



# Broomfield Community Center



January 1 - March 31, 2012

## Fitness Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:00		<b>Jazzercise***</b> CHERYL		<b>Jazzercise***</b> CHERYL		8:15	<b>ZUMBA®***</b> DUSTY
8:30	<b>Jazzercise***</b> CHERYL		<b>Jazzercise***</b> HEATHER		<b>Jazzercise***</b> CHERYL		
9:00		<b>ZUMBA®***</b> DEB		<b>ZUMBA®***</b> DEB		9:30	<b>Ultimate Fitness</b> SANDRA
9:30	 CINDY		 KATIE			10:35	<b>Jazzercise***</b> HEATHER
11:15	<b>Youth Dance***</b> 11:15-12:00					1:00	<b>Taekwondo***</b>
3:15	<b>Youth Dance***</b> 3:15-5:00						
4:30					<b>Jazzercise***</b> CHERYL	2:00	
5:15	<b>Body Sculpting</b> Express (45 min) SANDRA	 RIA	<b>Body Sculpting</b> Express (45 min) SANDRA	 RIA		3:00	
6:00	<b>Kickboxing</b> SANDRA		<b>Kickboxing</b> SANDRA				
6:15	<b>Taekwondo***</b> 6:45-9:15	<b>Body Sculpting</b> GAIL	<b>Taekwondo***</b> 6:45-9:15	<b>Body Sculpting</b> SANDRA	<b>Taekwondo***</b> 5:30-7:00	*** Additional Fee	
7:15		<b>Jazzercise***</b> HEATHER		<b>Jazzercise***</b> HEATHER		ALL classes are <b>60 minutes</b> unless noted.	

## Lakeshore

	Monday	Tuesday	Wednesday	Thursday	Friday	Yoga & Pilates Matwork...	
8:30		 KAREN: Cardio Circuit		 SANDRA: Cardio Circuit		additional fee for non-annual pass holders.	
9:00	<b>Gentle YOGA</b> KIMM		<b>Gentle YOGA</b> KIMM	<b>9:30AM</b> Intermediate Line Dancing	<b>Gentle YOGA</b> JULIE		
10:20	 TRACY: MSROM		 TRACY: MSROM	<b>11:00AM</b> Beginner Line Dancing	 JULIE: MSROM		
2:00	 MSROM		 SANDRA: MSROM				
6:00		<b>Gentle Yoga</b> (90 min) HEIDI		<b>Gentle Yoga</b> (90 min) HEIDI			

**Body Sculpting - 60 Minutes Body Sculpting Express - 45 Minutes**

Get conditioned with this total body workout. This class tones the whole body using any or all of the following: bands, body bars, fit balls, hand weights, tubing, and more.

### **BodyVIVE® - 55 Minutes**

BODYVIVE™ is the low-impact group fitness workout that lets you choose just how hard you work. Using the VIVE™ balls, VIVE™ tubes and optional hand weights you're talked step-by-step through the entire class by a skilled instructor, while listening to uplifting and inspiring music. Best of all, you finish feeling thoroughly rejuvenated – and fizzing with energy.

### **Gentle YOGA (*free for annual pass holders and SilverSneaker® members*) - 60 Minutes unless noted**

No matter what your physical condition, age, abilities, or disabilities, doing yoga is the next level of self-care. It's where you can ease the tightness of years of stress. This class lets one enjoy a balance between mind, body, and spirit, which is achieved by slow stretching and strengthening poses, focus and concentration, breathing and relaxation exercises. Wear loose, comfortable clothing and bring a blanket.

### **Jazzercise® (*additional fee*) - 60 Minutes**

If you like to exercise and dance, you'll love Jazzercise! Set to the beat of great music, these easy to follow, fun, aerobic dance routines with muscle toning and stretching exercises is sure to get your heart pumping and your feet moving. Please register with the instructor on your first class. Class payment is on a monthly basis.

### **SilverSneakers® - 50 Minutes**

**MSROM:** Muscular Strength & Range of Motion. Exercises include work for all major and minor muscle groups addressing strength, flexibility, muscular endurance, balance, coordination, agility, speed and power.

**Cardio Circuit:** A non-impact cardiovascular conditioning class presented in a circuit format with alternating resistance tool work and aerobic conditioning choreography.

### **Ultimate Fitness - 60 Minutes**

Get the most out of your workout! This class works between intervals of cardio and strength to give you a total body workout in 60-90 minutes.

### **Zumba (*additional fee*) - 60 Minutes**

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. Zumba is a "feel-happy" workout that is great for both the body and the mind. Class payment is on a monthly basis. **First class is FREE!**

Questions/Comments: Contact Veronica Mueller, Fitness Coordinator at 303.460.6928 or [vmueller@broomfield.org](mailto:vmueller@broomfield.org)