



SUN SALUTATIONS SERIES-PART 2

Ages 16 and older

In Part 2 of this three part series to celebrate the International Day of Yoga, you will dive into the transformative energy of 70 rounds of Sun Salutations. Whether you're a seasoned yogi or just beginning your journey, this challenge will leave you feeling refreshed and revitalized.

8851 May 5

Sunday 9-10:30 a.m.

•\$8 (\$6 Resident)

STEP AND MOVE

Ages 16 and older

Step and Move is a great cardio workout that improves cardio endurance and burns calories. This class focuses on cardio endurance by starting with simple dance moves and then building them into more complex sequences, bringing you a great cardio workout.

8560 May 7

Tuesday 11:15-12:15 p.m.

•\$6 (\$5 Resident)

MOTHER'S DAY RELAX AND RESTORE YOGA

Ages 16 and older

Join us for a rejuvenating Mother's Day Restore Yoga class with Yoga Instructor Tiffany-Looy Mo. Treat yourself to a blissful 75 minutes of restorative yoga poses and relaxation techniques, designed to renew your mind, body, and spirit. All levels are welcome. Space is limited, so reserve your spot early. After the class we will enjoy light refreshments as we celebrate the special bond of motherhood. A perfect way to honor yourself or the mothers in your life this Mother's Day.

85582 May 10

Friday 6:30-8 p.m.

•\$8 (\$6 Resident)

AYURVEDA WORKSHOP

Ages 16 and older

Join us for a day of self-discovery and learn practical ways to harmonize your mind, body, and spirit with our Ayurveda Workshop. This unique exploration of the ancient wisdom of Ayurveda, the science of life, will take you on a transformative journey to holistic well-being. Enjoy some snacks and a cup of herbal tea after the session.

85518 May 18

Saturday 11: 5-1:15 p.m.

•\$13 (\$10 Resident)



Southeast Recreation Center

25400 E. Alexander Dr. Aurora, CO 80016



AuroraGov.org/Recreation | 720.589.4949



MAY
2024

SPECIALTY FITNESS

AT SOUT EAST RECREATION CENTER

YOGA FLOW

Ages 16 and older

Yoga Flow incorporates foundational yoga postures in a flowing style, connecting your breath to your movement. With emphasis on proper alignment, you will move mindfully while building strength, balance, and flexibility on the yoga mat. Open to all levels, with modifications provided when necessary.

83245 May 6-20
·Mondays 7-8 p.m.
·\$18 (\$15 Resident)

79580 May 7-28
·Tuesdays, 9-10 a.m.
·\$25 (\$20 Resident)

79586 May 4-25
·Saturdays, 9:15-10:15 a.m.
·\$25 (\$20 Resident)

TRX CIRCUIT TRAINING

Ages 16 and older

TRX is a form of suspension training that uses body weight exercises to develop strength, endurance, flexibility and core stability. This full-body TRX circuit class is designed to challenge you no matter what your TRX skill level!

88673 May 7-28
Tuesdays, 10:15-11:15 a.m.
·\$25 (\$20 Resident)



WOMEN'S STRENGTH TRAINING

Ages 16 and older

This class will get you fully comfortable with weight training equipment and techniques to help you achieve your goals. Whether you're a beginner or an experienced weightlifter, this class will help you fine tune your form and help take your strength to the next level.

79569 May 1-29
Wednesdays, 5-6 p.m.
·\$31 (\$25 Resident)

FLOW AND YIN YOGA

Ages 16 and older

This class starts with a flowing style of foundational yoga then transitions to a yin style of holding postures to target those connective tissues. With an emphasis alignment, you will mindfully build strength, balance, and flexibility.

79505 May 2-30
·Thursdays, 9-10 a.m.
·\$31 (\$25 Resident)

BARRE+

Ages 16 and older

Don't worry, you don't need to wear a tutu! This is a fun hybrid class, a mixture of Barre fitness and Pilates, that improves balance and flexibility. In this class you'll burn calories and build lean muscle without high impact movements.

79611 May 2-30
·Thursdays, 10:15-11:15 a.m.
·\$31 (\$25 Resident)

ZUMBA

Ages 16 and older

Fun and full body cardio and core workout experience that tones muscles and improves balance. Empowers and energizes you using simple dance steps.

79500 May 2-30
·Thursdays, 5:30-6:30 p.m.
·\$16 (\$13 Resident)

MAT PILATES

Ages 16 and older

Low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

79484 May 2-30
·Thursdays, 7-8 p.m.
·\$31 (\$25 Resident)

STRONG TEENS

Ages 12-18

Over 4 weeks, this program will focus on breaking down bench press, squat, deadlift, and kettlebell movements. Each week will focus on key aspects of different exercises to teach you the safest and most effective ways to perform them and integrate into your own workouts.

