

**Archery for Adults**

Archery is great for improving strength and concentration. We will cover shooting skills, safety, scoring and terminology. You will be exposed to several types of equipment, styles and uses for archery. Tom Adjutant is a nationally certified Archery Instructor. All equipment will be provided. No class on 9/29.



18 to Adult: Sept 8-Oct 6, Thurs, 5-7pm Code: 2035.420  
 Location: St Vrain Archery Club, South of Highway 119 on WCR 5 (through the gates)  
 Fee: \$75 resident/\$93.75 non-resident

**Adult Tennis Lessons**

Lessons are for beginners or advanced beginners. Please wear tennis shoes and bring a racquet and water bottle. Balls are provided. \*No class Sept 3.

18 to Adult: Saturday, Aug 20-Oct 1\*  
**Beginner:** 9-10am Code: 2021.420  
**Advanced Beginner:** 10-11am Code: 2021.421  
 Location: Hover Park Tennis Courts, 1361 Charles Dr  
 Fee: \$45 resident/\$56.25 non-resident

**Fall Adult Coed Soccer**

Get your team and friends together to continue to grow this great program. Coed is divided into two divisions (Recreational and Leisure). Deadline is Sun, Aug 14: Late registrations accepted on a space available basis ONLY at the Longmont Recreation Center.

16 to Adult: Sandstone Ranch Park East 3001 E Highway 119  
 League Dates: Aug 24-Oct 12, Wednesdays  
 Total Team Fee: \$670 player fees  
 Two payment option: \$340 each payment = \$680

**Fall Adult Coed Kickball**

Break out the old rubber ball and come play kickball. This is a coed recreational kickball league (great for business teambuilding!). The game is played between two teams of 8 players that consist of 4 female and 4 male players. Deadline is Sun, Aug 14: Late registrations accepted on a space available basis ONLY at the Longmont Recreation Center.

16 to Adult: Garden Acres Park, 2058 Spencer Street  
 League Dates: Aug 23-Oct 11, Tuesdays  
 Total Team Fee: \$270 (no player fees)  
 Two payment option: \$140 each payment = \$280

**Adult Flag Football**

Leagues offered in Men's 8 v 8 competitive and recreation. Registration will be taken at the Longmont Recreation Center only. Deadline is Sun, Aug 28.

18 to Adult: Sandstone Ranch Park 3100 E. Highway 119  
 League Dates: Sept 6-Oct 25, Tuesdays  
 Total Team Fee: \$450 (no player fees)  
 Two payment option: \$230 each payment = \$460  
 Free Agent Fee: \$45 resident/\$56.25 non-resident

**Fall Adult Basketball**

Two classifications of play will be offered, recreational and leisure. Teams play one game per week. Registration is accepted through September 11 at the Longmont Recreation Center ONLY.

18 to Adult: Day  
 Recreation League: Wed, Sept 14-Nov 2  
 Location: Memorial Building

Leisure League: Thur, Sept 15-Nov 3  
 Location: Longmont Recreation Center  
 Total Team Fee: \$400 (no player fees)  
 Two payment option: \$205 each payment = \$410  
 Free Agent Fee: \$50 resident/\$62.50 non-resident

**Drop In Adult Indoor Soccer**

Again this year, indoor soccer will be offered as a drop in program on Sunday evenings at the Longmont Recreation Center. Come and keep your skills sharp and your body in shape!

18 to Adult: Nov 13-Mar 18, Sundays 6-8pm  
 Location: Longmont Recreation Center Gym, 310 Quail Rd.  
 Weekly Drop-in Fee: \$5(cash, check or visit card only)

**Winter Adult Basketball**

Two classifications of play will be offered, recreational and leisure. Teams play one game per week. Packets will be available Mon, Nov 7. Registration is from Nov 7-Jan 1, 2012, at the Longmont Recreation Center ONLY.

18 to Adult: Day  
 Recreation League: Wed, Jan 4-Mar 14  
 Location: Memorial Building  
 Leisure League: Thurs, Jan 5-Mar 15  
 Location: Longmont Recreation Center  
 Total Team Fee: \$470 (no player fees)  
 Two payment option: \$240 each payment = \$480  
 Free Agent Fee: \$60 resident/\$75 non-resident

**Senior Pickleball**

Check out this fun, unique game best described as a hybrid of tennis and badminton. Join other active seniors on two courts up to three times a week.

55 years +: Mon, 10am-12pm; Tue, 2-3:30pm; or Thurs, 2-4pm  
 Location: Longmont Recreation Center, 310 Quail Rd  
 Fee: Daily admittance

**Senior Volleyball**

The Colorado Senior Volleyball Association is a league for senior (age 50+) co-ed volleyball teams throughout the Front Range metro area. Teams practice on Mondays, 2-4pm, at the Longmont Recreation Center. Matches are hosted on Wednesday afternoons, at home and throughout the Front Range. To register or for more information, contact Theresa at 303-651-8578 or [theresa.schulte@ci.longmont.co.us](mailto:theresa.schulte@ci.longmont.co.us).

