



Motivation is what got you started, habit is what keeps you going!

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

Adult Kickbox

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

190384	4/1-5/20	M/W, 5-6pm	South	16	\$132/\$164	Ignacio
190385	4/1-5/22	M/W, 7-8pm	North	16	\$132/\$164	Ignacio

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.

190386	4/1-5/22	M/W, 7-8am	East	16	\$132/\$164	Ignacio
190387	4/2-5/23	Tu/Th, 6:30-7:30am	South	16	\$132/\$164	Ignacio
190388	4/6-5/25	Sa, 8-9am	North	8	\$66/\$82	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.

190383	4/1-5/22	M/W, 1:30-2:30pm	East	16	\$132/\$164	Ignacio
190382	4/5-5/24	F, 11:30am-12:30pm	East	8	\$66/\$82	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.

190432	4/1-5/20	M, 4-5pm	North	8	\$66/\$82	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-Requirement: One previous session with the instructor or instructor's permission.

190433	4/4-5/23	Th, 4-5pm	North	8	\$66/\$82	Heidi
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► NUTRITION

Personalized Nutrition Plan

Achieve the nutritional success you've been striving for! A dietitian will assess your current nutritional status and determine what your body needs to perform at its optimal level. Manage chronic diseases such as diabetes, high blood pressure, and high cholesterol, or pursue heightened athletic performance. **One - 1 hour session: \$60 or Three - 45 minute sessions for \$159**

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 spring 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.

189736	4/16-5/14	Tu, 5:30-7:30pm	East Senior	5	\$150/\$188	Mary
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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.

190078 4/3-6/5 W, 12-1pm★ North 10 \$96/\$120 Martha

Beyond Body Basix

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

190076 4/1-5/22 M/W, 6:20-7:20am North 16 \$154/\$192 Belen

Beyond Body Basix - Additional Day

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

190077 4/5-5/24 F, 6:20-7:20am North 8 \$77/\$96 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.

190079 4/2-5/23 Tu/Th, 6-7pm★ East 16 \$154/\$192 Belen

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).

193282 4/20 Sa, 9am-1pm South 1 \$40/\$50 Jennifer

189732 5/4 Sa, 9am-1pm South 1 \$40/\$50 Jennifer

193132 6/1 Sa, 9am-1pm South 1 \$40/\$50 Jennifer

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.

193283 4/20 Sa, 1:30-5:30pm South 1 \$40/\$50 Jennifer

189733 5/4 Sa, 1:30-5:30pm South 1 \$40/\$50 Jennifer

193133 6/1 Sa, 1:30-5:30pm South 1 \$40/\$50 Jennifer

Kidswatch Babysitting Class

(Ages 10-18) This class is designed for babysitters 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.

189734 4/13 Sa, 9am-2pm South 1 \$60/\$75 Jennifer

▶ TRAINER SPOTLIGHT

Jeff Pruett, *Certified Personal Trainer*
BS in Exercise Physiology



Jeff became a personal trainer at the age of 21 (after a collegiate soccer career). He has helped run his family gym for the last 6 years. The most gratifying experience in personal training to Jeff is influencing his clients to accomplish their goals and gain a new perception on life.

He currently instructs FIT Workout, Youth Weight Training, Sport Conditioning, as well as personal training. He enjoys inspiring and shaping the future of today's youth.

Request a personal training session online, visit the front desk or call 303-413-7264 to get started today!

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

Follow us





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

► 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 303-413-7264 to get started today! (Sessions expire one year from purchase date). Please see our cancellation/refund policy online.

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 303-413-7264 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 303-413-7264 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**

Personal Training with a Physical Therapist

Our on staff thearpist, Siga Andrew, is available for one-on-one personal training. If you are coming back to the gym from physical therapy, or have chronic aches and pains from being a weekend warrior, you need Siga!

1 session \$60 • 3 sessions \$171 • 6 sessions \$324

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 Summer Kennedy to discuss which trainer would be best for you. at KennedySu@bouldercolorado.gov or 303-413-7264.

(Can be cancelled anytime with a written 30 day notice. Upon cancellation annual pass will be cancelled as well.)

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



HEALTH & WELLNESS: FITNESS & WEIGHTS

► CIRCUITS

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.

190070	4/2-5/23	Tu/Th, 7:15-8:15am	North	16	\$132/\$164	Jeff
190068	4/2-5/23	Tu/Th, 7:30-8:30am	South	16	\$132/\$164	Ignacio
190069	4/2-5/23	Tu/Th, 8:30-9:30am	South	16	\$132/\$164	Ignacio
190067	4/1-5/22	M/W, 9-10am	South	16	\$132/\$164	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!

