

EXERCISE

<u>CLASS</u>	<u>ACTIVITY #</u>	<u>DAYS/TIME</u>	<u>DATES</u>	<u>COST</u>
Aerobic Fitness Class	Drop-In	Mon./Wed./Fri. 8:00 - 9:00 a.m.	Ongoing Class	\$32 for 18 classes \$18 for 10 classes
Feldenkrais Method® Easy Movement	7503.400 7503.401 7503.402	Tuesdays 10:00 - 11:00 a.m.	Sept. 7 – 28 Oct. 5 – 26 Nov. 2 – 30	\$28 (R), \$33 (NR) \$28 (R), \$33 (NR) \$35 (R), \$42 (NR)
Qi Gong	7504.400	Thursdays 10:30 - 11:30 a.m.	Sept. 9, 16, 23, 30, Oct. 14, 21 No class Oct. 7	\$48 (R), \$57 (NR)
Pilates	7505.400 7505.401 7505.402	Mondays 12:30 - 1:30 p.m.	Sept. 13 – 27 Oct. 4 – 25 Nov. 1 - 29	\$21 (R), \$25 (NR) \$28 (R), \$33 (NR) \$35 (R), \$42 (NR)
Pilates	7506.400 7506.401 7506.402	Wednesdays 12:30 - 1:30 p.m.	Sept. 1 – 29 Oct. 6 – 27 Nov. 3 – 24	\$35 (R), \$42 (NR) \$28 (R), \$33 (NR) \$28 (R), \$33 (NR)
Senior Conditioning St. Vrain Memorial Building, 700 Longs Peak Ave.	7507.400 7507.401 7507.402	Tues. & Thurs. 8:00 - 9:00 a.m.	Sept. 2 – 30 Oct. 5 – 28 Nov. 2 – 30 No class 11/11 or 11/25	\$27 (R), \$33 (NR) \$24 (R), \$29 (NR) \$21 (R), \$25 (NR)
Strength Training St. Vrain Memorial Building, 700 Longs Peak Ave.	7508.400 7508.401 7508.402	Tues. & Thurs. 9:15 - 10:15 a.m.	Sept. 2 – 30 Oct. 5 – 28 Nov. 2 – 30 No class 11/11 or 11/25	\$27 (R), \$33 (NR) \$24 (R), \$29 (NR) \$21 (R), \$25 (NR)
Yoga - Active Adults	7509.400 7509.401 7509.402	Mondays 2:00 - 3:00 p.m.	Sept. 13 – 27 Oct. 4 – 25 Nov. 1 - 29	\$21 (R), \$25 (NR) \$28 (R), \$33 (NR) \$35 (R), \$42 (NR)
Gentle Yoga - (beginner) St. Vrain Memorial Building, 700 Longs Peak Ave.	7510.400 7510.401 7510.402	Wednesdays 10:30 - 11:30 a.m.	Sept. 1 – 29 Oct. 6 – 27 Nov. 3 – 24	\$35 (R), \$42 (NR) \$28 (R), \$33 (NR) \$28 (R), \$33 (NR)
Wu Tai Chi	7511.400 7511.401 7511.402	Wednesdays 5:00 - 6:00 p.m.	Sept. 1 – 29 Oct. 6 – 27 Nov. 3 – 24	\$40 (R), \$48 (NR) \$32 (R), \$38 (NR) \$32 (R), \$38 (NR)
Zumba®	Drop-In	Tues. & Thurs. 11:30 - 12:30 p.m.	On going class Purchase activity card	\$32 for 18 classes \$18 for 10 classes
Line Dancing <i>(NEW CLASS)</i>	7512.400 7512.401 7512.402	Tuesdays 1:30 - 2:30 p.m.	Sept. 7 – 28 Oct. 5 – 26 Nov. 2 – 30	\$20 (R), \$24 (NR) \$20 (R), \$24 (NR) \$25 (R), \$30 (NR)

No Classes on September 6, November 11 and November 25

(R) = Resident, (NR) = Non-resident

Free Exercise Sampler

Activity # 7514.400

Date: Monday, September 20

Time: 9:00 a.m. – 11:00 a.m.

Cost: **FREE**, registration required



Meet the instructors from Pilates, Gentle Yoga, Qi Gong and Feldenkrais to learn about their classes, the benefits and what classes will be like if you choose to register for one of them. These are all wonderful beginning exercise routines to get you on track to maintain good health.

Aerobic Fitness Class

Registration is ongoing. This fun, uplifting class provides aerobic exercises to improve your health, make you feel good and start your day with positive energy. The Y.M.C.A. provides instructors. Jeanie has been teaching for the past several years and her students love the class. It is a great workout. If you have never tried this class, we offer the first one free so you can try the activity. It is never too late to start exercising and improve your health.