50 years+: Sept 7 - Dec 30  
 Fee: \$40 resident/ \$50 non-resident

**WATER FITNESS**

**Aqua Motion:** A mild, no-bounce class for stretching and toning muscles and improving cardiovascular conditioning, CORE stability and joint mobility. A great class if you have arthritis, joint limitations or replacements.  
**Longmont Recreation Center**

**Aqua Power:** A high intensity predominately shallow water running and cardiovascular interval class designed to burn 500-700 calories in an hour and target buns, thighs and abs!  
**Longmont Recreation Center**

**Deep H2O Aerobics:** A moderate intensity water fitness class with no impact to the joints. Floatation belts are provided.  
**Centennial Pool; Longmont Recreation Center**

**H2O Fitness:** A high intensity combination aerobic class involving different workouts (Aqua Step, Kickboxing, Circuit Training).  
**Longmont Recreation Center**

**Hydro2ga \*\*::** A meditative no impact, high resistance, deep water exercise program that does not use floatation devices. Please call 303-651-8406 for dates and fees.  
**Centennial Pool**

**Masters Swimming:** Improve your skills and stamina through intervals, drills and distance swimming.  
**Centennial Pool; Sunset Pool thru 9/3; Longmont Recreation Center beginning 9/6, evening time 10/4**

**Beginning Masters Swimming:** This program is recommended for adults who are comfortable swimming 200 yards non-stop.  
**Centennial Pool**

**Morning Fitness:** Aerobic conditioning is what this class is all about.  
**Longmont Recreation Center**

**Natal by Sea:** A low impact aerobics. Increase your cardiovascular resistance as well as tone, condition and strengthen muscles used during pregnancy, birth and recovery.  
**Longmont Recreation Center**

**NEW Water Walking**  
 Walk the shallow waters and use water resistance to strengthen your lower body without stress on your joints.  
**Centennial Pool - See Longmont Recreation Center's pool schedule for suggested lazy river walking times.**

**LAND FITNESS**

**ABS & Arms:** Upper body and core training at its finest!  
**Longmont Recreation Center**

**Ballblast:** Using a fitball, train your body while developing strength, increasing flexibility and toning your muscles.  
**St Vrain Memorial Building; Longmont Recreation Center**

**Boot Camp:** High intensity interval sports conditioning, running, plyometrics and calisthenics.  
**Longmont Recreation Center**

**Butts & Gutts:** Lower body and core training at its finest!  
**Longmont Recreation Center**

**Cardio Kickboxing:** Kickboxing moves high and low levels of intensity.  
**Longmont Recreation Center**

**Cardio/Sculpt:** A cardio and sculpting class that has cardio components and uses combined muscular strength and endurance exercises.  
**Longmont Recreation Center; St Vrain Memorial Building**

**Core Plus:** Working abs, glutes, legs and arms. This class does it all!  
**Centennial Pool**

**Fitness Sampler:** 4-6 segments from our 10 base land fitness class formats. A little bit of everything.  
**Longmont Recreation Center**

**Indoor Cycling:** No impact, high intensity stationary bike workout. Trainers are provided at Centennial Pool for your own bike.  
**Centennial Pool; Longmont Recreation Center**

**\*Jazzercise:** Aerobics dance, all fitness levels welcome. (Please check in with Jazzercise - a separate table will be set up for them). For more information call 720-494-0312.  
**\$32** Electronic Funds Transfer Per Month Plus \$30 Joining Fee  
**\$80** 8 Weeks Pass Plus \$30 Joining Fee  
**\$7** One class-walk in

**Beginning Latin Aerobics:** A Latin American dance fitness class that will challenge your cardio and coordination skills.  
**St Vrain Memorial Building**

**NIA:** (Neuromuscular Integrative Action) Body-mind whole body conditioning based on pleasure and The Joy of Movement. Combines dance, martial arts and yoga. Designed for barefoot, shoes are optional.  
**Longmont Recreation Center**

**Family NIA:** Share the fun and playfulness of your NIA class with your children. Ages 5+, all children must be accompanied by an adult. (Sept 10, Oct 1, Nov 5, Dec 3; Time 1-2:15pm) Instructor: Marcia Babcock  
**Longmont Recreation Center**

**New to NIA:** This special class teaches the theory and steps you'll see in any NIA class. (Sept 17, Oct 15, Nov 12, Dec 10, Time 1-2:15pm) Instructor: Marcia Babcock  
**Longmont Recreation Center**

**Gentle NIA:** A lower intensity of NIA.  
**St Vrain Memorial Building**

**Pilyoga:** A sculpting and stretching class using a combination of Yoga poses and Pilates core conditioning.  
**Longmont Recreation Center; St Vrain Memorial Building**

**Power of 3:** Cardio-Sculpt-Stretch. A low-impact fitness class.  
**St Vrain Memorial Building**

**Pure & Simple Stretch:** A class of only stretching and flexibility training.  
**Centennial Pool; Longmont Recreation Center; St Vrain Memorial Building**

