor for any additional dates.)

## ► 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!

173294	9/7-12/21	F, 8:45-9:45am	Iris	15	\$124/\$155	Christine
173295	9/9-12/16	Su, 4:15-5:15pm	Salberg	15	\$124/\$155	Jane
173285	9/10-12/17	M, 8:45-9:45am	Iris	15	\$124/\$155	Christine
173286	9/10-12/17	M, 5:30-6:30pm	Salberg	15	\$124/\$155	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. Props will be used to enhance the exercises.

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

173309	9/10-12/17	M, 4:15-5:15pm	★ East Senior	15	\$124/\$155	Janique
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### 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 Pilates Mat, Yoga or Pilates/Yoga combo classes or equivalent experience.

173584	9/5-12/19	W, 5:30-6:30pm	South	15	\$124/\$155	Lisa
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# MIND / BODY: 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.

173306	9/7-12/21	F, 9:55-10:55am	Iris	15	\$124/\$155	Christine
173296	9/10-12/17	M, 9:55-10:55am	Iris	15	\$124/\$155	Christine
173308	9/10-12/17	M, 5:30-6:30pm	South	15	\$124/\$155	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.

173310	9/10-12/17	M, 5:20-6:20pm	East Senior	15	\$124/\$155	Janique
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## ▶ 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 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, 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 November 22.** (Check with your instructor for any additional dates.)

## ▶ 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.

173314	9/4-10/23	Tu, 5:30-6:30pm	Salberg	8	\$104/\$130	Missie
173333	9/8-10/27	Sa, 9:30-10:30am	South	8	\$104/\$130	Christine
173315	9/8-10/27	Sa, 9:40-10:40am	Salberg	8	\$104/\$130	Desiree
173313	9/10-10/29	M, 6:40-7:40pm	Salberg	8	\$104/\$130	Roxolana

### 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.

173995	9/6-12/20	Th, 4:15-5:15pm	South	15	\$195/\$244	Desiree
174005	9/6-12/20	Th, 6:35-7:35pm	South	15	\$195/\$244	Desiree
174025	9/8-12/15	Sa, 10:40-11:40am	South	15	\$195/\$244	Christine/ Diane
173336	9/10-12/17	M, 8:40-9:40am	South	15	\$195/\$244	Sheri
173340	10/30-12/11	Tu, 5:30-6:30pm	Salberg	7	\$91/\$114	Missie
174024	11/3-12/15	Sa, 9:30-10:30am	South	7	\$91/\$114	Diane
174027	11/3-12/15	Sa, 9:40-10:40am	Salberg	7	\$91/\$114	Desiree
173338	11/5-12/17	M, 6:40-7:40pm	Salberg	7	\$91/\$114	Roxolana

### 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.

177084	9/4-12/11	Tu, 5:20-6:20pm	South	15	\$195/\$244	Desiree
173341	9/4-12/11	Tu, 6:40-7:40pm	Salberg	15	\$195/\$244	Missie
173533	9/5-12/12	W, 8:40-9:40am	South	15	\$195/\$244	Sheri
173585	9/5-12/19	W, 5:30-6:30pm	Salberg	15	\$195/\$244	Jane
174001	9/6-12/20	Th, 5:20-6:20pm	South	15	\$195/\$244	Desiree
174006	9/7-12/14	F, 7:30-8:30am	Salberg	15	\$195/\$244	Missie
174012	9/7-12/14	F, 9:45-11am	South	15	\$244/\$304	Sheri
173332	9/8-12/15	Sa, 8:30-9:30am	Salberg	15	\$195/\$244	Desiree



## 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.

173339	9/4-12/11	Tu, 8:30-9:45am	Salberg	15	\$244/\$304	Sheri
173534	9/5-12/12	W, 9:45-11am	South	15	\$244/\$304	Sheri
173996	9/6-12/20	Th, 5:30-6:30pm	Salberg	15	\$195/\$244	Christine
174007	9/7-12/14	F, 8:45-9:45am	Salberg	15	\$195/\$244	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.