190066	4/1-5/24	M/F, 10-11am	East	16	\$132/\$164	Marti
190065	4/2-5/23	Tu/Th, 10-11am	East	16	\$132/\$164	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.

190080	4/2-5/23	Tu/Th, 6-7pm	North	16	\$132/\$164	Ignacio
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► SIMPLY STRENGTH

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!

190084	4/1-5/22	M/W, 9:30-10:30am★	North	16	\$132/\$164	Chris
190081	4/2-5/23	Tu/Th, 9:30-10:30am★	North	16	\$132/\$164	Chris
190082	4/2-5/23	Tu/Th, 10:45-11:45am	South	16	\$132/\$164	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.

190083	4/1-5/22	M/W, 8:15-9:15am	East	16	\$132/\$164	Sue
190085	4/2-5/23	Tu/Th, 9:30-10:30am	South	16	\$132/\$164	Sue

Lift For Life

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

190072	4/2-5/23	Tu/Th, 4:30-5:30pm	South	16	\$132/\$164	Chris
190071	4/2-5/23	Tu/Th, 5:30-6:30pm	South	16	\$132/\$164	Chris

Youth Weight Training and Safety

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

190074	4/15-5/20	M, 4-5pm	North	6	\$50/\$62	Jeff
190075	4/17-5/22	W, 4-5pm	East	6	\$50/\$62	Jeff

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

Achieve the nutritional success you've been striving for! A dietitian will assess your current nutritional status and determine what your body needs to perform at its optimal level. Manage chronic diseases such as diabetes, high blood pressure, and high cholesterol, or pursue heightened athletic performance.

One - 1 hour session: \$60

Three - 45 minute sessions for \$150

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 303-413-7264 to get started today!





Pilates = great ab workout!

► 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!

191684	4/1-5/20	M, 8:45-9:45am	Iris	8	\$66/\$82	Christine
191835	4/5-5/24	F, 8:45-9:45am	Iris	8	\$66/\$82	Christine
191685	4/1-5/20	M, 5:30-6:30pm	Salberg	8	\$66/\$82	Roxolana
194382	4/1-5/20	M, 5:30-6:30pm	South	8	\$66/\$82	Lisa
191785	4/7-5/26	Su, 4:15-5:15pm	Salberg	8	\$66/\$82	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.

191687	4/1-5/20	M, 9:55-10:55am	Iris	8	\$66/\$82	Christine
191836	4/5-5/24	F, 9:55-10:55am	Iris	8	\$66/\$82	Christine

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.

191688	4/1-5/20	M, 5:30-6:30pm	East Senior	8	\$66/\$82	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.

191697	4/3-5/22	W, 5:30-6:30pm	South	8	\$66/\$82	Lisa
193682	4/6-5/25	Sa, 9:15-10:15am	East	8	\$66/\$82	Bianca

▶ 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

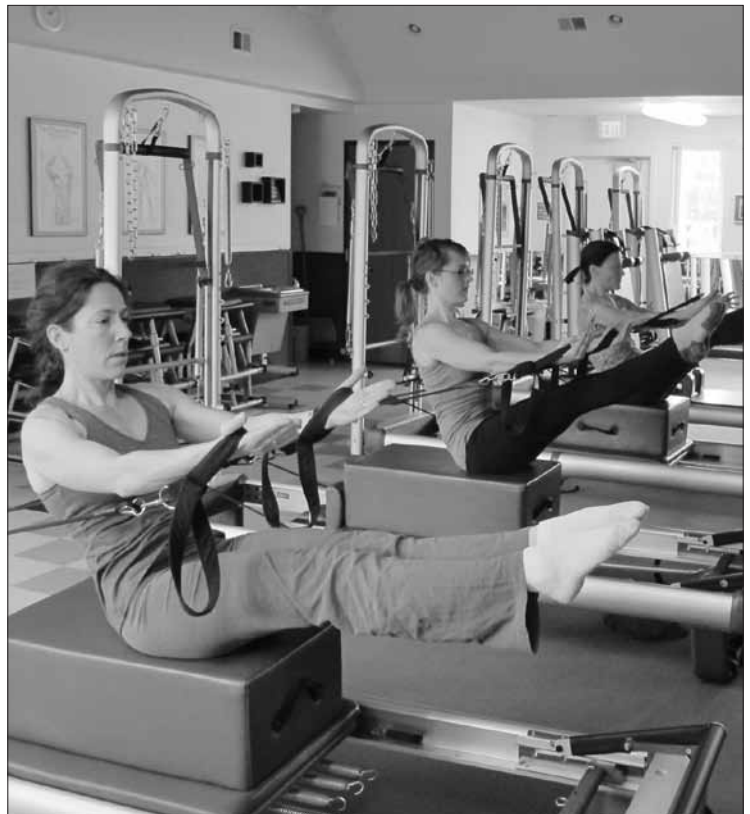
(Age 16+) This 8-week course will introduce you to the Pilates Reformer apparatus, and get you started learning the basic Level 1 exercises. Proper and safe use of the equipment is emphasized. This form of exercise is often recommended by physical therapists, doctors and chiropractors and can effectively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

