



MAY
2024

SPECIALTY FITNESS

AT CENTRAL RECREATION CENTER

HATHA YOGA

Ages 16 and older

Enjoy this extended yoga format that leaves you relaxed, flexible, strengthened and energized. Stress reduction and breathing techniques are used for total wellness.

78606 May 6-20

- Monday, 9-10 a.m.
- \$20 (\$15 Resident)

78608 May 1-29

- Wednesday, 9-10 a.m.
- \$31 (\$25 Resident)

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.

78592 May 6-20

- Monday, 6-7 p.m.
- \$20 (\$15 Resident)

78587 May 4-25

- Saturday, 8:15-9:15 a.m.
- \$25 (\$20 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.

78574 May 7-28

- Tuesday, noon-1 p.m.
- \$13 (\$10 Resident)

MAT PILATES

Ages 16 and older

Total body conditioning exercises that combine flexibility and strength to improve posture, develop mind/body uniformity and provide balance and focus on strengthening the core.

78577 May 7-28

- Tuesday, 9-10 a.m.
- \$25 (\$20 Resident)

78580 May 2-30

- Thursday, 10:30-11:30 a.m.
- \$31 (\$25 Resident)

POP and 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.

78611 May 1-29

- Wednesday, 5:30-6:30 p.m.
- \$16 (\$13 Resident)

YOGALATES

Ages 16 and older

Welcome to our Yoga and Pilates Fusion Class! Experience the perfect blend of the graceful flow of Yoga, with the precision and strength of Pilates. Engage your core, improve flexibility and cultivate mindfulness. Suitable for all who can work on a mat. Join us to grow in both physical strength and inner balance.

82633 May 3-31

- Friday, 9-10 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.

78614 May 4-25

- Saturday, 10-11 a.m.
- \$13 (\$10 Resident)

XTREME HIP HOP with KEYTA

All ages

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

78571 May 5-26

- Sunday, 10-11 a.m.
- \$50



CENTRAL RECREATION CENTER

18150 E. Vassar Place, Aurora, CO 80013 | 720.859.4999

CENTRAL RECREATION CENTER DROP-IN CLASSES

INCLUDED WITH MEMBERSHIP

YOGA FUNDAMENTALS (Beginner)

Ages 16 and older

Are you curious about yoga? Looking to deepen your understanding about the practice you already have? Yoga Fundamentals classes are for beginners and anyone else who is interested in reviewing the essential elements of a yoga practice. Focus includes the shapes of the postures, principles of alignment, utilizing the breath and learning the language of the practice. Props, modifications and simple flows will guide you further into your new and deeper yoga practice.

- **First Monday of each month noon- 1 p.m.**

INTRODUCTION TO TRANSFORMATIONAL FUSION BELLY DANCE

Ages 16 and older

Find self-love and release while blending different sounds and dance styles with the ancient art of Belly Dance. There will be choreographies and combinations that are inspired by fantasy re-creations of cabaret, folk and ATS style Belly Dance with moves from Hip Hop, Jazz, Flamenco and contemporary styles. Come connect to your strength, love your body and get creative.

- **Mondays, 7:15-8:15 p.m.**

SILVERSNEAKERS CLASSIC

Ages 50 and older

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

- **Mondays, 11 a.m.–noon**
- **Tuesdays and Thursdays, 9–10 a.m.**

REB3L GROOVE

Ages 16 and older

REB3L GROOVE fuses hard hitting choreography 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.

- **Mondays, 5–6 p.m.**
- **Wednesdays, 6–7 p.m.**

REB3L STRENGTH

Ages 16 and 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.

- **Mondays, 6–7 p.m.**
- **Wednesdays, 5–6 p.m.**

RHYTHMIC CYCLE

Ages 16 and older

The instructor will guide participants through workout phases that include; warm-up, steady up- tempo cadences, sprints, climbs and cool down. Participants control the resistance of the bicycle and thus the challenge. Great energy and fabulous music. Cycle shoes and tennis shoes acceptable.

- **Mondays, 10:45-11:45 a.m.**
- **Wednesdays, 6:45-7:45 p.m.**
- **Saturdays, 9:45-10:45 a.m.**
- **Sundays, 8:30-9:30 a.m.**

LUNCH EXPRESS BOOTCAMP

Ages 16 and older

This 45-minute express class focuses on high-intensity interval training. It is a total body workout meant to get that heart rate up and muscles firing.

- **Mondays, noon-12:45 p.m.**
- **Wednesdays, noon-12:45 p.m.**
- **Fridays, noon-12:45 p.m.**

WERQ

Ages 16 and older

WERQ is a fiercely fun dance fitness class, based on Pop, Rock, and Hip Hop music. The warm-up previews the dance steps in class, followed by heart-rate raising pre-choreographed dances and a cool down that combines yoga inspired static stretching and balance poses. Come enjoy some heart happy cardio.

- **Tuesdays, 8:15–8:45 a.m.**

BARBELL BLAST

Ages 16 and older

Focusing on barbells and free weights this class will challenge your strength while elevating your cardiovascular fitness. This class will hit upper body, lower body and core.

- **Tuesdays, 6–7 p.m.**

CHAIR YOGA

Ages 16 and 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.

- **Tuesdays, 8-8:45 a.m./10:15-11:15 a.m.**
- **Thursdays, 10:15-11:15 a.m.**
- **Fridays, 10:15-11:15 a.m.**

ZUMBA GOLD

Ages 50 and 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!

- **Wednesdays, 9–10 a.m.**

BOOTCAMP

Ages 16 and older

Full body workout with a mix of exercises. This motivational class will challenge you to increase intensity and level of fitness. You will tighten, tone, build strength and endurance.

- **Thursdays, 6:15-7:15 p.m.**

SILVERSNEAKERS CIRCUIT

Age 50 and older

Moving to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Weights, resistance bands, and a SilverSneakers ball and chair are used.

- **Fridays, 9–10 a.m.**



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