**Sculpt & Tone:** A sculpting class for beginners to intermediate that keeps moving from one exercise to another.  
**Longmont Recreation Center; St Vrain Memorial Building**

**Step/Step & Condition:** A low impact aerobic class with step choreography on step platforms. Interval format includes alternating steps and weights/sculpting.  
**Longmont Recreation Center; St Vrain Memorial Building**

**Tai Chi:** Combines fluid movements of upper and lower body. The "24 Form" of the Yang Style.  
**Longmont Recreation Center**

**Zumba@:** Ditch the workout and Join the Party!  
**Longmont Recreation Center; St. Vrain Memorial Building**

**Fitness Class Announcements:** No regular fitness classes on Mon, Sept 5; Thurs, Nov 24; or Sun, Dec 25.

We have specialty land and water fitness classes available on Thurs, Nov 24, at Centennial Pool and the St Vrain Memorial Building. Check with the facilities for more details

Land Fitness Classes							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am		Indoor Cycling-R		Indoor Cycling-R			
6:00 am	Indoor Cycling-R	Boot Camp-R starts 9/13	Indoor Cycling-R	Boot Camp-R starts 9/15	Indoor Cycling-R		
	Cardio Sculpt-M	Sculpt & Tone-M	Cardio Sculpt-M	Sculpt & Tone-M	Cardio Sculpt-M		
6:30 am	**Beginning TRX-C	Indoor Cycling-R starts 10/4	**Beginning TRX-C	Indoor Cycling-R starts 10/6			
		**Advanced TRX-C		**Advanced TRX-C			
7:00 am	Abs & Arms-R		Abs & Arms-R		Pilyoga-R	Cardio Kickboxing-R	(7:30 am) Butts & Gutts - R
						(7:30 am) Cardio Sculpt -M	
						Combined TRX-C ** (7:30am)	
8:00 am	** Jazzercise Regular-R	Butts and Gutts-R	** Jazzercise Regular-R	Butts and Gutts-R	** Jazzercise Regular-R		SilverSneakers® Yoga Stretch-R
	Ballblast-R	Pure & Simple Stretch-C	Adv Pilyoga-R	Pure & Simple Stretch-C	Fitness Sampler-R	** Jazzercise Regular-M	
	Gentle NIA-M	** (8:20am) Jazzercise Sculpt-R	Gentle NIA-M	** (8:20am) Jazzercise Sculpt-R		(8:10am) Indoor Cycling-R	
8:45 am							Cardio Kickboxing-R
9:00 am	Cardio Kickboxing-R	SilverSneakers® MSROM-R	Cardio Kickboxing-R	SilverSneakers® MSROM-R	Cardio Sculpt-R Pilyoga - R	Cardio Kickboxing-R	
9:15 am	** Jazzercise-R	** Jazzercise-R	** Jazzercise-R	** Jazzercise-R	** Jazzercise-R	Pilyoga-M	
	Power of 3-M	Step-R	SilverSneakers® YogaStretch-R	Step-R	Power of 3-M		
10:00 am		SilverSneakers® Cardio Circuit	Core Plus-C	SilverSneakers® Cardio Circuit			Cardio /Sculpt-R
10:15 am	Sculpt & Tone-R		Sculpt & Tone-R		Step & Condition-R	NIA-R	
10:30 am	Pilyoga-M	Sculpt & Tone-R		Sculpt & Tone-R		Zumba®-M starts 9/10	
11:15 am						(11:45 am) Cardio Sculpt-R	NIA-R
12:00 pm	Cardio/Sculpt-R	NIA-R	Zumba®-R	NIA-R	Cardio/Sculpt-R		
	Adv Pilyoga-M	Ballblast-M		Pilyoga-M	Beg. Latin Aerobics-M		
12:15 pm			Tai Chi - R		Tai Chi - R		
1:00 pm		(1:15 pm) **Beginning Bike & More-C		(1:15 pm) **Beginning Bike & More-C	(1:30 pm) Zumba®-R		Fitness Sampler-R starts 10/2
4:15 pm (4:30 pm)	(4:30 pm) Indoor Cycling-R	Cardio Sculpt-R	(4:30 pm) Indoor Cycling-R	Cardio Sculpt-R	(4:30 pm) Butts & Gutts-R		
5:30 pm (5:45 pm)	Indoor Cycling-R	Sculpt & Tone-R	Indoor Cycling-R	Sculpt & Tone-R	Boot Camp-R		(4:30pm) Zumba®-R
	Boot Camp-R	Pilyoga-R	Boot Camp-R	Pilyoga-R			
	(5:45 PM) Step & Condition-M	** Jazzercise-M	(5:45 PM) Step & Condition-M	** Jazzercise-M			
				Zumba®-M			
6:00 pm		Indoor Biking -C		Indoor Biking -C	NIA-R		
6:30 pm	(6:45pm) Zumba®-R	Pilyoga-R	Cardio Sculpt-R	Pilyoga-R			
		NIA-R		NIA-R			
	Key	C - Centennial Pool	R - Recreation Center	M - Memorial Building	** Extra Fee * Will not meet on no-school days		

