

| Water Classes | Time | Mon | Tue | Wed | Thu | Fri | Sat |
|--|----------|--|---|--|---|--|-------------------------------|
| Aqua Motion: A mild, no-bounce class for stretching and toning muscles and improving cardiovascular conditioning, CORE stability and joint mobility. This is a great class if you have arthritis, joint limitations, replacements or pregnant. | 6:00 AM | <u>CP</u> Masters Swimming | | <u>CP</u> Masters Swimming | | <u>CP</u> Masters Swimming | |
| | 6:45 AM | | | | | | <u>CP</u> Masters Swimming |
| 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! | 7:30 AM | <u>LRC</u> Aqua Motion | <u>LRC</u> Aqua Motion | <u>LRC</u> Aqua Motion | <u>LRC</u> Aqua Motion | <u>LRC</u> Aqua Motion | |
| Deep H2O: A moderate intensity water fitness class with no impact to the joints. Floatation belts are provided | 8:00 AM | <u>CP</u> Water Walking | | <u>CP</u> Water Walking | | | |
| H2O Fitness: A high intensity combination aerobic class involving different workouts (Aqua Step, Kickboxing, Circuit Training). | 9:00 AM | <u>LRC</u> Morning Fitness <u>CP</u> Deep H2O | <u>LRC</u> Aqua Power <u>CP</u> Deep H2O | <u>LRC</u> H2O Fitness <u>CP</u> Deep H2O | <u>LRC</u> Aqua Power <u>CP</u> Deep H2O | <u>LRC</u> Morning Fitness <u>CP</u> Deep H2O | <u>LRC</u> Aqua Motion |
| Hydro2ga® \$\$: Please Call 303-651-8406 for more information, Dates/Fees. Sunday's - CP 12:00PM | 10:15 AM | <u>LRC</u> SilverSplash | | | | <u>LRC</u> SilverSplash | |
| Masters Swimming: Improve your skills and stamina through intervals, drills and distance swimming. Recommended for adults who are comfortable swimming at least 1,000 yards non-stop. | 12:00 PM | <u>LRC</u> Deep H2O | <u>LRC</u> Masters Swimming <u>CP</u> Deep H2O | <u>LRC</u> Deep H2O | <u>LRC</u> Masters Swimming | <u>LRC</u> Deep H2O | |
| Beginning Masters Swimming: Catering to your individual needs, you will receive stroke work plus a great workout. This program is recommended for adults who are comfortable swimming 200 yards non-stop. | 6:00 PM | <u>LRC</u> Deep H2O | <u>LRC</u> Aqua Motion | <u>LRC</u> Deep H2O | <u>LRC</u> Aqua Motion | | |
| Morning Fitness: Aerobic conditioning is what this class is all about. | 6:30 PM | | <u>LRC</u> Masters Swimming | | <u>LRC</u> Masters Swimming | | |
| SilverSneakers - SilverSplash®: Activate your 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. (45 minutes) | 7:30 PM | | <u>CP</u> Beginning Masters Swimming | | <u>CP</u> Beginning Masters Swimming | | |
| Water Walking: Walk the shallow water and use water resistance to strengthen your lower body without stress on your joints. | 8:00 PM | | <u>CP</u> Deep H2O | | <u>CP</u> Deep H2O | | |

KEY

LRC Longmont Recreation Center


CP Centennial Pool

MB Memorial Building

Most of our classes are free with a Facility Punch Pass, Quarterly, Monthly or Annual Pass. Classes with \$\$ means you must Pre-Register or pay a Drop-In Fee.

Most of our fitness classes are for people 14+ years. If you are younger please check with the instructor and the facility supervisor to see if you may join.

Babysitting - Longmont Recreation Center Only



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|-----------------|---------------|------------------|
| Monday-Friday | 8:00am-1:30pm | "New" |
| Monday-Thursday | 4:00pm-8:00pm | November - April |
| Saturday | 8:00am-1:00pm | Friday Evenings |
| Sunday | 8:30am-1:00pm | 4:00pm-7:30pm |

Longmont Recreation Services



Fitness Schedule

Winter 2011

* December *

(ALL TIMES/CLASSES ARE SUBJECT TO CHANGE)

LRC - Longmont Recreation Center - 310 Quail Rd - 303-774-4800
 CP - Centennial Pool - 1201 Alpine St - 303-651-8406
 MB - St Vrain Memorial Building - 700 Longs Peak Ave - 303-651-8404



Weight Room Orientations

Longmont Recreation Center
 Sunday, December 11 - 3:15pm
 Tuesday, December 27 - 7:00pm

St Vrain Memorial Building
 Saturday, December 10 - 8:45am

Centennial Pool
 Call 303-774-4752 to Schedule a Time
(Please sign up at Front Desk)

Regular class schedule on Saturday, December 24th and 31st for Longmont Recreation Center. No classes for St. Vrain Memorial Building.

No regular classes on Sunday, December 25th or Sunday January 1st



