

Class Descriptions

3 MILE MORNINGS is an indoors or outdoors class (weather-dependent) with a focus on completing three miles. You will use either the indoor track or be outdoors on trails, paths and/or hills. This class is suitable for an intermediate level.

45-SECOND INTERVAL WORKOUT is designed so that you will do a different exercise every minute. Participants in the class will do 45 seconds of work followed by 15 seconds of rest.

BALANCE & STRENGTH is a stability class that will improve your balance, mobility, agility and power while simultaneously building strength to increase bone density and improves overall muscle strength.

BARRE is an empowering and energizing workout proven to create long, lean and powerful muscles. Classes include hand weights, yoga straps, therapeutic exercise balls, gliders, and resistance bands to enhance your workout.

- BARRE EXPRESS** is a low-impact exercise that combines movements from ballet, Pilates, and yoga to strengthen and tone the body. We often use a ballet barre, booty bands, bender balls, and hand weights to give each class a variety of different movements to add resistance and challenge the body.

- UPBEAT BARRE** combines strength training, pilates, cardio, and yoga in a high-energy fusion of fun! Popular tunes are rocked out during class for an intense and muscle-based endurance workout.

BOOM MUSCLE® & MOVE IT® is a fun, dance-inspired workout focused on improving cardio fitness with easy-to-follow moves set to energizing music. Classes incorporate athletic exercises that boost overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

CARDIO STRENGTH & CORE is a class focused on strength training – an interval style mixed in with cardio and finishing up with core and stretching.

CARDIO PLUS Learn a variety of techniques and low-impact exercises to get you in shape!

CORE EXPRESS Join us for this high-energy, 30-minute class designed to strengthen and tone your core muscles while improving balance and stability. Perfect for all fitness levels.

CYCLE & STRENGTH is an intermediate spinning class that takes you on and off the bike utilizing the track and handheld weights in an interval format. Class is recommended for intermediate and advanced riders.

CYCLE is a basic level class completed on a stationary bike which might include a variety of hills, intervals and speed work.

- CYCLE & CORE** combines a 30-minute beginner friendly cycling session to boost cardio with a steady pace and easy-to-follow intervals followed by 30 minutes of mat-based core exercises to strengthen abs, back and more.

- CYCLE STRENGTH EXPRESS** Enjoy your lunch hour with us doing this 45-minute class. We will spend 30 minutes on the bike then 15 minutes focusing on weights, core and strength for an all around workout in a short amount of time.

- RHYTHM CYCLE** is a beat-based cycling class that says 'forget the numbers and ride to the music!' It mixes resistance, speed and strength-based exercises. This combo class will leave you sweating.

DRUMMING FOR CARDIO is a low-impact, full-body workout that combines drumming and cardio to the beat of music while following along to a virtual instructor.

EX-PRESS STRENGTH Express your strength with use of dumbbells, weight plates, barbell and even your own body weight.

FLAMENCO FITNESS is a combination of dance and fitness that can help improve and maintain your body while you learn flamenco steps.

FOREVER YOUNG helps build strength, balance, core, and flexibility training designed for ages 55+ to maintain and improve function.

FUNCTIONAL FITNESS Anything goes! All levels welcome. Prepare to use a variety of equipment in a fun and encouraging atmosphere. This class might include outdoor equipment, strength, intervals, and/or endurance training.

HIGH FITNESS is an old school aerobics meets HIIT training. It's a one-hour, total body workout set to nostalgic and fun music from various decades and genres that will motivate you to the max! This class is a simple and easy to follow fitness choreography and is suitable for all fitness levels.

KICKBOX VARIETY A high intensity cardio class using body weight while maneuvering through kicking and punching combinations. Intervals of strength training add an extra calorie burn.

LES MILLS BODYPUMP® is a 60-minute strength endurance workout that challenges all of your major muscle groups by using the best weight-room exercises. Great music and your choice of weight inspires you to get the results you came to class for – and fast!

PARKINSON'S FITNESS targets the symptoms of Parkinson's disease. The goal is to optimize brain health, prevent falls and improve overall quality of movement in real-life situations. You'll learn basic movement patterns in sitting, standing on the floor or walking. Then we will add challenges to voice, coordination, balance, timing, and cognition to help promote neuroplasticity – all while making it fun and interesting.