Water Fitness Classes Effective 9/6/2011							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	Masters Swimming-C		Masters Swimming-C		Masters Swimming-C		
6:45 am						Masters Swimming-C	
7:30 am	Aqua Motion-R	Aqua Motion-R	Aqua Motion-R	Aqua Motion-R	Aqua Motion-R		
8:00 am	Water Walking-C		Water Walking-C				
9:00 am	Morning H2O Fitness-R	Aqua Power-R	H2O Fitness-R	Aqua Power-R	Morning H2O Fitness-R	Natal By Sea-R	
	Deep Water -C	Deep Water -C	Deep Water -C	Deep Water -C	Deep Water -C		
10:15 am	SilverSneakers® SilverSplash				SilverSneakers® SilverSplash		
12:00 pm	Deep H2O Aerobics-R	Masters Swimming-R	Deep H2O Aerobics-R	Masters Swimming-R	Deep H2O Aerobics-R		**Hydroga-C
		Deep Water -C					
6:00 pm	Deep H2O Aerobics-R	Natal By Sea-R	Deep H2O Aerobics-R	Natal By Sea -R			
6:30 pm		Masters Swimming-R starts 10/4		Masters Swimming-R starts 10/6			
7:30 pm		Beginning Masters - C		Beginning Masters - C			
8:00 pm		Deep Water-C		Deep Water-C			
	Key	C - Centennial Pool	R - Recreation Center	M - Memorial Building	** Extra Fee		

**Personal Training Policy**

The Longmont Recreation Center, St Vrain Memorial Building and Centennial Pool are City of Longmont operated and insured facilities. Therefore, only City employees can perform Personal Training within City facilities.

**Personal Training**

Training can include core and balance training, basic weight training, nutrition advice and muscle building. Individual workout programs can be designed to fit all your fitness needs. Sport specific and rehab programs also available. Call the Longmont Recreation Center at 303-774-4800, St Vrain Memorial Building at 303-651-8404, or Centennial Pool at 303-651-8406 for more information. Days and Times by appointment.

<b>Fees: Private</b>	<b>Semi-Private</b>
1 session- \$40/ \$50	1 session- \$50/ \$62
5 sessions- \$175/ \$220	5 sessions- \$225/ \$282
10 sessions- \$325/\$406	10 sessions- \$425/ \$532

**Weight Room Orientations**

Please call the Longmont Recreation Center at 303-774-4800, Centennial Pool at 303-651-8406 or the St. Vrain Memorial Building at 303-651-8404 for orientation class dates and times.

**Quick Fit**

\$2 Quick Fit Workouts are available at Centennial Pool, exclusively to parents of learn-to-swim classes while their children swim, and at the St Vrain Memorial Building, exclusively to parents of tumbling classes while their child is in class.

**Fitness Assessment Program**

The City of Longmont Recreation Services offers several fitness assessment options at the Longmont Recreation Center, St Vrain Memorial Building and Centennial Pool. Call Cindy Krafft at 303-774-4752 for more information or to get your program set up today!

**Body Composition**

Designed for those who already know their fitness levels but want to monitor their body composition. Includes: height, weight, BMI, bodyfat %, waist-to-hipratio and circumferences  
Fee: \$10 resident/ \$12.50 non-resident

**Body Analysis: Muscular Balance Assessment**

Determine your relative muscular balance between the major muscle groups and right to left. Receive a consultation on what injuries and chronic pains imbalance can cause and how to adapt your workout to rebalance your body. Includes: all major muscle groups of the upper and lower body, shoulder and hip rotators, muscular strength and muscular endurance testing as well as independent right and left side analysis  
Fee: \$30 resident/ \$38 non-resident

**Diet Analysis**

Record your food intake for 5 days and receive a detailed printout of individual meal analysis as well as average daily calories, vitamin and mineral intake, and grams of carbohydrates, fats and proteins consumed. Results are compared to the RDA for each category.  
Fee: \$10 resident/ \$12.50 non-resident

**JUMP-START: Fitness Assessment and Orientation**

Designed for those who just want to take the first step and don't know where to start! Includes: health history screening, 30-minute consultation, personalized fitness profile and weight room orientation.  
Fee: \$30 resident/ \$38 non-resident

**SilverSneakers® Fitness Program**

This Medicare eligible fitness program offers SilverSneakers members unlimited access for daily admission to the Longmont Recreation Center. The members may have the opportunity to use fitness equipment, pool, steam/sauna and signature SilverSneakers classes, which are specifically designed for older adults and taught by certified instructors. To find out more call Heather @ 303-774-4718 or stop into the Longmont Recreation Center and get signed up!



