

Fitness class schedules can be found on-line at [www.ci.longmont.co.us/rec/fitness](http://www.ci.longmont.co.us/rec/fitness) or picked up at any Recreation facility. All classes will meet for one hour unless designated.

## 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, replacements or are pregnant. **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**

**Aquatic Cross Training:** A program using deep and shallow water with intervals and strength training optimized for weight loss. **Centennial Pool**

### Deep H2O:

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. Recommended for adults who are comfortable swimming 1,000 yards non-stop. **Centennial Pool; Longmont Recreation Center**

### 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**

### 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; St Vrain Memorial Building**

**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 ; 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**

**Bike-n-Sculpt:** No impact, high intensity stationary bike workout with the addition of sculpting exercises. **(1 hr) 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. (Dec 3; Jan 7, Feb 4, Mar 3, Apr 7, May 5, Time 1-2:15pm) Instructor: Marcia Babcock **Longmont Recreation Center**

**NEW Meditative NIA:** A class using breath work, simple choreography, and inspiring music to enhance the mind-body connection... an important time of guided reflection and a great way to start the week! (Jan 14 & 28, Feb 11 & 25, Mar 10 & 24, Apr 28, May 12 & 26; 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. (Dec 10, Jan 21, Feb 18, Mar 17, May 19; 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**

**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:** Regular class schedule on Saturday, Dec 24 and 31 for Longmont Recreation Center and Centennial Pool. No classes at St Vrain Memorial Building.

*No regular classes on Sunday, Dec 25 or Sunday, Jan 1.*

**Special  
New Years Day Class**  
at Longmont Recreation Center  
at 1pm in the gym.  
Continue the Party in 2012  
ZUMBA®



**Land Fitness Classes**

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



## Water Fitness Classes

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 Fitness-R	Aqua Power-R	H2O Fitness-R	Aqua Power-R	Morning Fitness-R	Aqua Motion-R	
	Deep H2O -C	Deep H2O -C	Deep H2O -C	Deep H2O -C	Deep H2O -C		
10:15 am	SilverSneakers® SilverSplash-R				SilverSneakers® SilverSplash-R		
	Deep H2O-R	Masters Swimming-R	Deep H2O-R	Masters Swimming-R	Deep H2O-R		**Hydroga-C
12:00 pm		(11:45) Silver-Sneakers® Silver-Splash-R starting 1/3		(11:45) Silver-Sneakers® Silver-Splash-R starting 1/5			
6:00 pm	Deep H2O-R	Aqua Motion-R	Deep H2O-R	Aqua Motion-R			
6:30 pm		Masters Swimming-R		Masters Swimming-R			
7:15 pm		Beginning Masters - C		Beginning Masters - C			
8:00 pm		Deep H2O-C ends 12/27		Deep H2O-C ends 12/29			
		Aquatic Cross Training-C starting 1/3		Aquatic Cross Training-C starting 1/5			
	<b>Key</b>	<b>C - Centennial Pool</b>	<b>R - Recreation Center</b>	<b>M - Memorial Building</b>	<b>** Extra Fee</b>		



### 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

### January 2012 Personal Training Special!

**Get a jump start on your fitness goals ASAP! Offer expires 5pm on Jan 31. Purchase a single session, save \$10! Purchase a 5 or 10 visit session, save \$25!**

### 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. Call Cindy Krafft at 303-774-4752 for more information and 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, body fat %, waist-to-hip ratio and circumferences  
 Fee: \$10 resident/ \$13 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/ \$13 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 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! SilverSneakers® fitness programs is designed for medicare participants with select insurance plans.

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. Sign up at the front desk at the Longmont Recreation Center.

### 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;  
Fridays, 11-11:45am; and 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, 10-10:45am;  
Tuesdays & Thursdays, 11:45-12:30pm

### Small Group Training

Join Personal Trainer, Alison Zemanek, for this small group class that will get you on track to reach your fitness/weight goals. Groups of 3-5 will get individualized assessments and enjoy the benefit of working with others with similar goals. Groups will be given home workouts and food diaries will be reviewed weekly to assure success.