PILATES This class promotes strengthened and toned muscles and aides in improving posture, flexibility and balance.

POP PILATES is a mat-based workout, choreographed to upbeat music, building core strength and leaving no muscle untouched.

SILVERSNEAKERS® BOOM This is a dance-based exercise class designed specifically for the active older adult. Easy to follow choreography combined with energizing music for engaging class experience that will improve health and build social support.

SILVERSNEAKERS® CIRCUIT is a standing class that alternates upper-body strength work with low-impact cardio to maximize fitness benefits. A chair and handheld weights or tubing are recommended.

SILVERSNEAKERS® CLASSIC includes exercises designed to increase muscular strength, range of movement and activity for daily living skills. Handheld weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support.

STEP This class includes using a step platform to step up and down to tone your lower body. You can expect to increase your cardio fitness and coordination.

TAI CHI-BETTER BALANCE In this class you will learn balance skills through flowing easy-to-learn Tai Chi movements. You'll begin to feel stronger, have better balance, greater flexibility, and build your confidence.

TOTAL BODY STRENGTH AND CONDITIONING This athletic-based sculpting class tones upper and lower body using resistance like hand weights, weight machines, body bars and your own body weight.

TOTAL BODY TONING EXPRESS is a 45-minute total body toning and strength training for all levels. This class is for anyone just getting started or continuing a workout to get you in "strength" shape.

YOGA expresses the art of yoga through body and mind while reducing everyday stress.

- CHAIR YOGA** restores vitality to the body, mind and soul through stretching and breathing. Classes can be modified for all ages, levels and conditions.

- GENTLE THERAPEUTIC YOGA** includes gentle breathing techniques, guided relaxation and basic yoga poses with the use of supportive props (e.g. blocks or blankets) to safely get into yoga postures. This class is suitable for all levels. No prior experience is necessary.

- MEDITATION** is an All Levels Meditation class with 30-minutes of guided meditation on a mat, cushion or chair using various meditation techniques. Benefits of meditation are to quiet your mind, sleep better, relieve anxiety, relax your body, reduce stress, and increase focus.

- RESTORATIVE YOGA** A very relaxing and rejuvenating practice that brings the body, mind and spirit back into balance. This is a gentle practice where the postures are done on the floor and held for several minutes with the support of props such as blocks, bolsters and blankets. No prior experience necessary.

- YIN YOGA** is a gentle practice that is all about holding poses for 2-4 minutes while sitting or lying on the mat. You'll go deeper into your breath and create more flexibility throughout your body by opening the deep connective tissues – ligaments, tendons and fascia.

- YOGA NIDRA** is a guided meditation practiced while lying on your back. The intention is getting into a deep state of relaxation in body and mind while staying aware of your surroundings.

ZUMBA® Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, and calorie-burning dance fitness-party that's moving millions of people toward joy and health.

- ZUMBA® GOLD** is perfect for active, older adults who are looking for a modified Zumba class with the original moves loved by many done at a lower intensity.

January Group Fitness



Aqua Fitness | Trail Winds Recreation Center (TWRC) | Carpenter Recreation Center (CRC)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8-9 a.m.		Aqua Groove (TWRC) Jennifer D.	Aqua Boot Camp (CRC) Charity R.	Aqua Groove (TWRC) Jennifer D.	Aqua Boot Camp (TWRC) Charity R.	
9-10 a.m.	Aqua Fitness (CRC) Erica B.	Aqua Fitness (TWRC) Erica B.	Aqua Fitness (CRC) Erica B.	Aqua Fitness (TWRC) Erica B.	Aqua Fitness (CRC) Erica B.	Aqua All In (CRC) Nancy A.
6-7 p.m.			Aqua All In (TWRC) Nancy A.			

AQUA ALL IN is a high intensity, low-impact workout designed to develop cardiovascular endurance utilizing both shallow and deep water.

AQUA FITNESS is a moderate intensity, low-impact water exercise class. It is suitable for all levels of fitness. Water shoes recommended.

AQUA BOOT CAMP No lounging around the pool with this workout! This high intensity aqua class will combine Tabata and HIIT as well as kickboxing and add on combinations while using a variety of equipment.

AQUA GROOVE is a low impact, high-energy aquatic class that will have you moving and grooving to fun music.