Location: Longmont Recreation Center, 310 Quail Rd

**SilverSneakers® Orientations**

A facility orientation will be held for SilverSneakers® participants the first and third week of the month. The one-hour orientation will provide a tour of the facility and an overview of the fitness equipment.

Days/Times: Thursdays, 9am: Sep 1, Oct 6, Nov 3, Dec 1  
Thursdays, 3:30pm: Sep 15, Oct 20, Nov 17, Dec 15

**SilverSneakers® Muscular Strength & Range of Motion (MSROM)**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and chair is used for seated and/or standing support.

Days/Times: Tuesdays & Thursdays, 9-9:45am

**SilverSneakers® YogaStretch**

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Days/Times: Wednesdays 9:15-10am & Sundays, 8-8:45am

**SilverSneakers® Cardio Circuit**

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

Days/Times: Tuesdays & Thursdays, 10-10:45am

**SilverSplash®**

Activate your aqua urge for variety! SilverSplash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

Days/Times: Mondays & Fridays, 10:15-11am

**Water Walking at Centennial Pool**

Come walk the shallow waters at Centennial Pool and use natural water resistance to strengthen your lower body without stress on your joints. The 1st and 3rd Monday of the month, an instructor will lead the class to show movements and equipment to use giving you the most benefit until the next instructor led time.

Days/Time: Monday/Wednesday, 8-8:45am

Dates: Sept 6-Dec 15  
Fee: Recreation Facility drop-in rate or pass

**Beginning Bike & More**

A low impact, slower paced ride for 15-20 minutes followed by a stretch, strength and toning program for 15-20 minutes. \*No classes Nov 22 or 24.

Days/Time: Tuesday/Thursday, 1:15-2pm  
Dates: Sept 6-29 Code: 6267.400  
Oct 4-Oct 27 Code: 6267.401  
Nov 1-Nov Dec 1\* Code: 6267.402

Location: Centennial Pool, 1201 Alpine St  
Fee: \$27 resident / \$33 non-resident

**TRX is HERE!**

TRX is a distinct training system that uses your own body weight and gravity as resistance. This training system is unique, simple to perform, but challenging as every movement requires balance and core strength. Don't have these? TRX will develop them and take care of any neglected muscle groups your regular program misses. This program is a great supplemental workout for athletes or a stand alone program for every fitness level. It is a true total body workout!

**Beginner Class: Mon/Wed, 6:30-7:15am**  
Dates: Sept 12-Oct 28 Code: 6106.405  
Nov 2-Dec 14 Code: 6106.406

**Advanced Class: Tues/Thurs, 6:30-7:30am**  
Dates: Sept 12-Oct 28 Code: 6106.410  
Nov 2-Dec 15 Code: 6106.411

Location: Centennial Pool, 1201 Alpine St  
Instructor: Alison Zemanek, NASM CPT  
Fee: \$140 resident/ \$160 non-residents  
\$100 pass holders

**TRX Combined**

Come on Saturdays and try the TRX class. Beginners and Advanced are combined for this full hour workout.

Day/Time: Saturday, 7:30-8:30am  
Dates: Sept 10-Oct 22 Code: 6106.400  
Nov 5-Dec 17 Code: 6106.401

Location: Centennial Pool, 1201 Alpine St  
Fee: \$80 resident/ \$100 non-resident  
\$60 pass holders

**PR (Personal Record) in a 10K**

Jim Hallberg, cross country coach and winner of several triathlons, is on hand to assist you in your goals. Weekly coached workouts and homework to get you through the rest of the week will move you towards your 10K goal. Participants of this program will receive \$5 off registration for the Longmont Turkey Trot on Saturday, November 12.

Adult: Sept 13-Nov 8  
Times: Tues, 5:45-6:45am Code: 6268.401  
Tues, 6-7pm Code: 6268.402  
Location: Centennial Pool, 1201 Alpine St  
Fee: \$70 resident/ \$87.50 non-resident

**Barre Bodies**

The Barre Bodies method uses the ballet barre, light weights, and mats to flatten abs, tone the thighs, and tighten the arms. This is a great way to combine body sculpting with cardio and strength training, using your own body weight as resistance. Exercises are interchanged with slow stretches to allow the body to recover.

16 to Adult: Thursdays, 6:30-7:25 pm  
Dates: Sept 1 - Oct 6 Code: 4405.400  
Oct 13 - Nov 17 Code: 4405.401

Instructor: Cynthia Huerta  
Location: Mountainside Dance Academy, 1822 Sunset Pl, Ste A  
Fee: \$60 resident/\$75 non-resident

**Self Defense for Women**

Fear of being physically assaulted can be just as traumatic as an actual assault. Learn what happens before, during, and after an attack. Experience what it takes to repel an attacker, and reduce the risk of becoming a victim by improving your confidence, self-esteem. Taught by the Longmont Martial Arts Academy. \$10 discount given for daughters and siblings, must register at the same time. For information call 303-684-5846.