15 to Adult: Tuesdays & Thursdays, 5-6pm  
 Date: Jan 3-Feb 9 Code: 6154.120  
 Feb 14-Mar 22 Code: 6154.121  
 Location: Centennial Pool, 1201 Alpine St  
 Fee: \$180 resident/\$225 non-resident

### TRX Interval Strength & Core Training

Come see what all the excitement is about. Suspension training is the ultimate full-body workout, with a major emphasis on the core! Join our 6-week classes and surprise yourself with what you're capable of. Suspension training makes for a great off-season training regimen for youth and adult athletes.



16 to Adult: Mondays & Wednesdays, 6:30-7:30am  
 Dates: Jan 2-Feb 8 Code: 6106.100  
 Feb 13-Mar 21 Code: 6106.104  
 Apr 2-May 9 Code: 6106.105

14 to Adult: Mondays & Wednesdays, 5-6pm  
 Date: Jan 2-Feb 8 Code: 6106.121  
 Feb 13-Mar 21 Code: 6106.122  
 Apr 2-May 9 Code: 6106.221

16 to Adult: Tuesday & Thursday, 9:15-10:15am  
 Dates: Jan 3-Feb 9 Code: 6106.101  
 Feb 14-Mar 22 Code: 6106.103  
 Apr 3-May 10 Code: 6106.106

Location: Centennial Pool, 1201 Alpine St  
 Fee: \$75 resident / \$93.75 non-resident  
 \$40 recreation passholders

### 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.

18 to Adult: Tuesdays & Thursdays, 1:15-2pm  
 Dates: Jan 3-26 Code: 6267.101  
 Jan 31-Feb 23 Code: 6267.102  
 Feb 28-Mar 22 Code: 6267.103  
 Apr 3-Apr 26 Code: 6267.205

Location: Centennial Pool, 1201 Alpine St  
 Fee: \$27 resident / \$32 non-resident

### Triathlon Training with Coach Jim

Planning on trying your first triathlon or getting ready to gear up for the season and need some help? This class is for you.

8 to Adult: Mar 12-May 30, Mon/Wed, 9:45-11am  
 Code: 6264.210  
 Location: Centennial Pool, 1201 Alpine St  
 Fee: \$160 resident / \$200 non-resident

**Write "Triathlon" in your New Year's Resolution- Start Training Today!**

**Longmont Kids Only Triathlon and Longmont Triathlon  
 Saturday & Sunday June 2 & 3**



**Yoga students: Please bring your own yoga mat, if you have one. Yoga drop-in students are welcome. Please purchase Drop-In pass in advance for specific class 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.**

**Yoga for Hip Health Specialty Class**

Come enjoy this specialty class encompassing Hatha and Vinyasa styles to strengthen and stretch the hips. All levels are welcome. Please pre-register.

18 to Adult: Jan 28, Sat, 10:30 -11:30am Code: 4409.202  
 Instructor: Robyn Lambert  
 Location: Izaak Walton Clubhouse, 18 S Sunset  
 Fee: \$7 resident/\$8.75 non-resident

**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. \*No class April 8- Easter.

16 to Adult: Sundays, 8:45-9:45am  
 Dates: Fees: Code:  
 Jan 8-29 \$28 res/\$35 non-res 4414.101  
 Feb 5-26 \$28 res/\$35 non-res 4414.102  
 Mar 4-25 \$28 res/\$35 non-res 4414.200  
 Apr 1-29\* \$28 res/\$35 non-res 4414.201  
 May 6-20 \$21 res/\$26.25 non-res 4414.202  
 Instructor: Katharine Kaufman  
 Location: Izaak Walton Clubhouse, 18 S Sunset  
 Drop in Fee: \$9 resident/\$11 non-resident

**Alignment Based Yoga**

For Beginners and Continuing Students, this class includes basic, weight-bearing standing poses that safely improve strength and balance; openers 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. Please bring a thick blanket, and sticky mat.

18 to Adult: Mondays, 4-5:15 pm  
 Dates: Fees: Code:  
 Jan 9-30 \$28 res/\$35 non-res 4403.101  
 Feb 6-27 \$28 res/\$35 non-res 4403.102  
 Mar 5-26 \$28 res/\$35 non-res 4403.200  
 Apr 2-30 \$35 res/\$43.75 non-res 4403.201  
 May 7-21 \$21 res/\$26.25 non-res 4403.202  
 Instructor: Gwyn Cody  
 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 levels. Please bring a thick blanket and sticky mat if you have them.

