

BECK

RECREATION CENTER

800 Telluride Street, Aurora, CO 80011
303.739.6888

HOURS

MONDAY - THURSDAY
5:30 a.m. - 9 p.m.

FRIDAY
5:30 a.m. - 7 p.m.

SATURDAY
6 a.m. - 6 p.m.

SUNDAY
8 a.m. - 5 p.m.

*BASKETBALL

Drop-in basketball in our full-sized gymnasium. Call 303.739.6888 for our additional days and times.

Monday/Wednesday	3 - 5 p.m.
Friday	3:30 - 6:30 p.m.
Sunday	8 - 10 a.m.

*RACQUETBALL

Reservations accepted 2 days in advance. Two court reservations start on the hour and two court reservations start on the halfhour. Calls will be accepted starting at 6:30 a.m. Monday - Saturday and 8:30 a.m. on Sunday. Individuals may only make one court reservation per person per day. To make a reservation, you must speak with a Beck Center staff member, voice mail messages are not accepted. To ensure court reservation, all participants must check in at the Beck Center front desk. Reservations are only held 10 minutes after your scheduled court time

COURT TIMES:

Monday - Thursday	6 a.m. - 8 p.m.
Friday	6 a.m. - 6 p.m.
Saturday	6 a.m. - 5 p.m.
Sunday	8 a.m. - 4 p.m.



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 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

Monday - Thursday	5:30 a.m.-6:50 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.

*During some lap swim times, lane availability may be limited. Check pool for availability.

HOT TUB - TEENS

Ages 13-17

Monday and Wednesday	1:35 a.m.-3:50 p.m.
Monday and Wednesday	7:45 p.m.-8:50 p.m.
Tuesday and Thursday	1 p.m.-3:50 p.m.
Friday	1 p.m.-6:50 p.m.
Saturday	1 p.m.-5:50 p.m.
Sunday	12 p.m.-3:00 p.m.

*13-15 years old must be supervised by an adult to use the hot tub. For the safety of our customers, no one under the age of 13 is allowed in the hot tub.

HOT TUB - ADULTS

Ages 18 & older

Monday-Thursday	5:30 a.m.-8:50 p.m.
Friday	5:30 a.m.-6:50 p.m.
Saturday	6 a.m.-5:50 p.m.
Sunday	8 a.m.-3:00 p.m.

*Children 6 years of age and younger must have someone age 12 years or older directly supervising them. Wrist bands are required for both to be worn.

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.

ARTHRITIS 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.

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.

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.
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SUNDAY

Aqua Fitness	8:15-9:15 a.m.
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AuroraGov.org/beckcenter





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.

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!

BUTTS & GUTS

This class is 45 minutes filled with multiple variations of squats, lunges, planks, crunches, leg-lifts & other pilates-style strengthening moves intended to tone your glutes & abs.

CARDIO BOXING

This high-intensity interval training workout sculpts our body and burns calories. Your trainer will lead you through explosive boxing rounds where you'll deliver jab, cross hook and upper combinations, working your entire body.

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!

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.

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.

SILVERSNEAKERS® CIRCUIT

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

MONDAY

CardioStrength	8:15-9:15 a.m.	Weight Room
CardioStrength	9:30-10:30 a.m.	Weight Room
SS Circuit	9:30-10:30 a.m.	Spruce Room
Spin	5:30-6:30 p.m.	Pinion Room
Cardio Boxing	5:30-6:30 p.m.	Studio
Super Core	6:45-7:15 p.m.	Studio

TUESDAY

Core Strength	8:15-9:15 a.m.	Studio
Chair Yoga	8:30-9:15 a.m.	Spruce Room
SS Classic	9:30-10:30 a.m.	Spruce Room
Tai Chi for Arthritis	9:30-10:30 a.m.	Studio
SS Classic	1:00-2:00 p.m.	Studio
Boot Camp	5:30-6:30 p.m.	Studio
Yoga Flow	6:35-7:35 p.m.	Studio

WEDNESDAY

CardioStrength	8:15-9:15 a.m.	Weight Room
Gentle Yoga	8:30-9:30 a.m.	Pinion Room
SS Circuit	9:30-10:30 a.m.	Spruce Room
Butts & Guts	5:30-6:30 p.m.	Studio
Power Cruz Spin	5:30-6:30 p.m.	Pinion Room
Yoga Flow	6:35-7:35 p.m.	Studio

THURSDAY

CardioStrength	8:30-9:30 a.m.	Weight Room
Chair Yoga	8:30-9:15 a.m.	Spruce Room
SS Classic	9:30-10:30 a.m.	Spruce Room
Tai Chi for Arthritis	9:30-10:30 a.m.	Studio
SS Classic	1:00-2:00 p.m.	Studio
Boot Camp	5:30-6:30 p.m.	Studio
Tabata Blast	6:35-7:35 p.m.	Studio

FRIDAY

CardioStrength	8:15-9:15 a.m.	Weight Room
CardioStrength	9:30-10:30 a.m.	Weight Room
SS CardioFit	9:30-10:30 a.m.	Spruce Room

SATURDAY

Gentle Yoga	8:15-9:15 a.m.	Studio
CardioStrength	9:15-10:15 a.m.	Weight Room

SUNDAY

Yoga Flow	8:15-9:15 a.m.	Studio
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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.

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.

SUPER CORE

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

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.

TAI CHI FOR ARTHRITIS

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

YOGA FLOW

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.

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.