

# City of Longmont, Recreation Services

## Yoga

Yoga drop-in students are welcome and monthly registration for classes is encouraged. Monthly registered participants have space priority and will be notified of any class location, time, or date changes.

For drop-in yoga students, please purchase drop-in passes at the front desk of the Longmont Recreation Center, 310 Quail Rd, or the St Vrain Memorial Building, 700 Longs Peak Ave: drop-in passes are not available on site at Izaak Walton Clubhouse.

Monthly fees are based on the number of classes held during the month, not upon the number of classes attended.



Yoga classes may be taking a month off during the holiday season. Please double check the class offerings for your favorite classes or treat yourself and try a new class!

**St Vrain Memorial Building**  
700 Longs Peak Avenue  
303-651-8404



## Yoga Classes

Must Pre-Register for classes or pay a higher Drop-In Fee  
Classes Subject to Change - Please Call Ahead

**Yoga - Mondays 4pm** \$\$ Join this dynamic and on-going exploration of yoga asanas (postures) with an emphasis on safe alignment and breath. Develop strength, flexibility, balance, and body-mind awareness. Bring a thick blanket and a sticky mat. Continuing and beginners are welcome. (Drop-in fee: \$9 res/\$11 non-res)

Izaak Walton Clubhouse – 18 S Sunset (303-651-8404) **Instructor: Gwyn Cody**  
February 1-22 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)  
March 1-22 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)

**Yoga - Mondays 5:30pm** \$\$ Yoga is a vehicle for deepening the experience of unity between body, mind and soul, and serves as a resource for personal growth and healing. Gain balance, flexibility and strength in body and mind - relieve stress - cleanse and expand your lungs - discover inner peace and joy. Continuing and beginners are welcome. (Drop-in fee: \$9 res/\$11 non-res)

Izaak Walton Clubhouse – 18 S Sunset (303-651-8404) **Instructor: Heidi Nordlund**  
February 1-22 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)  
March 1-22 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)

**Hatha Yoga - Tuesday Morning** \$\$ Yoga is good for what ails you. Regular practice improves the functioning of all the bodily systems, lubricates joints, improves concentration, aids with depress, releases tension and develops internal happiness and wisdom. (Drop-In Fee: \$9 Res / \$11 Non-Res) **Instructor: Maura Youle**

Izaak Walton Clubhouse - 18 S Sunset St **Tuesdays, 9:00am-10:30am**  
February 2-23 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)  
March 2-23 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)

**Yoga for Hips and Lower Back** \$\$ These are two of the most common areas of the body to experience pain and tension. Soreness here can be a source of decreasing mobility. This gentle class will help bring greater flexibility to your hips and lower back which can mean a more comfortable and active life. (Drop-In Fee: \$9 Res / \$11 Non-Res)

Wellness Room-St Vrain Memorial Building – 700 Longs Peak Ave  
**Tuesdays, 1:00pm-2:00pm** **Instructor: CM Brown**  
February 2-23 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)  
March 2-23 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)

**After School Yoga For Youth (7-12 yrs)** \$\$ Learning how to calm anxious thoughts resulting from school work and other responsibilities. Produce more balance for either dull or overactive states. (Drop-In Fee: \$9 Res / \$11 Non-Res) **Tuesdays, 4:30pm-5:15pm**

Izaak Walton Clubhouse - 18 S Sunset St **Instructor: Nancy Coleman**  
February 2-23 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)  
March 2-23 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)

**After School Middle/High School Yoga For Youth (13-17 yrs)** \$\$ Learn mind and body awareness and health, increasing balance within to better handle the increasing responsibilities. (Drop-In Fee: \$9 Res / \$11 Non-Res) **Tuesdays, 3:30pm-4:15pm**

Izaak Walton Clubhouse - 18 S Sunset St **Instructor: Nancy Coleman**  
February 2-23 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)  
March 2-23 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)

**Yoga Intermediate/Advanced** \$\$ 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 the practice. (Drop-in fee \$12 res. / \$15 non-res.)