85732 May 4-25
Saturdays, 9-10 a.m.
·\$125 (\$100 Resident)

85733 May 4-25
Saturdays, 10-11 a.m.
·\$125 (\$100 Resident)



SOUTHEAST RECREATION CENTER

25400 E Alexander Dr, Aurora, CO 80016 | 720-859-4949

SOUT EAST RECREATION CENTER DROP-IN CLASSES*

SILVERSNEAKERS CLASSIC

Ages 50 & older

This class focuses on strengthening muscles & increasing range of movement for daily life activities. Participants can use handheld weights, elastic tubing with handles & a SilverSneakers ball. Often a chair is used for seated exercises or standing support.

• **Mondays and Wednesdays, 1:30-2:30 p.m.**

CIRCUIT TRAINING

Ages 16 & older

This 45 minute circuit style class is a total body workout meant to get your heart rate up and muscles firing. You will tighten, tone, build strength and endurance.

• **Mondays, 6-6:45 p.m.**

PiYo LIVE

Ages 16 & older

Ideal for anyone and everyone, PiYo LIVE is the innovative yoga-influenced workout that builds strength, improves flexibility, and tones muscle. These low-impact, dynamic flowing sequences are meant to deliver real results! Get Ready to sweat, stretch and strengthen with PiYo LIVE.

• **Tuesdays, 5:30-6:30 p.m.**

WEIGHT ROOM ORIENTATIONS

Ages 14 and older

This is a complimentary information fitness orientation that will provide you with the basics of how to operate the weight machines and cardio equipment.

Call to make an appointment 720-859-4943.

*Please note: an orientation is not a personal training session.

REB3L STRENGTH

Ages 16 & older

REB3L STRENGTH is choreographed toning routines set to powerful music. It creates sculpted bodies and builds physical strength using body weight and minimal equipment. Break out of your boring gym routine. Strong is sexy...redefined.

• **Wednesdays, 9:45-10:45 a.m.**

• **Fridays, 5:15-6:15 p.m.**

P90X LIVE

Ages 16 & older

P90X LIVE is a full-body, strength training format featuring three unique blocks of work: Lower Strength, Upper Strength, and X Core. P90X is suitable for all fitness levels from beginner to advanced and is fully modifiable for those with specific needs. The class offers a truly results-driven method that yields consistent improvement over time.

• **Wednesdays, 5-6 p.m.**

REB3L COMBO

Ages 16 & older

Fusion of REB3L Groove and REB3L strength for a total body burn and tone workout. It creates sculpted bodies and builds physical strength using body weight and minimal equipment.

• **Wednesdays, 6:15-7:45 p.m.**

ABS AND CORE

Ages 16 & older

This class is designed for those looking to take their core workouts to the next level. You will be challenged with a variety targeted exercises to help you sculpt and strengthen your abs, shoulders and hips. You'll push your limits and enhance your core strength, stability and definition.

• **Fridays 9-10 a.m.**

CHAIR YOGA

Ages 16 & older

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

• **Fridays, 10:15-11:15 a.m.**

ZUMBA GOLD

Ages 50 & older

All the fun of ZUMBA in an easy to follow format lasting 45 – 50 minutes. This class will focus on co-ordination and balance as well as range of motion. Come ready to sweat and prepare to leave HAPPY!

• **Fridays, 12:15-1:00 p.m.**

REB3L GROOVE

Ages 16 & older

REB3L GROOVE fuses hard hitting chore-ography with HIIT mechanics and powerful music, resulting in a high intensity, boot-camp style dance fitness format. It is sexy...redefined. All fitness levels are welcome, no dance experience is needed. You will leave feeling inspired, motivated, strong and empowered.

• **Fridays, 6:30-7:30 p.m.**

FITNESS EVENTS

SUN SALUTATIONS SERIES PART 2

Ages 16 and older

88514 May 5

Sunday, 9-10:30 a.m.

•\$8 (\$6 Resident)

STEP AND MOVE

Ages 16 and older

85604 May 7

Tuesday, 11:15-12:15 p.m.

•\$6 (\$5 Resident)

MOTHER'S DAY YOGA

Ages 16 and older

85582 May 10

Friday 6:30-8 p.m.

•\$8 (\$6 Resident)

AYURVEDA WORKSHOP

Ages 16 and older

85518 May 18

Saturday, 11:45-1:15 p.m.

•\$13 (\$10 Resident)



SOUTHEAST RECREATION CENTER

25400 E Alexander Dr, Aurora, CO 80016 | 720-859-4949