

FITNESS & WELLNESS

GROUP FITNESS CLASSES INCLUDED WITH PASSES OR DAILY DROP IN FEE

Benefits of Group Fitness

- » Find motivation and inspiration
- » Accountability
- » Social interaction
- » Variety
- » Expert guidance from certified instructors

With over 120 weekly classes, there is something for everyone

- » **Cardio:** kickboxing, Zumba®, Nia, step
- » **Strength:** sculpt & tone, bootcamp, cycle & strength
- » **SilverSneakers® Classes:** classic, circuit, yoga, splash, stability, enerchi
- » **Aqua Fitness:** lazy river classes, aqua power, deep water, aqua Zumba®
- » And MUCH MORE!



Get the schedule & class descriptions

Visit www.longmontcolorado.gov/fitness or see facility for printouts.



No Regular Fitness Classes: Mon, May 27 & Thurs, July 4th

Join us for a special July 4 Aqua Zumba Party: 10:30am-12pm at Sunset Pool



St Vrain Memorial Building
700 Longs Peak Ave
303-651-8404

Centennial Pool
1201 Alpine St
303-651-8406

Longmont Recreation Center
310 Quail Rd
303-774-4800

Sunset Pool - seasonal
1900 Longs Peak Ave
303-651-8300

SILVERSNEAKERS® & RENEW ACTIVE™ PROGRAMS

Designed for Medicare participants with select insurance plans. Both programs include use of facility amenities and group fitness classes with unlimited daily admission at the Longmont Recreation Center, Centennial Pool, and the St Vrain Memorial Building. Both programs are also valid for admission for the SilverSneakers® classes held at the Senior Center. To find out more, call 303-774-4800 or stop in at the Longmont Recreation Center and get signed up!



Facility Orientations

Facility orientations for SilverSneakers® and Renew Active participants involve a facility tour and an overview of the fitness equipment.

**Days/Times: May 2, Jun 6, Aug 1, Thurs, 9am
Apr 18, May 16, Jun 20, Jul 18, Aug 15, Thurs, 2pm**

Location: Longmont Recreation Center, 310 Quail Rd

Fee: FREE, however preregistration is required, keyword "silver"



SilverSneakers® Fitness Classes

Choose from these 45 to 60 minute classes geared specifically for the unique fitness needs of older individuals. Class descriptions and schedule of classes are available online and at Recreation facilities.

SilverSneakers® Classic SilverSneakers® Circuit SilverSneakers® Cardio
SilverSneakers® Yoga SilverSneakers® Stability SilverSneakers® Splash
SilverSneakers® Enerchi *Please be sure to check the location of your class.*

Lunch & Learns Join Recreation instructors as they discuss different topics.

Tues, noon-1pm
Apr 9, May 14, Jun 11, Jul 9, Aug 13
Keyword "lunch"

Fee: Free for SilverSneakers® & Renew Active™ members

Location: Senior Center, 910 Longs Peak Ave

INDIVIDUALIZED CUSTOM TRAINING

Personal Training

Training can include core and balance training, basic weight training, muscle building and cardiovascular training tailored to your personal needs with a certified personal trainer or nutrition assessments and plans with a registered dietician. Call the Longmont Recreation Center at 303-774-4700 for more information. Days and Times by appointment. One hour sessions.

Session Fees:	Private	Semi-Private
1 session	\$59 res/\$74 nr	\$72 res/\$90 nr
5 sessions	\$260 res/\$325 nr	\$330 res/\$413 nr
10 Sessions	\$450 res/\$562 nr	\$590 res/\$737 nr

Body Composition with the InBody 270

Go beyond the scale with the InBody Test, a non-invasive body composition analysis. Call 303-774-4752 for more information and to schedule. The fifth session is FREE!

Single Session: \$20 extended pass-holders/ \$25
Location: Longmont Recreation Center, 310 Quail Rd



ON-GOING YOGA OFFERINGS

Pre-registration is required. April and May codes begin with "2". June, July, and August codes begin with "3". Classes are offered on an on-going weekly basis unless otherwise noted.