Feldenkrais Method® - Easy Movement

Would you like to regain flexibility, improve your balance, coordination, and reduce tension and pain? In these Awareness Through Movement® classes, you will be guided through a series of movements designed to allow your body to move more easily. Regain flexibility and improve balance as you slowly and gently complete each movement. This class is excellent for those with neurological issues such as MS, Parkinson's, and those recovering from stroke. People with such issues, who are not seniors, may also attend this class at the non-resident rate. This class will be done on a chair or on the floor on thick mats depending on your abilities.

Qi Gong

Qi Gong is the ancient practice of energy cultivation which allows one to access their "healer within." Qi is your internal vital life force energy. This ancient, powerful and simple mind/body/spirit practice includes gentle, rhythmic body movements, self massage, breath work and meditation. The positive effects of Qi Gong include overall health improvement, an increased sense of well-being and healing from disease/illness. Your teacher will be Randi Savage RN, MS, Lic. Acupuncturist. She has been teaching Qi Gong for over 8 years. Randi is trained as a Classical Five Element Acupuncturist and incorporates Chinese medicine theory into her classes.

Pilates

Discover this popular modality of core strengthening and improve your flexibility, relieve joint pain and increase your peace of mind and breathing capacity. Kathy Kerr, certified Pilates instructor, will give you individual attention and focus. All levels of fitness welcome. Most work will be done on the floor on a mat.

EXERCISE

Senior Conditioning

If you want to start exercising, this is the perfect class for you! Learn the basics behind strength training - starting by working on different muscle groups, learning proper techniques and body alignment. You will work with various types of equipment such as balls, bands, steps and hand weights, and learn things you can do at home, too. This class gives you an “all in one” workout and may even include some mild cardio to get your heart rate elevated in addition to building and toning muscles. It is never too late to get in shape! This class will be offered in the St. Vrain Memorial Building located at 700 Longs Peak Ave.

Strength Training

Increase bone mass, muscle strength and reduce the risk of osteoporosis with a training program that will teach you to improve your strength, balance, posture and reduce your risk from injury by building and toning muscles. Please note in order to enroll in this class you must have previously taken the Senior Conditioning class or receive permission from the instructor. This class will be offered in the St. Vrain Memorial Building, 700 Longs Peak Ave.

Yoga for Active Adults

Experience for yourself how yoga is a great way to improve total well being. Flexibility, strength, balance, breathing, and relaxation will be taught. Participants should be able to get up and down off the floor since we explore reclining, sitting, and standing poses. Please bring 1 sturdy blanket or 2 large beach towels and a yoga mat, if you have one. New students please come to the first class 10 minutes early. Instructor: Gwyn Cody.

Gentle Yoga (Beginner Oriented - hosted at the St. Vrain Memorial Building)

This class is a very easy and gentle class. People with MS, Parkinson’s and arthritis have all found this class to be helpful. Yoga is a great way to improve total well-being. Techniques will improve breathing, flexibility, strength, balance, and relaxation. Please bring 2 blankets or a yoga mat.

Wu Style Tai Chi (evening class)

This class is taught by Lillian Koenigsberg. Tai Chi is used to reduce stress, increase flexibility, improve muscle strength, increase energy, stamina and agility and increase feelings of well-being.

ZUMBA®

New at the Senior Center, the Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that energizes you. The goal is simple: we want you to want to work out, to love working out, and to get hooked. You can achieve long-term benefits with these routines that feature interval training sessions of fast and slow rhythms and resistance training combined, which tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you’ve got a Zumba® class!



LINE DANCING

“5-6-7-8 and two to the left, two to the right and slide!” Join Terry Wallace, your instructor, in this wonderful form of exercise, Terry has been teaching dance for many years and is excited to get on our calendar with a class for beginners and experienced line dancers. The benefits of line dancing are many - control of high blood pressure and cholesterol, stress management, reduce risk of heart disease, strengthen bones and muscles without hurting your joints, and improve your posture and balance. This in turn can prevent falls, increase your stamina and flexibility and build confidence and it gets even better! Not only is it a physical activity but it will keep your brain active and you get to socialize and have a lot of fun all at once.

Drop-In Volleyball

Date: Fridays, August 27 through the end of March 2011

Time: 1:00 p.m. - 3:00 p.m.

Location: St. Vrain Memorial Building, 700 Longs Peak Avenue

Cost: \$1.75 per session or Senior Center Activity Card



All levels of players are welcome! You don't have to be a great player or in great shape to play. Enjoy the camaraderie of other volleyball enthusiasts and get some exercise too. This is an ongoing activity. A drop-in fee of \$1.75 is collected each session (afternoon) or you may purchase a Senior Center activity card with 10 or 18 uses on them.

Volleyball League

Calling all volleyball players! The Colorado Senior Volleyball Association begins the fall league starting September 8. This league is for senior (age 50+) volleyball teams throughout the Front Range metro area. If you are interested in joining a team in the Colorado Association of Senior Volleyball, teams will be practicing on Mondays from 1:30 p.m. - 3:30 p.m. at the Longmont Recreation Center. Games are hosted on Wednesday afternoons, at home, and throughout the Front Range.