177032	9/4-12/11	Tu, 4:15-5:15pm	South	15	\$195/\$244	Desiree
173782	9/5-12/12	W, 7:30-8:30am	Salberg	15	\$195/\$244	Christine
173334	9/8-12/15	Sa, 10:45-11:45am	Salberg	15	\$195/\$244	Desiree

## 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.

173586	9/5-12/19	W, 6:40-7:40pm	Salberg	15	\$195/\$244	Jane
177083	9/7-12/14	F, 11:10-12:10pm	South	15	\$195/\$244	Sheri
173337	9/10-12/17	M, 9:45-11am	South	15	\$244/\$304	Sheri

## ▶ HALLOWEEN NIA JAM • October 27th



Join us for the Halloween Nia Jam Saturday, October 27 from 5-6:30pm at North Boulder Recreation Center.

## ▶ 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.

174082	9/7-12/14	F, 9-10am★	North	15	\$124/\$155	Jackie
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## Nia Workshop - 52 Moves

(Age 14+) This workshop always gets top reviews. The 52 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.

174182	9/15	Sa, 1-2:30pm	North	1	\$30/\$38	Jackie
174183	10/14	Su, 1-2:30pm	East	1	\$30/\$38	Tracy

## Nia/Zumba® Practice Sessions

(Age 14+) Instructors and aspiring instructors are welcome to attend. Practice in a safe, encouraging environment. Complete a self-evaluation, join in on group discussion, receive friendly feedback about your teacher skills, music selection and cueing. This is an opportunity for you to evolve as an instructor.

Karen Olsen (K.O.), has been teaching Nia for 12 years and Zumba® for 5 years. K.O. delights in jamming with other teachers anytime!

### Session 1

9/15, 9/29, 11/13	Sa, 12-2pm	East	\$50/\$62	K.O.
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### Session 2

11/3, 11/17, 12/1	Sa, 12-2pm	East	\$50/\$62	K.O.
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## ▶ 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 DANCE

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 Dance and Zumba® classes.



# MIND / BODY: YOGA



*Learning yoga is an introspective journey.*

## ▶ 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.

**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.

**No class Thursday, November 22.** (Check with your instructor for any additional dates.)

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

170904	9/4-12/11	Tu, 9:15-10:45am	South	15	\$186/\$232	Kathleen
*170932	9/4-12/11	Tu, 1:15-2:45pm	North	15	\$186/\$232	Louann
*170933	9/5-12/12	W, 7:30-8:45am	South	15	\$155/\$193	Ravi
*170934	9/5-12/19	W, 5:30-7:00pm	South	15	\$186/\$232	Andrea
*170935	9/6-12/20	Th, 9:15-10:45am	North	15	\$186/\$232	Louann
170937	9/7-12/14	F, 9-10:30am	East	15	\$186/\$232	Brian
*170982	9/8-12/15	Sa, 9:45-11:15am	South	15	\$186/\$232	Louis
171032	9/9-12/16	Su, 4:30-6pm	North	15	\$186/\$232	John
*170903	9/10-12/17	M, 6:30-8pm	East Senior	15	\$186/\$232	Ines

### 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.

171082	9/5-12/19	W, 5:40-7:10pm	North	15	\$186/\$232	Matt
*171083	9/5-12/19	W, 7-8:30pm	East Senior	15	\$186/\$232	Brian
177482	9/6-12/20	Th, 9:15-10:45am	South	15	\$186/\$232	Kathleen
174004	9/6-12/20	Th, 5:45-7:15pm	North	15	\$186/\$232	Dan
174030	9/8-12/15	Sa, 9-10:30am	North	15	\$186/\$232	Karen D.



## \*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, Tai-Chi and Feldenkrais classes.*)

## 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.

173382 9/10-12/17 M, 7:15-8:45pm North 15 \$186/\$232 Kirsten

## 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.

173582 9/5-12/12 W, 10:30-11:45am North 15 \$155/\$193 Karen D.

## Yin Yoga - Beginner

(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.

177085 9/4-12/11 Tu, 10:15-11:30am North 15 \$155/\$193 Karen C.