193732	4/2-5/21	Tu, 6:30-7:30pm	South	8	\$104/\$130	Bianca
192982	4/4-5/23	Th, 5:30-6:30pm	Salberg	8	\$104/\$130	Tamara
191786	4/7-5/26	Su, 3-4pm	Salberg	8	\$104/\$130	Diane

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.

191682	4/1-5/20	M, 8:40-9:40am	South	8	\$104/\$130	Sheri
191686	4/1-5/20	M, 6:40-7:40pm	Salberg	8	\$104/\$130	Roxolana
191695	4/3-5/22	W, 9-10am	Salberg	8	\$104/\$130	Christine
194082	4/4-5/23	Th, 6:30-7:30pm	South	8	\$104/\$130	Desiree
194132	4/6-5/25	Sa, 9:15-10:15am	Salberg	8	\$104/\$130	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.

192882	4/1-5/20	M, 8:45-9:45am	Salberg	8	\$104/\$130	Tamara
191734	4/3-5/22	W, 5:30-6:30pm	Salberg	8	\$104/\$130	Jane
194032	4/4-5/23	Th, 5:25-6:25pm	South	8	\$104/\$130	Desiree
192932	4/4-5/23	Th, 6:40-7:40pm	Salberg	8	\$104/\$130	Tamara
191733	4/5-5/24	F, 7:30-8:30am	Salberg	8	\$104/\$130	Missie

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.

191691	4/2-5/21	Tu, 8:30-9:45am	Salberg	8	\$130/\$162	Sheri
191696	4/3-5/22	W, 9:45-11am	South	8	\$130/\$162	Sheri
191882	4/5-5/24	F, 8:40-9:40am	Salberg	8	\$104/\$130	Emily

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.

193932	4/1-5/20	M, 10-11am	Salberg	8	\$104/\$130	Tamara
193782	4/2-5/21	Tu, 5:25-6:25pm	South	8	\$104/\$130	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.

191683	4/1-5/20	M, 9:45-11am	South	8	\$130/\$162	Sheri
194482	4/3-5/22	W, 8:40-9:40am	South	8	\$104/\$130	Sheri
191837	4/5-5/24	F, 11am-12pm	South	8	\$104/\$130	Sheri

Power Pilates Multi-Equipment Fusion

(Age 16+) Blast through this sweat-inducing workout using apparatus and props designed by Joseph Pilates to be an extension of your body and complement your Pilates mat work along with strength training exercises and stretching. Students will utilize all equipment including Reformer, Chair, Mat and Tower in addition to various props. **Pre-requisite:** At least one session of Pilates Reformer/Tower/Chair at Level 1, or equivalent, advanced experience or coordinator approval.

192032	4/3-5/22	W, 6:40-7:40pm	Salberg	8	\$104/\$130	Jane
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► PILATES WORKSHOP

Runners, Cyclists & Tri-Athletes

(Age 14+) Specialized workshop for runners, cyclists and tri-athletes. Mastering Pilates Method principles such as concentration, precision, and control, and gaining core strength will challenge and enhance the lives of those who are familiar with Pilates. Participants will learn sport-specific exercises using all apparatus and props, including Pilates reformer, tower, chair and arc, and props such as Pilates circles, stretchy bands, balls and light weights.

191692	4/2-5/21	Tu, 6-7pm	Salberg	8	\$104/\$130	Desiree
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► 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.

194432	4/5-5/24	F, 9-10am	North	8	\$66/\$82	Wendy
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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

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.



MIND / BODY: YOGA



The "Resting Pigeon" is a relaxing yoga pose.

► 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.