Call Theresa for more information at 303-651-8578.

Tennis

Date: Tuesdays and Thursdays - as long as the weather is nice.

Time: 8:00 a.m. - 10:00 a.m.

Drop in on Tuesdays and Thursdays at Pratt Park, located at the intersection of Baylor and Ithaca Streets, for tennis. Beginning, advanced and "rusty" tennis players are invited to join the casual, senior open play program. No registration fees, just head out to the courts for a game or two with other older tennis enthusiasts.

Badminton

Wednesdays and Fridays

Time: 9:15 a.m. - 11:00 a.m.

Cost: 50¢ per session

Join this fun group for a rousing game and a good workout.

Badminton is great. Have you played recently? Stop in and try it. Equipment provided.

Table Tennis

Wednesdays and Fridays

Time: 9:15 a.m. - 11:00 a.m.

Cost: 50¢ per session

Join other table tennis enthusiasts for some friendly competition. Equipment provided.

OPEN PLAY

Pickleball

GOOD NEWS - Two courts are now available at the Recreation Center starting September 14 on Tuesdays and Thursdays.

Mondays: 9:30 a.m. - 11:30 a.m.

Outdoors at Collyer Park through September

Tuesdays and Thursdays:

1:30 p.m. - 3:00 p.m.

Indoor at the Recreation Center, 310 Quail Road

Cost: See the Recreation brochure for fees, you may purchase a pass or pay a drop in fee.

SPORTS/OUTDOORS

Hiking

A variety of hiking destinations with different skill levels have been planned. All hikers are responsible for bringing and carrying their own gear (water/drink, food, clothing, and equipment), staying with the group, and being able to maintain a pace appropriate to the rating. Our goal is to provide all hikers with an enjoyable outdoor experience. For this reason, we have created our own rating system to help you better plan for a successful outing. The hike locations may be changed based on unforeseen conditions (i.e. weather, construction). Mileage is approximate and represents the entire distance. Return time will vary according to location, weather, pace, and trail conditions. Prior to hiking, be sure to check with your physician before starting this program, and make sure you are in good health. If you have questions about your conditioning or endurance level, we encourage you to begin with an easy hike.

Longmont Senior Services Hike Rating Guide

A = high altitude
W = water crossing(s)
R = rocks
EG = elevation gain
D = distance
UD = up and down trail
S = steps
ST = steep

Easy: Level or minimal gain/loss in elevation and/or 2 to 4 miles in length. Elevation is generally 8,500 ft or less. Usually smooth maintained trails, no water crossing, no rock scrambling.

Moderate: 400 ft to 500 ft elevation gain/loss and/or 3 to 6 miles in length. Elevation is generally 8,500 to 10,000 ft. Terrain may include steep trails, rocky areas, some water crossings, some ledges.

Difficult: 500 ft or more elevation gain/loss and/or 4 or more miles in length. Elevation may be 10,000 to 12,000 ft. Terrain may include steep areas, rocky areas, water crossings, ledges, lots of up and down areas.

Check-in: 7:20 a.m. Depart: 7:30 a.m. Return: approximately 2:30 p.m.

Cost per hike: \$5.00 resident, \$6.00 non-resident (Note: Sept. 16 cost is \$14.00).

For a full refund, cancel 3 business days prior to the hike.

September 2 – Mills Lake**

Activity # 7903.400
Elevation: 9,180'
Net gain: 760'
Distance: 3.8 miles
Level: moderate
Note: views, geology

September 9 – Fowler/Goshawk Trails

Activity # 7904.400
Elevation: 6,000'
Net gain: 500'
Distance: 5 miles
Level: moderate

September 16 – Homestead Meadows

Activity # 7905.400
Elevation: 8,400'
Net gain: 300'
Distance: 6 miles
Level: moderate
Note: cost is \$14.00, includes park fee and chili lunch.

September 23 – Bear to Bierstadt**

Activity # 7906.400
Elevation: 9,450'
Net gain: 255'
Distance: 4 miles
Level: moderate

September 30 – Storm Pass Trail to Lily Lake

Activity # 7907.400
Elevation: 10,240'
Net gain: 835'
Distance: 5.5 miles
Level: moderate-difficult
Note: views, elevation gain

October 7 – Sleepy Lion Trail

Activity # 7908.400
Elevation: 5,900'
Net gain: 500'
Distance: 5 miles
Level: easy-moderate
Note: rocky

October 14 – Bobcat Ridge

Activity # 7909.400
Elevation: 5,300'
Net gain: 400'
Distance: 4.5 miles
Level: easy-moderate
Note: historical interest

October 21 – Pinewood Reservoir

Activity # 7910.400
Elevation: 6,600'
Net gain: 200'
Distance: 4 miles
Level: easy

October 28 – Marshall Mesa

Activity # 7911.400
Elevation: 5,800'
Net gain: 300'
Distance: 4 miles
Level: easy
Note: historical interest, views

** Note: In Rocky Mountain National Park you will need a pass or you can pay a one-day fee.