14 to Adult: Sept 18, Sun, 1:30-4:30pm Code: 4650.421  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fees: \$25 resident/ \$31.25 non-resident

**Taste of Centennial Fitness**

Come for a 45 minute taste of the wide variety of land and water fitness classes available at Centennial Pool during this special sampler day. Come for one or more, all for one price. Questions? Call 303-651-8406 or visit [www.ci.longmont.co.us/rec](http://www.ci.longmont.co.us/rec)

Day/Date: Sept 10, Saturday  
Time/Class: 6:45am – Masters Swimming  
7:30am – TRX (land)  
8:30am - Beginner Biking (land)  
9:15am – Beginning Masters Swimming  
9:45am – Deep Water Fitness  
10:30am – Synchronized Swimming  
12:15pm – Stretch & Tone (land)  
1pm – Water Walking

Location: Centennial Pool, 1201 Alpine St  
Fee: \$2

**Aikido For Adults**

Aikido is a non-violent martial budo of Japanese origin: students learn to harmonize with the energy of partners, not opponents, and redirect and control that energy without resorting to fighting. Aikido Shugenkai training is non-competitive and fosters a cooperative and supportive attitude. Wear comfortable, loose clothing. Classes are ongoing and students may join at any time.

18 to Adult: Tuesdays and Thursdays, 7-9 pm  
Dates: Sept 1-29, Oct 4-27, or Nov 1-29 Code: 4200.4  
Dec 1-29 Code: 4200.100

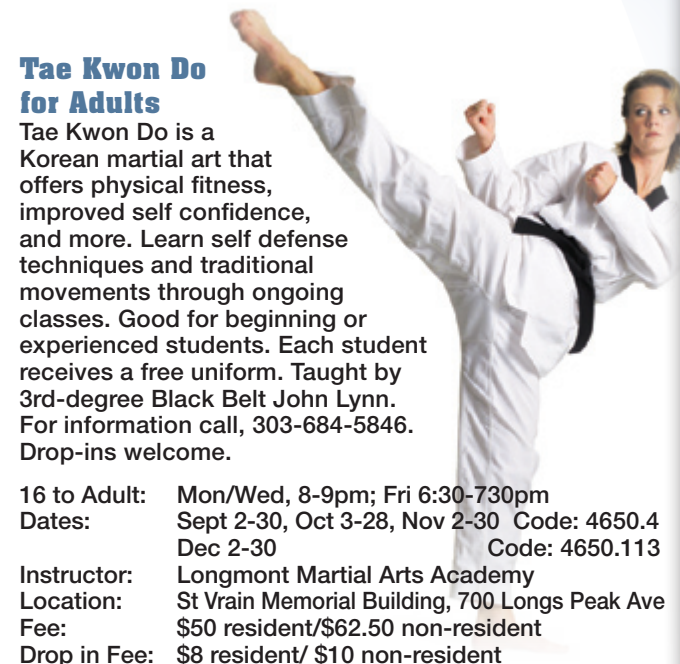
Instructor: Paula Lydon  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$50 resident/ \$62.50 non-resident  
Drop in Fee: \$8 resident/\$10 non-resident

**Tae Kwon Do for Adults**

Tae Kwon Do is a Korean martial art that offers physical fitness, improved self confidence, and more. Learn self defense techniques and traditional movements through ongoing classes. Good for beginning or experienced students. Each student receives a free uniform. Taught by 3rd-degree Black Belt John Lynn. For information call, 303-684-5846. Drop-ins welcome.

16 to Adult: Mon/Wed, 8-9pm; Fri 6:30-7:30pm  
Dates: Sept 2-30, Oct 3-28, Nov 2-30 Code: 4650.4  
Dec 2-30 Code: 4650.113

Instructor: Longmont Martial Arts Academy  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$50 resident/\$62.50 non-resident  
Drop in Fee: \$8 resident/ \$10 non-resident





Yoga students: Please bring your own yoga mat, if you have one. Yoga drop-in students are welcome. Please purchase Drop-In passes in advance at the front desk of the Longmont Recreation Center or the St Vrain Memorial Building. Monthly registered participants have priority and will be notified of any changes.

### Alignment Based Yoga

For Beginners and Continuing Students, this class includes basic, weight-bearing standing poses that safely improve strength and balance; a hip balancing series for tight hamstrings, thighs, and hips; twists and gentle backbends for bringing mobility to the spine; and more. This slow style of yoga relieves stress and promotes inner calm.

18 to Adult:	Mondays, 4-5:15 pm	
Dates:	Fees:	Code:
Sept 12-26	\$21 res/\$26.25 non-res	4403.400
Oct 3-31	\$35 res/ \$43.75 non-res	4403.401
Nov 7-28	\$28 res/ \$35 non-res	4403.402
Instructor:	Gwyn Cody	
Dec 5-12	\$14 res/ \$17.50 non-res	4403.100
Instructor:	Heidi Nordlund	

Location: Izaak Walton Clubhouse, 18 S Sunset  
Drop in Fee: \$9 resident/\$11 non-resident

### Wellness Yoga

Yoga serves as a resource for personal growth and healing. Yoga is a vehicle for deepening the experience of unity between Body, Mind and Soul. This class offers a wide variety of yoga poses and breathing techniques to increase balance, flexibility and strength in body and mind, and a greater sense of inner peace and joy. Beginner and intermediate. Please bring a thick blanket and yoga mat if you have them.