*190133	4/1-5/20	M, 6:30-8pm	East Senior	8	\$99/\$124	Ines
*190283	4/2-5/21	Tu, 9:15-10:45am	South	8	\$99/\$124	Andrea
*190182	4/2-5/21	Tu, 1:15-2:45pm	North	8	\$99/\$124	Louann
*191694	4/3-5/22	W, 7:30-8:45am	South	8	\$82/\$103	Ravi
*190282	4/3-5/22	W, 5:30-7pm	South	8	\$99/\$124	Andrea
*190332	4/4-5/23	Th, 9:15-10:45am★	North	8	\$99/\$124	Louann
*190336	4/5-5/24	F, 9-10:30am	East	8	\$99/\$124	Brian
*190337	4/6-5/25	Sa, 9:45-11:15am	South	8	\$99/\$124	Louis
*190338	4/7-5/26	Su, 4:30-6pm	North	8	\$99/\$124	John

***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.

191689	4/1-5/20	M, 7-8:30pm	North	8	\$99/\$124	Casey
190284	4/3-5/22	W, 5:45-7:15pm	North	8	\$99/\$124	Matt
190285	4/3-5/22	W, 7-8:30pm	East Senior	8	\$99/\$124	Brian
190333	4/4-5/23	Th, 9:15-10:45am	South	8	\$99/\$124	Kathleen
190334	4/4-5/23	Th, 5:45-7:15pm	North	8	\$99/\$124	Dan
190335	4/5-5/24	F, 8:50-10:20am★	North	8	\$99/\$124	De



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.

191700	4/3-5/22	W, 10:30-11:45am	North	8	\$82/\$103	Karen D.
191832	4/6-5/25	Sa, 10:40-11:55am	Iris	8	\$82/\$103	Karen D.
194632	4/2-5/21	Tu, 5:30-6:30pm	East Sr.	8	\$66/\$82	Erin

► INSTRUCTOR SPOTLIGHT

Erin Williams, MS, CN/RD, LMP



Erin started her yoga journey in 1998 as a needed break from the fast paced world of computer science. After falling in love with the relaxation it provided and the energy she was able to harness, she started the teacher training program with Aadil Pakhilavala, a world renowned B.K.S. Iyengar Instructor. Erin taught Iyengar yoga in the Seattle area for 11 years and has recently moved to Boulder with her husband and two small children. Erin is a Licensed Massage Therapist and

Registered Dietician with a Master's of Science in Nutrition and an Herbalist Certification from Bastyr University.

Erin enjoys teaching all students and has taught workshops on a variety of topics including the lower back, neck, shoulders, heart, hips, carpal tunnel syndrome, and headaches. Erin's yoga specialty is teaching beginning students and inspiring advanced students. Erin teaches in a methodical way; focusing each session on one or two poses and then relaxing the muscles used in the pose. Her classes are often core focused, featuring strength building poses, dedicated stretching to increase flexibility, postural alignment for balance and grace, and breathing practices for increased concentration, and peace of mind.

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.

190232	4/2-5/21	Tu, 5:15-6:30pm	North	8	\$82/\$103	Cassandra
190233	4/3-5/22	W, 4-5:15pm	South	8	\$82/\$103	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.

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.

191699	4/3-5/22	W, 10:20-11:50am	East	8	\$99/\$124	Alicia
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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.

191833	4/6-5/25	Sa, 9-10:30am	North	8	\$99/\$124	John
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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.

191834	4/5-5/24	F, 7:30-8:45am	North	8	\$82/\$103	Ravi
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► YOUTH YOGA

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.

191932	4/2-5/21	Tu, 3:30-4:15pm★	East	8	\$66/\$82	Juliana
193882	4/3-5/22	W, 4-4:45pm	North	8	\$66/\$82	TBA

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.

191982	4/2-5/21	Tu, 4:20-5:20pm★	East	8	\$66/\$82	Juliana
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▶ 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.

191782 4/13 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.

191783 4/27 Sa, 1:30-3:30pm 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.

190132 4/1-5/20 M, 4-5pm North 8 \$66/\$82 Tom

▶ 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.

191701 4/3-5/22 W, 6:30-7:45pm East Senior 8 \$82/\$103 Gil

191735 4/5-5/24 F, 12-1pm Iris 8 \$66/\$82 Gil

▶ 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.

191732 4/4-5/23 Th, 12-1pm Iris 8 \$66/\$82 Cynthia

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.

191693 4/2-5/21 Tu, 6:45-7:45pm North 8 \$66/\$82 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.

191736 4/6-5/25 Sa, 9:30-10:30am Iris 8 \$66/\$82 Tom

▶ 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 eight-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.

191784 4/6-5/25 Sa, 3:30-5pm North 8 \$99/\$124 Beth



Beth Reninger, Chi Kung Instructor and Poet.