Izaak Walton Clubhouse – 18 S Sunset (303-651-8404) **Instructor: Shar Lee**  
**Wednesdays, 5:30pm-7:30pm**  
February 3-24 (Monthly Fee: \$40.00 Res/\$50.00 Non-res)  
March 3-24 (Monthly Fee: \$40.00 Res/\$50.00 Non-res)



## Yoga & Other Fitness Classes

Must Pre-Register for classes or pay a higher Drop-In Fee  
Classes Subject to Change - Please Call Ahead

**Yoga for Health** \$\$ Increase vitality, reduce stress, develop strength and endurance, improve coordination and balance. This class offers an eclectic array of yoga styles from standard Hatha, to Kundalini, Vinyasa and Iyengar styles. Classes are fun and challenging, a great workout. Honor yourself and take time to re-vitalize your body and mind. All abilities are welcome. (Drop-in fee: \$9 res/\$11 non-res)

Wellness Room-St Vrain Memorial Building – 700 Longs Peak Ave  
**Tuesdays, 5:15pm-6:15pm** **Instructor: Robyn Lambert**  
February 2-23 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)  
March 2-23 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)

**Wednesdays, 12:00pm-1:00pm** **Instructor: Troy McPeak (Feb & Mar)**  
February 3-24 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)  
March 3-24 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)

**Women’s Hatha Yoga** \$\$ For those with previous Hatha Yoga experience. Explore Asanas from the core, utilizing structural alignment, pranayama, and Ayurvedic principles. (Drop-in fee \$12 res. / \$15 non-res.) **Thursdays, 9am-11am**

Izaak Walton Clubhouse – 18 S Sunset (303-651-8404) **Instructor: Shar Lee**  
February 4-25 (Monthly Fee: \$40.00 Res/\$50.00 Non-res)  
March 4-25 (Monthly Fee: \$40.00 Res/\$50.00 Non-res)

**Yoga - Continuing** \$\$ This foundational and flowing breath oriented yoga practice is combined with healing and therapeutic restorative postures. (Drop-In Fee: \$9 Res / \$11 Non-Res) **Instructor: Katharine Kaufman**

Izaak Walton Clubhouse - 18 S Sunset St **Thursdays, 6:00pm-7:30pm**  
February 4-25 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)  
March 4-25 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)

**Yoga - Beginner/Advanced Beginner** \$\$ Develop mind and body strength and awareness in this class designed to feed your spirit as you safely practice Hatha Yoga. Please bring a thick blanket, sticky mat and an open mind. (Drop-In Fee \$9 res./\$11 non-res.)

**Instructor: Nancy Coleman**  
Izaak Walton Clubhouse - 18 S Sunset St **Mondays & Fridays, 9:15am-10:15am**  
February 1-22 (Monday) (Monthly Fee: \$28.00 Res/\$35.00 Non-res)  
March 1-22 (Monday) (Monthly Fee: \$28.00 Res/\$35.00 Non-res)  
February 5-26 (Friday) (Monthly Fee: \$28.00 Res/\$35.00 Non-res)  
March 5-26 (Friday) (Monthly Fee: \$28.00 Res/\$35.00 Non-res)

**Yoga - Sunday Beginning** \$\$ Are you new to yoga? Feel at ease through alignment based foundational and flowing postures that unite movement with breath by honing awareness, you will come to a greater understanding of your own well being. (Drop-In Fee: \$9 Res / \$11 Non-Res)

**Instructor: Katharine Kaufman**  
Izaak Walton Clubhouse - 18 S Sunset St **Sundays, 9:00am-10:15am**  
February 7-28 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)  
March 7-28 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)

## Weight Room Orientations -

### Longmont Rec Center & St Vrain Memorial Building

Longmont Recreation Center		St Vrain Memorial Building	
Thursday, February 11	7:00pm	Saturday, February 20	9:15am
Saturday, February 20	10:15am	Saturday, March 20	9:15am
Thursday, March 11	7:00pm	Saturday, April 17	9:15am
Saturday, March 20	10:15am		
Thursday, April 8	7:00pm		
Saturday, April 17	10:15am		

**Fee: FREE (Must Pre-Register for Class, Space is Limited)**