POOL HOURS

LEISURE SWIM WITH SLIDE & DIVING BOARD
Monday and Wednesday  1:35 p.m.-3:50 p.m.  7:45 p.m.-8:50 p.m.
Tuesday and Thursday  1:35 p.m.-3:50 p.m.
Friday  1:35 p.m.-6:50 p.m.
Saturday  1 p.m.-5:50 p.m.
Sunday    Noon-4:50 p.m.

LAP SWIM
Lap lanes may be limited during certain times.
Monday – Thursday  5:30 a.m.-6:30 p.m.  7:45 p.m.-8:50 p.m.
Friday  5:30 a.m.-6:50 p.m.
Saturday  6 a.m.-7:50 a.m.  1 p.m.-5:50 p.m.
Sunday    8 a.m.-4:50 p.m.

HOT TUB
18 & older
Monday – Thursday  5:30 a.m.-8:50 p.m.
Friday  6:50 a.m.-7 p.m.
Saturday  6 a.m.-5:50 p.m.
Sunday    8 a.m.-3 p.m.

HOT TUB
Ages 13-15 w/adult and ages 16-17
Monday and Wednesday  2 p.m.-3:50 p.m.  8 p.m.-8:50 p.m.
Tuesday and Thursday  1 p.m.-3:50 p.m.
Friday  2 p.m.-4:50 p.m.
Saturday  1 p.m.-5:50 p.m.
Sunday    Noon-3 p.m.

*Children 6 years of age and younger must have someone age 12 years or older directly supervising them.

AQUA FITNESS DROP-IN

AQUA FITNESS
Enjoy a challenging “easy on the joints” aerobic workout. High, Low and Minimal impact classes are available. No swimming required.

ARTHITIS AQUA FITNESS
Let our 86 degree pool and gentle exercises help ease away stiffness and pain. No swimming required.

MONDAY
Aqua Fitness  8-9 a.m.
Arthritis Aqua Fitness  9:05-10:05 a.m.
Arthritis Aqua Fitness  12:30-1:30 p.m.
Aqua Fitness  5:35-6:35 p.m.
Aqua Fitness (low impact)  6:40-7:40 p.m.

TUESDAY
Aqua Fitness  8-9 a.m.
Arthritis Aqua Fitness  9:05-10:05 a.m.
Arthritis Aqua Fitness  7:35-8:35 p.m.

WEDNESDAY
Aqua Fitness  8-9 a.m.
Arthritis Aqua Fitness  9:05-10:05 a.m.
Arthritis Aqua Fitness  12:30-1:30 p.m.
Aqua Fitness  5:35-6:35 p.m.
Aqua Fitness (low impact)  6:40-7:40 p.m.

THURSDAY
Aqua Fitness  8-9 a.m.
Arthritis Aqua Fitness  9:05-10:05 a.m.
Arthritis Aqua Fitness  7:35-8:35 p.m.

FRIDAY
Aqua Fitness  8-9 a.m.
Arthritis Aqua Fitness  9:05-10:05 a.m.
Arthritis Aqua Fitness  12:30-1:30 p.m.

SATURDAY
Aqua Fitness  7:50-8:50 a.m.

SUNDAY
Aqua Fitness  8:15-9:15 a.m.
**Beck Recreation Center**

**DROP-IN FITNESS CLASSES**

All classes are subject to change or cancellation.

*Youth (12-15) must be accompanied by an adult for weight room, cardio room, and classes.