16 to Adult: Mondays, 5:30 -6:45 pm  
 Dates: Fees: Code:  
 Jan 16-30 \$21 res/\$26.25 non-res 4404.101  
 Feb 6-27 \$28 res/\$35 non-res 4404.102  
 Mar 5-26 \$28 res/\$35 non-res 4404.200  
 Apr 2-30 \$35 res/\$43.75 non-res 4404.201  
 May 7-21 \$21 res/\$26.25 non-res 4404.202  
 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:  
 Jan 3- 31 \$35 res/\$43.75 non-res 4415.101  
 Feb 7-28 \$28 res/\$35 non-res 4415.102  
 Mar 6-20 \$21 res/\$26.25 non-res 4415.200  
 Apr 3-24 \$28 res/\$35 non-res 4415.201  
 May 1-29 \$35 res/\$43.75 non-res 4415.202  
 Instructor: Maura Youle  
 Location: Izaak Walton Clubhouse, 18 S Sunset  
 Drop in Fee: \$9 resident/\$11 non-resident

**Power 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:  
 Jan 10-31 \$28 res/\$35 non-res 4408.101  
 Feb 7-28 \$28 res/\$35 non-res 4408.102  
 Mar 6-27 \$28 res/\$35 non-res 4408.200  
 Apr 3-24 \$28 res/\$35 non-res 4408.201  
 May 1-29 \$35 res/\$43.75 non-res 4408.202  
 Instructor: Lisa Marie  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Drop in Fee: \$9 resident/\$11 non-resident

**Beginning and Returning Yoga**

Listen for the body's natural wisdom by mindfully cultivating strength, flexibility and complete breathing through a foundational and flowing practice. This class includes therapeutic Restorative Yoga. During the last part of class, lights are dimmed in order to support and enjoy deep rest, inner awareness, cycles of nature and the magical transformation that Yoga brings.

16 to Adult: Thursdays, 6-7:30 pm  
 Dates: Fees: Code:  
 Jan 12-26 \$21 res/\$26.25 non-res 4413.101  
 Feb 2-23 \$28 res/\$35 non-res 4413.102  
 Mar 1-29 \$35 res/\$43.75 non-res 4413.200  
 Apr 5-26 \$28 res/\$35 non-res 4413.201  
 May 3-31 \$35 res/\$43.75 non-res 4413.202  
 Instructor: Katharine Kaufman  
 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 yoga mat.

14 to Adult: Fridays, 9:15 -10:15 am  
 Dates: Fees: Code:  
 Jan 6-27 \$28 res/\$35 non-res 4400.121  
 Feb 3-24 \$28 res/\$35 non-res 4400.122  
 Mar 2-23 \$28 res/\$35 non-res 4400.220  
 Apr 6-27 \$28 res/\$35 non-res 4400.221  
 May 4-25 \$28 res/\$35 non-res 4400.222  
 Instructor: Nancy Coleman  
 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 insight, natural balance, and delight that an integrated Yoga practice brings. By beginning each class with breath-oriented floor sequences that release superficial tension, we clear the way for alignment-friendly, foundational, flow, and balance postures, as well as meditation. Please bring a thick cotton or wool blanket if you have one. \*No Class April 8- Easter.

16 to Adult: Sunday, 10 -11:30 am  
 Dates: Fees: Code:  
 Jan 8-29 \$28 res/\$35 non-res 4412.101  
 Feb 5-26 \$28 res/\$35 non-res 4412.102  
 Mar 4-25 \$28 res/\$35 non-res 4412.200  
 Apr 1-29\* \$28 res/\$35 non-res 4412.201  
 May 6-20 \$21 res/\$26.25 non-res 4412.202  
 Instructor: Katharine Kaufman  
 Location: Izaak Walton Clubhouse, 18 S Sunset  
 Drop in Fee: \$9 resident/\$11 non-resident