16 to Adult:	Mondays, 5:30 -6:45 pm	
Dates:	Fees:	Code:
Sept 12-26	\$21 res/ \$26.25 non-res	4404.400
Oct 3-31	\$35 res/ \$43.75 non-res	4404.401
Nov 7-28	\$28 res/ \$35 non-res	4404.402
Dec 5-12	\$14 res/ \$17.50 non-res	4404.100
Instructor:	Heidi Nordlund	

Location: Izaak Walton Clubhouse, 18 S Sunset  
Drop in Fee: \$9 resident/\$11 non-resident

### Hatha Yoga

Yoga is good for what ails you. Regular practice improves the functioning of all the bodily systems, lubricates joints, improves concentration, aids with depression, releases tension and develops internal happiness and wisdom. Yoga integrates us- and that feels good.

16 to Adult:	Tuesdays, 9-10:30 am	
Dates:	Fees:	Code:
Sept 6-27	\$28 res/ \$35 non-res	4415.400
Oct 4-25	\$28 res/ \$35 non-res	4415.401
Nov 1-29	\$35 res/ \$43.75 non-res	4415.402
Dec 6-20	\$21 res/ \$26.25 non-res	4415.100
Instructor:	Maura Youle	

Location: Izaak Walton Clubhouse, 18 S Sunset  
Drop in Fee: \$9 resident/\$11 non-resident

### Beginning/Advanced Beginning Yoga

Class offers structurally based yoga involving slow and deep basic poses and movements. Strengthen your body and release muscular tensions, increase clearer thinking and concentration, and foster greater emotional wellness for yourself. Feed your body and spirit. Please bring a thick Blanket and/or Yoga Mat.



14 to Adult:	Fridays, 9:15 -10:15 am	
Dates:	Fees:	Code:
Sept 9-30	\$28 res/ \$35 non-res	4400.420
Oct 7-28	\$28 res/ \$35 non-res	4400.421
Nov 4-18	\$21 res/ \$26.25 non-res	4400.422
Dec 2-16	\$21 res/ \$26.25 non-res	4400.120
Instructor:	Nancy Coleman	

Location: Izaak Walton Clubhouse, 18 S Sunset  
Drop in Fee: \$9 resident/\$11 non-resident

### Yoga for Energy & Balance

Enhance your vitality and re-energize in this all levels class. Find and develop the strength that lies within you. This class incorporates basic poses from various yoga styles and integrates the poses into a flow that gets your body moving. Arrive at class tired and leave with a renewed sense of energy!

16 to Adult:	Wednesdays, 12-1:15 pm	
Dates:	Fees:	Code:
Sept 7-28	\$28 res/ \$35 non-res	4406.400
Oct 5-26	\$28 res/ \$35 non-res	4406.401
Nov 2-30	\$28 res/ \$35 non-res	4406.402
Dec 7-14	\$14 res/ \$17.50 non-res	4406.100
Instructor:	Troy McPeak	

Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Drop in Fee: \$9 resident/\$11 non-resident

### Vinyasa Yoga

Vinyasa yoga is movement of body to rhythm of breath. Invigorating and strengthening poses will tone your body and your mind. Most poses will be held for several breaths as you move deeper in postures that increase flexibility. All levels welcome.

16 to Adult:	Tuesdays, 5:15 -6:15 pm	
Dates:	Fees:	Code:
Sept 6-27	\$28 res/ \$35 non-res	4408.402
Oct 4-25	\$28 res/ \$35 non-res	4408.403
Nov 1-29	\$35 res/ \$43.75 non-res	4408.404
Dec 6-27	\$28 res/ \$35 non-res	4408.100
Instructor:	Lisa Reinhart	

Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Drop in Fee: \$9 resident/\$11 non-resident

### Intermediate/Advanced Hatha Yoga

This class is for those with previous Hatha Yoga experience. We will endeavor to move beyond merely "doing" Yoga Asanas (postures) to explore the more subtle and joyful aspects of our practice. Please bring a thick blanket, and sticky mat.

18 to Adult:	Wednesdays, 5:30 -7:30 pm	
Dates:	Fees:	Code:
Sept 14 - 28	\$30 res/ \$37.50 non-res	4401.400
Oct 5-26	\$40 res/ \$50 non-res	4401.401
Nov 2-30	\$50 res/ \$62.50 non-res	4401.402
Dec 7-14	\$20 res/ \$25 non-res	4401.100
Instructor:	Shar Lee	
Location:	Izaak Walton Clubhouse, 18 S Sunset	
Drop in Fee:	\$12 resident/\$15 non-resident	

### Women's Hatha Yoga

This class is for continuing students of the Hatha Yoga. We will explore Asanas from the core, utilizing structural alignment, pranayama, and Ayurvedic principles.