Alignment- Gateway to the Heart of Yoga

Gravity, poor posture and stress can pull us physically and emotionally off center and into discomfort. Clear instruction in alignment aimed at spine and joint health, will bring you confidence in practicing yoga. Personalized attention will guide you towards greater strength, flexibility, and balance. Beginning and continuing students welcome. *"yoga"*

16 & up: **Monday*, 12:30-1:45pm** 232117 | 343117
*Apr & May Mon, 12:15pm

Instructor: Gwyn Cody

Location: Lashley St Station, 1200 Lashley St

Daily Fee: \$15 resident/\$18.75 non-resident

Prenatal Yoga

This class is designed for all stages of pregnancy. Enjoy a uniquely tailored yoga class to strengthen, stretch, and nourish the pregnant body. Movement is created to support the rapidly changing pregnant body, as well soothe and alleviate the common discomforts of pregnancy. *No Jun 5 or 12. *"yoga"*

16 & up: **Monday, 5-6:15pm** 243144 | 343144

Instructor: Jessica Fawcett

Location: Lashley St Station, 1200 Lashley St

Daily Fee: \$18 resident/\$22.50 non-resident

Resilient Hatha Yoga

This class is for people seeking personal fitness as an exercise in slowing down and paying attention to the impacts of movement. Before working dominant muscles, you'll focus on awakening and strengthening the smaller, underused muscles. Experience the connection between how the breath's movement supports your body's movement. *"yoga"*

16 & up: **Tuesday, 9:15-10:30am** 243152 | 343152

Instructor: Diana Shellenberger

Location: Lashley St Station, 1200 Lashley St

Daily Fee: \$15 resident/\$18.75 non-resident

Evening Yoga for Flexibility

Yoga class that practices deep stretching and flow movement. We practice slow sun salutations and standing poses. Alignment and balancing poses help to keep the student strong. We incorporate stretching and holding poses for each class. Most people can adapt each class to their personal needs. *"yoga"*

16 & up: **Tuesday, 6-7:15pm** 243118 | 343118

Instructor: Josine Michels

Location: Lashley St Station, 1200 Lashley St

Daily Fee: \$15 resident/\$18.75 non-resident



Toddler and Me Yoga

For mamas/caregivers and little ones who are mobile and want to explore the world with their bodies. Movement is a blend between postpartum focused recovery and strengthening as well as playful fluid movement beneficial for all ages and stages of life. *No Jun 5 or 12. *"yoga"*

16 & up: **Wed, 10-11am** 243145 | 343145

Instructor: Jessica Fawcett

Location: Lashley St Station, 1200 Lashley St

Daily Fee: 16 resident/\$20 non-resident

Baby and Me Yoga

This class is for mamas/caregivers and babies who are not yet "mobile" and are at least 6 weeks postpartum/6 weeks old. Focus mainly on postpartum recovery. Includes time at the end of each class for baby movement and massage, as well as a sweet savasana for all. *No Jun 5 or 12. *"yoga"*

16 & up: **Wed, 11:15am-12:15pm** 243146 | 343146

Instructor: Jessica Fawcett

Location: Lashley St Station, 1200 Lashley St

Daily Fee: \$16 resident/\$20 non-resident

Yoga Therapy

Explore yoga using principles of breath, sensation and observation. Foundational posture "Asana" allowing body, mind into peace and harmony with the perspective of promoting flexibility and mindfulness. Pranayama and meditation are also integrated with the structural therapeutic values of this class. Enjoy! *No July 25, No August Classes. *"yoga"*

16 & up: **Thursday, 9-11am** 243142 | 343142

Instructor: Shar Lee

Location: Lashley St Station, 1200 Lashley St

Daily Fee: \$18 resident/\$22.50 non-resident

ON-GOING YOGA OFFERINGS

Gentle Yoga

This All-level Gentle Vinyasa yoga is practiced at a moderate pace with props and modifications for comfort and individual growth. An excellent option to improve balance, posture, flexibility, and wellbeing. Bring a yoga mat and any props you need. June and July will be held outdoor at a city park.

“yoga”

16 & up: **Friday, 9:30-10:45am** 243133 | 343133

April 5-26 | May 3-31 | Aug 2-30

Location: Lashley St Station, 1200 Lashley St

16 & up: **Wed, 8:30-9:30am, Jun 12-Jul 31** 343133

Location: Kanemoto Park, 1151 S Pratt Pkwy

Instructor: Urszula Bunting

Daily Fee: \$15 resident/\$18.75 non-resident

Sunday Morning Yoga

From the first morning you'll sense a difference in your flexibility, strength, integration, sense of ease. Allow your nervous system to relax. Gentle lying, sitting, and standing sequences move with breath. Develop an intimate and bigger perspective. Hone awareness; find delight in body & mind.