<table>
<thead>
<tr>
<th>DAY</th>
<th>CLASS</th>
<th>TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td>CardioStrength</td>
<td>8:15-9:15 a.m.</td>
<td>Weight Room</td>
</tr>
<tr>
<td></td>
<td>CardioStrength</td>
<td>9:30-10:30 a.m.</td>
<td>Weight Room</td>
</tr>
<tr>
<td></td>
<td>SS Circuit</td>
<td>9:30-10:30 a.m.</td>
<td>Spruce Room</td>
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<tr>
<td></td>
<td>Spin</td>
<td>5:30-6:30 p.m.</td>
<td>Pinion Room</td>
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<tr>
<td></td>
<td>Barbell Blast</td>
<td>5:30-6:30 p.m.</td>
<td>Studio</td>
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<tr>
<td></td>
<td>Super Core</td>
<td>6:35-7:35 p.m.</td>
<td>Studio</td>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
<td>Core Strength</td>
<td>8:15-9:15 a.m.</td>
<td>Studio</td>
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<tr>
<td></td>
<td>Chair Yoga</td>
<td>8:30-9:15 a.m.</td>
<td>Spruce Room</td>
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<tr>
<td></td>
<td>SS Circuit</td>
<td>9:30-10:30 a.m.</td>
<td>Spruce Room</td>
</tr>
<tr>
<td></td>
<td>Tai Chi for Arthritis</td>
<td>9:30-10:30 a.m.</td>
<td>Studio</td>
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<td></td>
<td>SS Classic</td>
<td>1:00-2:00 p.m.</td>
<td>Studio</td>
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<tr>
<td></td>
<td>Boot Camp</td>
<td>5:30-6:30 p.m.</td>
<td>Studio</td>
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<tr>
<td></td>
<td>Mat Yoga</td>
<td>6:35-7:35 p.m.</td>
<td>Studio</td>
</tr>
<tr>
<td><strong>WEDNESDAY</strong></td>
<td>CardioStrength</td>
<td>8:15-9:15 a.m.</td>
<td>Weight Room</td>
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<tr>
<td></td>
<td>Gentle Yoga</td>
<td>8:30-9:30 a.m.</td>
<td>Studio</td>
</tr>
<tr>
<td></td>
<td>CardioStrength</td>
<td>9:30-10:30 a.m.</td>
<td>Weight Room</td>
</tr>
<tr>
<td></td>
<td>SS Circuit</td>
<td>9:30-10:30 a.m.</td>
<td>Spruce Room</td>
</tr>
<tr>
<td></td>
<td>CardioStrength</td>
<td>5:30-6:30 p.m.</td>
<td>Weight Room</td>
</tr>
<tr>
<td></td>
<td>Pyramid HIIT</td>
<td>5:30-6:30 p.m.</td>
<td>Studio</td>
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<tr>
<td></td>
<td>Power Cruz Spin</td>
<td>5:30-6:30 p.m.</td>
<td>Pinion</td>
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<tr>
<td></td>
<td>Mat Yoga</td>
<td>6:35-7:35 p.m.</td>
<td>Studio</td>
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<tr>
<td><strong>THURSDAY</strong></td>
<td>CardioStrength</td>
<td>8:30-9:30 a.m.</td>
<td>Weight Room</td>
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<td></td>
<td>Chair Yoga</td>
<td>8:30-9:15 a.m.</td>
<td>Spruce Room</td>
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<tr>
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<td>Studio</td>
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<tr>
<td></td>
<td>SS Classic</td>
<td>1:00-2:00 p.m.</td>
<td>Studio</td>
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<tr>
<td></td>
<td>Rapid Fit</td>
<td>5:30-6:30 p.m.</td>
<td>Pinion</td>
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<tr>
<td></td>
<td>Spin</td>
<td>5:30-6:30 p.m.</td>
<td>Pinion</td>
</tr>
<tr>
<td></td>
<td>Tabata Blast</td>
<td>6:35-7:35 p.m.</td>
<td>Studio</td>
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<tr>
<td><strong>FRIDAY</strong></td>
<td>CardioStrength</td>
<td>8:15-9:15 a.m.</td>
<td>Weight Room</td>
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<tr>
<td></td>
<td>CardioStrength</td>
<td>9:30-10:30 a.m.</td>
<td>Weight Room</td>
</tr>
<tr>
<td></td>
<td>SS CardioFit</td>
<td>9:30-10:30 a.m.</td>
<td>Spruce Room</td>
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<tr>
<td><strong>SATURDAY</strong></td>
<td>Gentle Yoga</td>
<td>8:15-9:15 a.m.</td>
<td>Studio</td>
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<tr>
<td></td>
<td>CardioStrength</td>
<td>8:30-9:30 a.m.</td>
<td>Weight Room</td>
</tr>
<tr>
<td></td>
<td>Boot Camp</td>
<td>9:45-10:45 a.m.</td>
<td>Studio</td>
</tr>
<tr>
<td><strong>SUNDAY</strong></td>
<td>Mat Yoga</td>
<td>8:15-9:15 a.m.</td>
<td>Studio</td>
</tr>
</tbody>
</table>

**FREE ORIENTATION ON USE OF FITNESS EQUIPMENT**

Learn how to effectively and safely use our fitness equipment. Let a certified trainer take the guess work out for you. This service is free and included with your admissions fee.

**PLEASE CALL 303.739.6888 TO REGISTER. PLEASE REGISTER AT LEAST ONE DAY IN ADVANCE.**

**BARBELL BLAST**

Strength training is proven to boost your metabolism, improve sports performance, and sculpt your body fast and effectively. You will train with dumbbells and barbells changing weight loads to target the lower body, chest, back and arms.

**BOOT CAMP**

Go easy or go strong, this power punched class has something for everyone. Circuits and intervals of the latest boot camp exercises. Intense and fun, you won’t notice the time fly by!

**RAPID FIT**

An intense strength building workout using high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.

**CARDIOSTRENGTH**

This all-in-one workout combines intervals of strength work on our weight machines with bursts of aerobic exercise. Get strong, burn fat and have fun!

**GENTLE YOGA**

Intended to promote overall well-being by helping center the mind, improve posture & balance, increase flexibility, & build strength. Featuring practices from classical yoga, including conscious breathing, gentle yoga postures, relaxation, and mindful meditation.

**POWER CRUZ SPIN**

A combination of indoor cycling and off cycle workout using body weight exercises building strength, stability, and balance. Total calorie burn.

**PYRAMID HIIT**

A combination of all the essentials you’ll need for the perfect workout. The ladder routine will strengthen and condition your muscles. While you work one, the opposing muscle rests. This is the HIIT aspect, where you work nonstop to get fat blasting results.

**CORE STRENGTH**

Core training is about power, strength & stabilization. You’ll work your back, butt, abs & obliques to build a rock solid core that helps ease lower back pain & prevent injury.

**SILVERSNEAKERS® CIRCUIT**

Upper-body strength work with weights, tubing, chair and a SilverSneakers ball is alternated with low-impact aerobic choreography.

**SUPER CORE**

Get chiseled, defined abs and strong core muscles with this 25 minute ab blasting class!

**SILVERSNEAKERS® CLASSIC**

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

**SILVERSNEAKERS® YOGA**

Very gentle and basic yoga postures and stretches are done standing and sitting. No movements or poses are done on the floor.

**SPIN**

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

**TABATA BLAST**

The most intense and effective workout you will ever do! High intensity interval training is proven to boost metabolism and take you to the next level. Class finishes with focused core and back exercises. Appropriate for all fitness levels.

**TAE CHI FOR ARTHRITIS**

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

**MAT YOGA**

Take it to the next level. Some yoga experience is helpful, although not required. Open to everyone with the ability to move through standing, kneeling, and reclined positions unassisted.

**SILVERSNEAKERS® CARDIOFIT**

Get up and go with an aerobics class that’s safe and heart-healthy. The workout includes low-impact movement, upper-body strength, abdominal conditioning, stretching and relaxation exercises.