16 to Adult:	Thursdays, 9-11 am	
Dates:	Fees:	Code:
Sept 15-29	\$30 res/ \$37.50 non-res	4402.400
Oct 6-27	\$40 res/ \$50 non-res	4402.401
Nov 3-17	\$30 res/ \$37.50 non-res	4402.402
Dec 1 - 15	\$30 res/ \$37.50 non-res	4402.100
Instructor:	Shar Lee	

Location: Izaak Walton Clubhouse, 18 S Sunset  
Drop in Fee: \$12 resident/\$15 non-resident

### Open Levels Yoga

Join us for an integrated Yoga session that builds on previous postures and sequences. The body's natural wisdom is listened for and encouraged with attention to alignment, strength, flexibility, breath, flow, and the deep stillness of restorative practice. Please bring a thick wool or cotton blanket if you have one.



16 to Adult:	Thursdays, 6-7:30 pm	
Dates:	Fees:	Code:
Sept 8-29	\$28 res/ \$35 non-res	4413.400
Oct 6-27	\$28 res/ \$35 non-res	4413.401
Nov 3-17	\$21 res/ \$26.25 non-res	4413.402
Dec 1-15	\$21 res/ \$26.25 non-res	4413.100
Instructor:	Katharine Kaufman	

Location: Izaak Walton Clubhouse, 18 S Sunset  
Drop in Fee: \$9 resident/\$11 non-resident

### Yoga for Hip Health Specialty Class

Come enjoy this special class encompassing Hatha and Vinyasa styles to strengthen and stretch the hips. All levels are welcome.

18 to Adult:	Sept 24, Sat, 10-11 am	Code: 4409.400
Instructor:	Robyn Lambert	
Location:	Izaak Walton Clubhouse, 18 S Sunset	
Fee:	\$7 resident/\$8.75 non-resident	

### Sunday Beginning Yoga

Are you new to yoga? Feel at ease through alignment based foundational practice designed for every body. Honing awareness, cultivate breath, strength, flexibility and deep rest, coming to a greater understanding of your own well being. Please bring a thick wool or cotton blanket if you have one.

16 to Adult:	Sundays, 8:45 -9:45 am	
Dates:	Fees:	Code:
Sept 11-25	\$21 res/ \$26.25 non-res	4414.400
Oct 2-30	\$35 res/ \$43.75 non-res	4414.401
Nov 6-27	\$28 res/ \$35 non-res	4414.402
Dec 4-18	\$21 res/ \$26.25 non-res	4414.100
Instructor:	Katharine Kaufman	
Location:	Izaak Walton Clubhouse, 18 S Sunset	
Drop in Fee:	\$9 resident/\$11 non-resident	

### Sunday Continuing Yoga

This new class is for the continuing student eager to develop the art of yoga as a personal practice. A foundation of gravity-friendly, gentle movement from the inside-out prepares us for balancing and alignment-based postures, rhythmic, flowing sequences, meditation and pranayama (breathing sequences). Please bring a thick wool or cotton blanket if you have one.

16 to Adult:	Sundays, 10-11:30 am	
Dates:	Fees:	Code:
Sept 11-25	\$21 res/ \$26.25 non-res	4412.400
Oct 2-30	\$35 res/ \$43.75 non-res	4412.401
Nov 6-27	\$28 res/ \$35 non-res	4412.402
Dec 4-18	\$21 res/ \$26.25 non-res	4412.100
Instructor:	Katharine Kaufman	

Location: Izaak Walton Clubhouse, 18 S Sunset  
Drop in Fee: \$9 resident/\$11 non-resident

### Restorative Yoga

A lovely class to experience the delight of just being. Using blankets and props to support the body, restorative postures are held for longer periods of time. Superficial layers of stress and tension give way to deep rest and opening. Restorative Yoga is appropriate for all levels, and particularly for those recovering from injury, pain, stress or illness. Bring a thick blanket if you have one.

16 to Adult:	Oct 22, Sat, 1-2:45 pm	Code: 4420.401
Instructor:	Katharine Kaufman	
Location:	Izaak Walton Clubhouse, 18 S Sunset	
Fee:	\$15 resident/\$18.75 non-resident	

### Special Mother/Daughter Yoga

Enjoy this time together, side by side, as you learn and practice some fun and relaxing basic yoga poses that promote healthy body care. Moms, daughters, grandmothers and granddaughters are all invited. Wear comfortable, loose clothing. Please bring a thick Blanket and/or Yoga Mat. Fee is per person.\* Please Register early to assure your place in class.

7 to Adult:	Dec 19, Mon, 9:15-10:15 am	Code: 4420.100
Instructor:	Nancy Coleman	
Location:	Izaak Walton Clubhouse, 18 S Sunset	
Fee:	\$7 resident/\$8.75 non-resident	