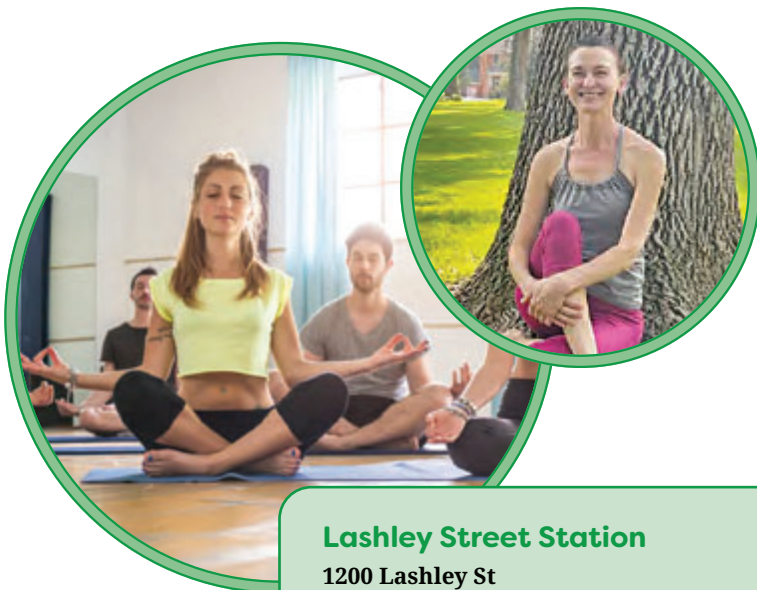
“yoga”

16 & up: **Sunday, 9:30-10:45am** 243171 | 343171

Instructor: Katharine Kaufman

Location: Lashley St Station, 1200 Lashley St

Daily Fee: \$15 resident/\$18.75 non-resident



Lashley Street Station

1200 Lashley St

Located on Lashley St, access is via the park-side entrance of the building, off the parking lot. Pre-registration required for all yoga classes.

SPECIALTY YOGA

Summer Solstice Yoga

Enjoy this free event and celebrate the longest day of the year with yoga, nature, community and two experienced yoga instructors, Kim and Urszula. This class is for all levels, including beginners.

“yoga”

16 & up: **Jun 20, Thurs, 7-8:15pm** 343132

Instructor: Urszula Bunting

Location: Collyer Park

Fee: FREE, thank you for pre-registering

Yoga Happy Hour

Join Diana for a monthly series of one-hour mini-intensives. Even if you've never practiced yoga before, you can benefit from these classes. Receive printouts of what you practice in class, along with an audio recording of each class.

“yoga”

16 & up: **Fri, 6-7pm** 343153

Yoga to Improve Balance: Jun 28

Yoga to Increase Hip Mobility: Jul 19

Introduction to Meditation: Aug 23

Instructor: Diana Shellenberger

Location: Lashley St Station, 1200 Lashley St

Daily Fee: \$20 resident/\$25 non-resident

Mother's Day Tea and Yoga

Give your mom or yourself (or both) a gift of being present with gentle Hatha and Restorative yoga, breathwork, sound healing with Tibetan bowls and tuning forks, candlelight, and aromatherapy. This special Mother's Day event also includes tea, delicious healthy treats, and a gift to take home. Please bring a mat and 2 blankets.

16 & up: **May 11, Sat, 3-5:30pm** 243300

Instructor: Urszula Bunting

Location: Lashley St Station, 1200 Lashley St

Fee: \$45 resident/\$56.25 non-resident



Essentrics w/ Kim

Increase mobility, flexibility, and range of motion. Barefoot, low impact. Get your metabolism going while increasing lymph and blood flow throughout the body. Feel increased energy while improving posture, balance and strength. A great addition to your fitness goals. Join us! **"Kim"**

16 & up: **Tue, 10:45-11:45am or Thurs 9-10am**
On-going weekly offerings 213922 | 313922
Instructor: Kim Zimmer
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Daily Fee: \$15 resident/\$18.75 non-resident

Tai Chi: 37 posture Yang short form

Tai Chi is a mind-body exercise utilizing slow, relaxed movement, a quiet mind and deep, natural breathing that stimulates the flow of chi (intrinsic energy). For people who have some Tai Chi experience. *Location subject to change. *Please check receipt. No 8/5.*

18 & up: **Mon, 11am-12pm** **"tai chi"**
Apr 1-May 20 243125 | **Jun 3-Aug 26*** 343125
Instructor: Barb Larsen
Location: Izaak Walton Clubhouse, 18 S Sunset St
Daily Fee: \$7 resident/\$8.75 non-resident

Mat Pilates

Pilates is an effective form of low impact exercise that builds core strength, tones the entire body, improves flexibility and posture. Class focuses on core stability, balance, precision and control using your own bodyweight for resistance while adding challenge with progressions and props. **No 6/16 or 7/7*

15 & up: **Sun, 1-2pm** **"pilates"**
Mar 31-May 26 243126 | **Jun 2-Aug 25*** 343126
Instructor: Elise Milam
Location: Lashley St Station, 1200 Lashley St
Daily Fee: \$25 resident/\$31.25 non-resident

Seniors on Weights

This small group program, taught by a certified personal trainer, is designed for seniors to get comfortable in the weight room, learn to use the equipment and properly warm up/cool down for safe execution of the strengthening exercises. **8/6 & 8/8 will be at the Longmont Recreation Center*