171084 9/5-12/19 W, 7:15-8:30pm North 15 \$155/\$193 Pamela

## 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.

173482 9/4-12/11 Tu, 5:15-6:30pm North 15 \$155/\$193 Cassandra

173583 9/5-12/12 W, 4-5:15pm South 15 \$155/\$193 Lori

174020 9/7-12/14 F, 3:45-5pm North 15 \$155/\$193 Cassandra

174026 9/8-12/15 Sa, 10:40-11:55am Iris 15 \$155/\$193 Karen D.

Also see the inside back cover for drop-in Pre/Post-natal Yoga classes.

## 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.

173535 9/5-12/12 W, 10:20-11:50am East 15 \$186/\$232 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.

174032 10/2-12/4 Tu, 3:30-4:15pm East 10 \$83/\$103 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.

174033 10/2-12/4 Tu, 4:20-5:20pm East 10 \$83/\$103 Juliana



## ▶ 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.

174232 10/6 Sa, 2-4pm 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.

174233 11/18 Su, 2-4pm North 1 \$40/\$50 John





### ► 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.

173311	9/10-10/22	M, 4-5pm	North	7	\$58/\$72	Tom
173312	10/29-12/10	M, 4-5pm	North	7	\$58/\$72	Tom

### ► INSTRUCTOR SPOTLIGHT



#### Tom Weiser

The ability to relax in the face of stress is what I am most interested in cultivating in myself, and what I try to teach my students. This relaxation is not just physical relaxation; it's also mental relaxation. It's not "checking out" of a situation; it's relaxing into the situation and meeting it in a way that's fully alive. My goal for myself and

for my students is to be able to meet any situation in a way that's open, relaxed and energized.

I didn't start out with that goal. When I was younger, I assumed that relaxation was something that you did after work, if you had time. Achievement was paramount, relaxation secondary, and if the cost was physical and mental discomfort, well, that just seemed like the price you had to pay. This attitude propelled me through my undergraduate degree at Harvard University and a graduate degree at City College of New York. It followed me into the field of computer programming and resulted in a reasonable amount of career success and a great amount of back pain and mental distress. It was only after back surgery that I admitted to myself that my life strategy was faulty.

I began to study t'ai chi and to come face to face with my own tension and rigidity. Little by little I learned that relaxed movement was much more pleasant than tense movement, and that it was more efficient, too! I began to study meditation and Alexander Technique, and realized that relaxation had to include mind as well as body. As I studied and practiced, my body and mind became more fluid, and my back pain receded and then disappeared.

I completed my training in Alexander Technique in 2007, moved to Boulder and began teaching here. I took a Master's degree in Indo-Tibetan Buddhism at Naropa University and was also certified as a Mindfulness Instructor there. I sing with a jazz trio and lead vocal improvisation. I hike, garden, and cook.

The practice of engaged relaxation that I've cultivated through t'ai chi, meditation, and Alexander Technique has helped me develop a full, interesting life in which I continue to grow. My aim in teaching is to help my students learn to meet stress with relaxation so that they can fully enjoy their own lives.

### ► 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.

173587	9/12-12/19	W, 6:30-7:45pm	East Senior	14	\$144/\$180	Gil
174019	9/14-12/21	F, 12-1pm	Iris	15	\$124/\$155	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.

174132	9/8-11/17	Sa, 3:30-5pm	North	10	\$124/\$155	Beth
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### ► 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 Al Huang. Inspirational music and guided stress reduction relaxation are included.

173882	9/6-10/18	Th, 12-1pm	Iris	7	\$58/\$72	Cynthia
176982	10/25-12/13	Th, 12-1pm	Iris	7	\$58/\$72	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.

173532	9/4-12/11	Tu, 6:45-7:45pm	North	15	\$124/\$155	Bataan/Beth
174021	9/8-12/15	Sa, 9:30-10:30am	Iris	15	\$124/\$155	Bataan/Tom

**Also see the inside back cover for drop-in Yoga and Chi Kung classes.**