



**SUMMER  
2024**

# Drop-In Classes

## AT BECK RECREATION CENTER

### TOTAL BODY

**Ages 16 and older**

A toning class that will work your entire body. Your body weight as well as equipment will be used to "tighten and tone" your body from head to toe.

**Starting May 6.**

• Monday/Tuesday, 8-9 a.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 hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is used for seated exercises and standing support.

• Monday, 9:30-10:30 a.m.

### SPIN

**Ages 16 and older**

Indoor cycling provides a fun and challenging cardiovascular workout for all ages and fitness levels. Experience a full ride of hills, sprints, and endurance intervals with energizing music.

• Monday/Wednesday, 6-7 p.m.

### TAI CHI FOR BETTER BALANCE

**Ages 16 and older**

Improve range of motion and balance with circular movement patterns repeated with focus on grace, balance and controlled breathing.

• Tuesday/Thursday, 11:30 a.m.-12:30 p.m.

### CARDIO REMIX

**Ages 16 and older**

Get ready for a 60-minute calorie torching, music-pumping, sweat infused Remixed Cardio workout, designed to burn fat and leave you feeling energized. You'll work up a sweat, tone your body and increase your stamina with a variety of moderate to high intensity movements. You'll also feel those muscles burn with an added dash of strength training mixed in.

• Tuesday/Thursday, 6-7 p.m.

### SILVERSNEAKERS CIRCUIT

**Ages 50 and older**

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with non-impact aerobics choreography. Often a chair is used for seated exercises or standing support.

• Wednesday, 9:30-10:30 a.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.

• Wednesday, 10:45 - 11:45 a.m.

### STEP AND MOVE

**Ages 16 and older**

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.

• Thursday, 9:30-10:30 a.m.



**BECK RECREATION CENTER**

800 Telluride St., Aurora, CO 80011 | 303-739-6888

# BECK RECREATION CENTER **DROP-IN CLASSES**

## SILVERSNEAKERS CARDIO FIT

**Ages 50 and older**

Get up and go to a safe and heart-healthy aerobics class. This workout consists of low-impact choreographed movements to tone and sculpt your body and improve strength, balance, and core.

- **Friday, 9:30-10:30 a.m.**

## WEIGHT ROOM ORIENTATIONS

**Ages 16 and older**

This is a one hour complimentary information fitness orientation that will provide you with the basics of how to operate the weight machines and cardio equipment. You will learn how to start, stop, and change settings on cardio machines, change seat height and weight selection on machines. Call to make an appointment.

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

- **Tuesday/Thursday, 12-1 p.m.**

## RAPID FIT

**Ages 16 and older**

This is a fast-paced, creative interval workout focusing on mobility, strength, and endurance. Different pieces of equipment and bodyweight movements will be used to target all movement patterns, creating a full-body, challenging workout experience. All fitness levels are welcome.

**Starting May 3.**

- **Friday, 6:30-7:30 a.m.**
- **Saturday, 11:15 a.m.-12:15 p.m.**

# Specialty Fitness **Free Trials in April and May!**

## VINYASA 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. **Free Trial starts April 26** and ends May 11.

**85661** Apr, 29

- Monday, 6:45-7:45 p.m.
- \$0 (\$0 Resident)

**85874** Apr. 26

- Friday, 5:30-6:30 p.m.
- \$0 (\$0 Resident)

**85664** Apr. 27

- Saturday, 10-11 a.m.
- \$0 (\$0 Resident)

## CARDIO KICK BOXING

**Ages 16 and older**

A multi-level cardio class that incorporates kickboxing and boot camp moves. A total body workout that involves using multiple muscle groups to elevate the heart rate and improve speed, agility, and quickness. **Free trial starts May 11** and ends May 25.

**85665** May 11

- Saturday, 6:45-7:45 a.m.
- \$0 (\$0 Resident)



**BECK RECREATION CENTER**

800 Telluride St., Aurora, CO 80011 | 303-739-6888