55 & up: **Tue & Thurs, 1:30-3pm** **"weights"**
Apr 2-25 | May 7-30 213303 \$120 res/\$150 nr
Jun 4-27 | Aug 6-29 313303 \$130 res/\$162.50 nr
Instructor: Kenya Taylor, CPT
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Meditation & Breathwork Healing Session

Clear energy blockages, boost the immune system & balance the body. Induces heart coherence with a variety of breathing techniques, visualizations, mantras & music. **"meditation"**

15 & up: **Sun, 2:30-4pm**
Jun 23 | Jul 21 | Aug 18 343127
Instructor: Elise Milam
Location: Lashley St Station, 1200 Lashley St
Fee: \$45 resident/\$56.25 non-resident

Grow and Glow-Prenatal Fitness

Stay strong and energized throughout your pregnancy. Improve postural strength and cardiovascular endurance in a supportive and inclusive environment. Expert led exercises tailored for pregnancy. Designed to cater to all trimesters.

16 & up: **Fri, 10:30-11:30am** **"prenatal"**
Apr 5-May 31 213806 | **Jun 7-Aug 30** 313806
Instructor: Stef Carotenuto
Location: Longmont Recreation Center, 310 Quail Rd
Daily Fee: \$8 resident/\$10 non-resident



Women on Weights

New to weight training or getting back into it after a long hiatus? This small group training program is designed to help you get comfortable in the weight room, teach you how to use the equipment and get the most out of your workout. **"weights"**

16 & up: **Tues, 1:15-2:45pm** 243112 | 343112
May 7-Jun 4 | Jun 11-Jul 16* | Jul 23-Aug 20
Instructor: Shantel Wheaton
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$80 resident/\$100 non-resident

TRX Free Orientation

Join us for a free orientation to familiarize yourself with the TRX straps and prepare to take TRX classes. Must take an orientation or have taken a TRX class in order to drop in the ongoing sessions. *"TRX"*

14 & up: **Mon, 10-10:30am or Wed, 6:15-6:45pm**
Apr 8/10 | May 13/15 223500
Jun 10/12 | Jul 8/10 | Aug 12/14 323500
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: Free, but must pre-register

TRX

TRX is a distinct training system that uses your own body weight and gravity as resistance. This training system is unique, simple to perform, but challenging as every movement requires balance and core strength. A great supplemental workout or a standalone program for every fitness level. Attend a TRX orientation before this class. **No Aug 5 or Aug 7*

16 & up: **Mon & Wed, 9-10am** *"TRX"*
Apr 1-May 29 223512 | **Jun 3-Aug 28*** 323512
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Daily Fee: \$7 resident/\$8.75 non-resident

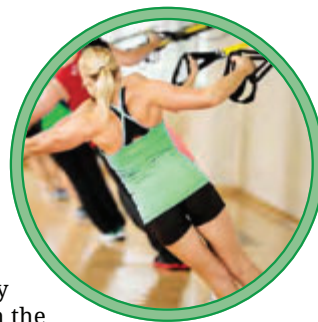
Nia Dance Party

Come share in the JOY of moving with us. Great Music and lots of fun. No Experience needed. *"Nia"*

14 & up: **Apr 12, Fri, 5:45-7pm** 213812
May 10, Fri, 5:45-7pm 213812
 Instructor: Jackie and Marty Diner
 Location: Longmont Recreation Center
 Fee: \$7 resident/\$8.75 non-resident

TRX Yoga

TRX Yoga is the ultimate fusion of fitness and yoga, made stronger with the use of TRX® Suspension Trainer™. Putting the straps into practice builds a strong foundation of alignment feedback during poses, while also building strength, mobility, core stability and overall confidence through the repetition of movement with breath. *"TRX"*
**Apr 17 or Aug 7*



16 & up: **Wed, 12-1pm**
Apr 3-May 29* 223516 | **Jun 5-Aug 28*** 323516
 Instructor: Helene Pronk
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Daily Fee: \$8 resident/\$10 non-resident

TEACH A CLASS WITH US

Do you have a passion for photography, music, languages, or crafting?

Share your passion and earn a bit of money at the same time. We are interested in hearing about a class you would like to teach.

Contact Kristen at 303-774-3795 or Kristen.Rudisill@longmontcolorado.gov



Track City Progress with Longmont Indicators!



It's a great way to:

- Learn about five City plans including Envision Longmont and the Sustainability Plan
- View project updates and progress towards Citywide goals

Indicators.LongmontColorado.Gov

¡Siga el progreso de la ciudad con los indicadores de Longmont!



Es una excelente manera de:

- Conocer cinco planes de la ciudad, incluidos Envision Longmont y el Plan de Sustentabilidad
- Ver las actualizaciones del proyecto y el progreso hacia las metas de la ciudad