

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.



Tae Kwon Do for Youth and Adults

Tae Kwon Do is a Korean martial art that offers physical fitness, improved self confidence, and more. Youth ages 7 to 15 learn how to channel energy in positive ways, focus and achieve goals, stay safe, and build confidence. Adults learn self defense techniques and traditional movements. All Levels. Free uniform. Taught by 3rd-degree Black Belt John Lynn.

Youth Class: Mon/Thursday, 4-5pm, \$40 monthly fee, \$8 drop-in
 Adult Class: Sun/Mon, 8-9pm, \$50 monthly fee, \$8 drop-in
 Monthly classes, Basic Code: 4650.3
 St Vrain Memorial Building, 700 Longs Peak Ave, (303) 651-8404



Yoga Classes

Must Pre-Register for classes or pay a higher Drop-In Fee
 Classes Subject to Change - Please Call Ahead 303-651-8404

Alignment Based Yoga - Mondays 4pm \$\$ This alignment based yoga class stresses safety in the poses and focuses on balancing strength and flexibility. The approach in this yoga class naturally relieves stress, improves focus, promotes a peaceful state of mind, and provides weight-bearing activity. Continuing and beginners are welcome. (Drop-in fee: \$9 res/\$11 non-res)

Izaak Walton Clubhouse – 18 S Sunset
 June 7-28 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)
Instructor: Gwyn Cody
 July 5-26 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)
Instructor: Heidi Nordlund

Wellness Yoga - Mondays 5:30pm \$\$ Yoga serves as a resource for personal growth and healing. 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. Beginners and Intermediate. (Drop-in fee: \$9 res/\$11 non-res)

Izaak Walton Clubhouse – 18 S Sunset
 June 7-28 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)
 July 5-26 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)
Instructor: Heidi Nordlund

Hatha Yoga - Tuesdays 9:00am \$\$ 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)

Izaak Walton Clubhouse - 18 S Sunset St
 June 1-29 (Monthly Fee: \$35.00 Res/\$43.75 Non-res)
 July 13-27 (Monthly Fee: \$21.00 Res/\$26.25 Non-res)
Instructor: Maura Youle

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
 June 1-29 (Monthly Fee: \$35.00 Res/\$43.75 Non-res)
 July 6-27 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)
Instructor: CM Brown

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
 June 1-29 (Monthly Fee: \$35.00 Res/\$43.75 Non-res)
 July 13-27 (Monthly Fee: \$21.00 Res/\$26.25 Non-res)
Instructor: Robyn Lambert

Yoga Energy and 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. (Drop-in fee: \$9 res/\$11 non-res)

Wellness Room-St Vrain Memorial Building – 700 Longs Peak Ave
Wednesdays, 12:00pm-1:00pm
 June 2-30 (Monthly Fee: \$35.00 Res/\$43.75 Non-res)
 July 7– 28 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)
Instructor: Troy McPeak

Weight Room Orientations - FREE

Longmont Recreation Center (303-774-4800) & St Vrain Memorial Building (303-651-8404)
 Must Pre-Register for Class, Space is Limited - Please call for Dates and Time



Yoga & Other Fitness Classes

Must Pre-Register for classes or pay a higher Drop-In Fee
 Classes Subject to Change - Please Call Ahead 303-651-8404

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. Please bring a thick blanket, and sticky mat. (Drop-in fee \$12 res. / \$15 non-res.)

Izaak Walton Clubhouse – 18 S Sunset
Wednesdays, 5:30pm-7:30pm
 June 2-30 (Monthly Fee: \$50.00 Res/\$62.50 Non-res)
 July 7-28 (Monthly Fee: \$40.00 Res/\$50.00 Non-res)
Instructor: Shar Lee

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.)

Izaak Walton Clubhouse – 18 S Sunset
Thursdays, 9am-11am
 June 3-24 (Monthly Fee: \$40.00 Res/\$50.00 Non-res)
 July 8-29 (Monthly Fee: \$40.00 Res/\$50.00 Non-res)
Instructor: Shar Lee

Yoga - Open Levels \$\$ Moving from the inside out, this foundational and flowing breath oriented yoga practice includes therapeutic restorative postures. This class is for the continuing student. (Drop-In Fee: \$9 Res / \$11 Non-Res)

Izaak Walton Clubhouse - 18 S Sunset St
Thursdays, 6:00pm-7:30pm
 June 3-24 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)
 July 1-29 (Monthly Fee: \$35.00 Res/\$43.75 Non-res)
Instructor: Katharine Kaufman

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.)

Izaak Walton Clubhouse - 18 S Sunset St
Mondays & Fridays, 9:15am-10:15am
 June 7-28 (Monday) (Monthly Fee: \$28.00 Res/\$35.00 Non-res)
 July 12-26 (Monday) (Monthly Fee: \$21.00 Res/\$26.25 Non-res)
 June 4-25 (Friday) (Monthly Fee: \$28.00 Res/\$35.00 Non-res)
 July 9-30 (Friday) (Monthly Fee: \$28.00 Res/\$35.00 Non-res)
Instructor: Nancy Coleman

Baby & Me Yoga \$\$ Experience the benefits of yoga while interacting with your new baby. Build muscle tone, release tension, increase flexibility and balance, calm the mind and learn gentle hands-on yoga poses for baby that can stimulate growing muscles, aid in digestion, promote better sleeping patterns. No previous yoga experience needed. Strollers welcome.

Izaak Walton Clubhouse – 18 S Sunset
Fridays, 11:30am-12:15pm
 June 11 - July 30 (No Class June 18) (Fee: \$49.00 Res/\$62.00 Non-res)
Instructor: Heidi Nordlund

Pranayama - The Art of Yogic Breathing \$\$ Breath is life; it is our most vital function. Pranayama teaches us the proper way to breath and can bring more oxygen to the blood and brain, develop concentration, energize the body, relieve stress, relax the nervous system, and lead to serenity and peace of mind. No previous yoga or pranayama experience needed.

Izaak Walton Clubhouse - 18 S Sunset St
Fridays, 12:30pm-1:30pm
 June 11-July 30 (No Class June 18) (Fee: \$49.00 Res/\$62.00 Non-res)
Instructor: Heidi Nordlund

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)

Izaak Walton Clubhouse - 18 S Sunset St
Sundays, 9:00am-10:15am
 June 6-27 (Monthly Fee: \$28.00 Res/\$35.00 Non-res)
 July 11-25 (Monthly Fee: \$21.00 Res/\$26.25 Non-res)
Instructor: Katharine Kaufman