### Intermediate/Advanced Yoga

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



18 to Adult: Wednesday, 5:30 -7:30 pm  
 Dates: Fees: Code:  
 Jan 18-25 \$20 res/\$25 non-res 4401.101  
 Feb 1-29 \$50 res/\$62.50 non-res 4401.102  
 Mar 7-28 \$40 res/\$50 non-res 4401.200  
 Apr 4-25 \$40 res/\$50 non-res 4401.201  
 May 2-30 \$50 res/\$62.50 non-res 4401.202  
 Instructor: Shar Lee  
 Location: Izaak Walton Clubhouse, 18 S Sunset  
 Drop in Fee: \$12 resident/\$15 non-resident

### Women's Hatha Yoga

For continuing students of the Hatha Yoga, explore Asanas from the core, utilizing structural alignment, pranayama, and Ayurvedic principles.

16 to Adult: Thursdays, 9-11 am  
 Dates: Fees: Code:  
 Jan 19-26 \$20 res/\$25 non-res 4402.101  
 Feb 2-23 \$40 res/\$50 non-res 4402.102  
 Mar 1-29 \$50 res/\$62.50 non-res 4402.200  
 Apr 5-26 \$40 res/\$50 non-res 4402.201  
 May 3-31 \$50 res/\$62.50 non-res 4402.202  
 Instructor: Shar Lee  
 Location: Izaak Walton Clubhouse, 18 S Sunset  
 Drop in Fee: \$12 resident/\$15 non-resident

### Healing Meditation for Body, Mind & Soul

Develop inner stillness and the healing benefits of meditation and begin to connect to a deeper sense of your inner knowing. Develop connection to breath to reduce stress and connect to an awareness of inner peace. Simple and easy techniques to build your own meditation practice. Bring a sense of joy to life and a sense of balance to your being.

14 to Adult: Feb 11, Sat, 3-4:30 pm Code: 4322.102  
 Location: Izaak Walton Clubhouse, 18 S Sunset

14 to Adult: Mar 22, Thurs, 7-8:30 pm Code: 4322.200  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Instructor: Christina Morales  
 Fee: \$35 resident/\$43.75 non-resident

Shar Lee has been teaching yoga for 46 years. She was instrumental in starting Longmont Recreation Services' yoga program.



### Tibetan Cranial-Free Lecture & Demonstration

This 3,000 year old healing modality originating in Tibet is a unique combination of disciplined technique and attuned intuition. It is based on the natural integration of mind, body and spirit. This dynamic and profound method fully unifies all aspects of one's unique and natural sense of well being. Shar Lee, Master of Tibetan Cranial and the lineage holder in the West will share her information regarding this remarkable modality. Please pre-register.

16 to Adult: Mar 17, Sat, 10-11:30am Code: 4262.200  
 Location: Izaak Walton Clubhouse, 18 S Sunset  
 Fee: Lecture and Demonstration is free, but please register!

### Barre Bodies

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.

### Free Demo Class! Jan 16 and Mar 5, 7-7:55 pm

16 to Adult: Mondays, 7-7:55 pm  
 Dates: Jan 23-Feb 27 Code: 4405.100  
 Mar 12-April 23 Code: 4405.200  
 Instructor: Cynthia Huerta  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$60 resident/\$75 non-resident

### 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-fitting clothing. Classes are ongoing and students may join at any time.

18 to Adult: Tuesdays and Thursdays, 7-9pm  
 Dates: Jan 3-31, Feb 2-28 Code: 4200.1  
 Mar 1-29, Apr 3-26, May 1-31 Code: 4200.2  
 Instructor: Paula Lydon  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Adult Fee: \$50 resident/\$52.50 non-resident  
 Senior Fee: \$40 resident/\$50 non-resident  
 Drop in Fee: \$8 resident/\$10 non-resident

### Tae Kwon Do for Adults

Tae Kwon Do 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, Longmont Martial Arts Academy. Questions? Call 303-684-5846.

16 to Adult: Mon & Wed 8-9pm; Fri 6:30-7:30pm  
 Dates: Jan 4-30 or Feb 1-29 Code: 4650.1  
 Mar 2-30, Apr 2-30, or May 2-30 Code: 4650.2  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$50 resident/ \$62.50 non-resident  
 Drop in fee: \$8 per class