



## Group Fitness Class Descriptions

All group fitness classes require a participation number card

Please check in at the front desk to get your card. Participant ages 13-14 years must have instructor and Fitness Supervisor approval prior to attending classes. All participants must be 15+ years old to attend any Les Mills classes

### Fitness Classes At The Rec Center

701 5<sup>th</sup> Street, Frederick CO 80530

- **Barbell Strength:** Barbell training and more! Focus on proper lifting techniques to improve muscular strength and endurance in this explosive total body conditioning class.
- **Barre Above:** Fusing the best of pilates, yoga, aerobics, and elements of strength training, Barre Above® delivers a results driven, fun and dynamic workout that will sculpt your body and get you into absolutely amazing shape.
- **Cycle to Barre:** This unique combination of cycling and Barre will strengthen your cardiovascular system along with the powerful benefits of Barre training to improve your overall strength, tone and functionality
- **Cycle to HEAVY to CORE:** HIIT cycling followed by Bodypump HEAVY for optimal strength followed by Les Mills CORE training. A powerful mix of intense cardio, strength training and core!
- **Cycle to Strength:** Combines 30 minutes of interval cycle with 30 minutes of strength training.
- **Cycle to Yoga Strength:** Combines 30 minutes of interval cycle with 30 minutes of Power Yoga and final stretch.
- **Gentle To Restore Yoga:** Low impact yoga followed by restorative yoga focusing on relaxation and calm for the mind and body.
- **HIGH Fitness:** High Fitness takes the essence of old-school aerobics and transforms it into a contemporary, heart-pounding workout. This program is designed to be fun, easy to follow, and adaptable to all fitness levels. It incorporates a mix of HIIT cardio and toning exercises, often set to upbeat music, making it an engaging experience for participants.
- **HIIT Cycle:** Kick-start your metabolism through a series of short and challenging high-intensity intervals. Don't like being in the seat for an hour? You've found the right class. For all fitness levels.
- **HIIT Weights to CORE:** Build muscular strength, endurance, and flexibility with this pure HIIT strength into core workout.
- **HIIT the Step:** HIIT style training utilizing timeless old school step moves, weights and bodyweight exercises to achieve optimal strength and strong body-shaping results.
- **Interval Cycle:** Challenge yourself in this 45-minute class designed to build strength and endurance in a shorter amount of time. For all fitness levels.
- **LesMills BODYPUMP:** The original barbell class that shapes, tones and strengthens your entire body. Great music and your choice of weight inspire you to get the results you came for - and fast! This addictive workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, deadlifts and curls. "Kia Kaha"...Forever Strong!
- **LesMills CORE:** Build strength, stability and endurance in this ultimate scientific 30-minute core workout designed to improve definition and sports performance. Works all the muscles of the core including abdominals, glutes and back to improve balance and injury prevention.
- **LesMills HEAVY:** Unlike the original Les Mills BODYPUMP, which focuses on higher repetitions with lighter weights, HEAVY uses longer recovery periods to focus on technique and lifting heavier loads with more foundational lifts like squats, deadlifts and presses. It is designed to be more accessible than traditional free-weight lifting, with expert coaching and iconic music driving the workout! If new to Bodypump classes, HEAVY is recommended first to help learn proper form and technique.
- **LesMills TONE:** The ultimate mix of strength, cardio and core. Tone burns calories and will help build your fitness level, strength and functionality while improving energy levels, flexibility, balance, agility and core stability.
- **Step & Strength:** Step intervals, weight training and core development for an optimal strength and cardio blast!
- **Total Body Training:** This total body training class is a well-rounded, high-energy session designed to work every major muscle group in one go. Blending strength, cardio, and functional fitness all packed into a single workout to target your whole body. Modifiable for all fitness levels.
- **Zumba:** A fun, total body workout, combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility, boosted energy and a serious dose of awesome. No dance experience required.



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### Aqua Fitness Classes In The Pool

701 5<sup>th</sup> Street, Frederick CO 80530

*Water shoes are recommended for all river classes.*

- **Aqua Tabata:** HIIT (High Intensity Interval Training) in the water! This fun, multi-level class will challenge beginners to advanced. Work at your own pace and get a great workout without the impact on your joints. Limit 18. Lap Pool.
- **Aqua Tone:** Build stamina and muscle conditioning while using a variety of equipment and formats. Limit 14. Lap pool.
- **Boga-Yoga:** Using the natural benefits of air and water through the use of a Boga Board, this Innovative aqua fitness yoga focused class, with traditional Boga moves included, will increase strength, flexibility, balance and coordination. Falling in the water is a possibility. Ability to pull self onto board is required. Limit 6. Lap pool.
  - Caerse al agua es una posibilidad. La habilidad de subirse a la table de Boga es un requerimiento.
- **Deep Water Aqua Tone:** Using belts and noodles for support in the deep end, exercises challenge the core without joint stress or pounding. Comfort in deep water recommended. Limit 14. Lap Pool.
- **River Circuit:** Challenge yourself working through circuit stations and aerobic intervals in the river and leisure pool for a great calorie burning workout. Limit 12. River and Leisure Pool.
- **River Strength:** Utilizes resistance with tools, aerobic intervals, and active recovery providing a great calorie burning workout. Limit 12. River.

### Fitness Classes At The Community Center

151 Grant Avenue, Firestone CO 80520

- **All Levels Yoga:** A Vinyasa-style class, synchronizing breath with movement. This class builds balance, strength, tones the mind and body and leaves you feeling invigorated. Focuses on alignment and safety, with modifications for advanced poses, inversions and arm balances. Expect to build heat through breath, sweat, twisting and balance. Great for beginners and challenging enough for experienced yogis.
- **Balance & Beyond:** Get stronger and improve your balance while lowering the risk of falling. Exercises are designed to improve strength and power around the ankle, hip and knee joints, while improving reaction time.
- Class held at the Community Center, 151 Grant Ave, Firestone, CO 80520.
- **Gentle Yoga:** Low-impact yoga class perfect for the new or beginning yogi looking for a peaceful and relaxing experience.
- **SilverSneakers Chair Yoga:** Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.
- **SilverSneakers Circuit:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with handheld weights, elastic tubing with handles and a SilverSneakers® ball is alternated with non-impact choreography. A chair is offered for support, stretching and relaxation exercises.
- **SilverSneakers Classic:** New to SilverSneakers or exercising? This is a great place to start! Have fun and move to the music through a variety of exercises designed to increase muscular strength and range of movement and activity for daily living skills. Handheld weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.
- **Tabata Balance & Strength:** This dynamic class combines Tabata style training with balance and core stability. Tabata will challenge you with short, intense rounds of exercise to burn calories, build muscle strength and endurance and overall increased metabolism.
- **Tai Chi:** Gentle moving poses and low-impact exercises help build balance, a healthy spirit, mind, and body.
- **Zumbe Gold:** A modified Zumba® class for active older adults that recreates the original moves you love at a lower intensity. Easy to follow Zumba® choreography that focuses on balance, range of motion and coordination.