Active Adult Center | 11181 Colorado Blvd. | 303-255-7850

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7-8 a.m. Total Body Strength & Conditioning Marisa Kouba			
8:30-9:30 a.m. SilverSneakers® Circuit Heather Dubravac	8:30-9:30 a.m. Balance & Strength Linda Maj	8:30-9:30 a.m. BOOM Muscle® & Move It® Marisa Kouba	8:30-9:30 a.m. Forever Young Tracy Smith	8:30-9:30 a.m. SilverSneakers® Classic Varies
9:45-10:45 a.m. Cardio Plus Linda Maj	9:45-10:45 a.m. Tai Chi Elaine Wagner/ Jan Jahner	10-11 a.m. Beginning Line Dancing Kathy Hamilton (TWRC-AAW)	9:45-10:45 a.m. Tai Chi Elaine Wagner/ Jan Jahner	9:45-10:45 a.m. Cardio Plus Linda Maj
10-11 a.m. Tai Chi Elaine Wagner/ Jan Jahner (TWRC-AAW)	11 a.m.-12 p.m. Zumba Gold/Toning Pilar Paulmeno	10:15-11:15 a.m. SilverSneakers® Classic Linda Maj	11 a.m.-12 p.m. Zumba Gold®/Toning Pilar Paulmeno	10-11 a.m. Tai Chi Elaine Wagner/ Jan Jahner (TWRC-AAW)
11:30 a.m.-12:15 p.m. Drumming for Cardio Tracy S.	11:15-12:15 p.m. Gentle Therapeutic Yoga Instructor varies	1:30-2:30 p.m. Parkinson's Fitness Colleen Salgado	11:15 a.m.-12:15 p.m. Gentle Therapeutic Yoga Instructor varies	
1:30-2:30 p.m. Line Dancing Judy Yamakishi	1-2 p.m. Chair Yoga Rhonda Williams		1-2 p.m. Chair Yoga Rhonda Williams	

■ **FREE TO SILVERSNEAKERS® AND RENEW ACTIVE® MEMBERS** Online registration not available for these classes. Non SilverSneakers and Renew Active members can purchase a fitness class pass or pay a per class fee.

□ **SPECIALTY CLASSES** Ongoing registration for classes is currently taking place. See the Thornton Activities Guide for details.

TWRC-AAW = Trail Winds Recreation Center Active Adult Wing HBA = Harley Brown Ampitheatre

Trail Winds Recreation Center | 13495 Holly St. | 720-977-5700

You must reserve your space in class online at thorntonparks.com or by visiting our front desk for assistance.

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2
5:30 a.m.												
:45 a.m.												
6 a.m.		Yoga Vincent G. 5:45 a.m.		Cycle Kim S. 5:30 a.m.	Cardio Strength & Core Kim S. 5:30 a.m.			Cycle Kim S. 5:30 a.m.	Cardio Strength & Core Kim S. 5:30 a.m.	Yoga Vincent G. 5:45 a.m.		
:15 a.m.												
:30 a.m.												
:45 a.m.												
7 a.m.							Functional Fitness Kim S. 6:45 a.m.					
:15 a.m.												
:30 a.m.												
:45 a.m.												
8 a.m.					Functional Fitness Kim S. 7:30 a.m.				Functional Fitness Kim S. 7:30 a.m.			
:15 a.m.			ZUMBA® Sara H. 8 a.m.	Cycle & Strength Kim S. 7:45 a.m.	Pop Pilates Holly D. 8:35 a.m.	Cycle Sherry R. 8 a.m.	ZUMBA® Sara H. 8 a.m.	Cycle & Strength Kim S. 8 a.m.	Pop Pilates Holly D. 8:35 a.m.	Cycle Sherry R. 8 a.m.	High Fitness Jennifer T. 8:15 a.m.	Rhythm Cycle Olivia H. 8:15 a.m.
:30 a.m.	Barre Express Holly D. 8:30 a.m.											
:45 a.m.												
9 a.m.		Chair Yoga Michelle P. 8:45 a.m.										
:15 a.m.												
:30 a.m.	High Fitness Holly D. 9:15 a.m.		Kickbox Variety Danielle C. 9:15 a.m.	Yoga Michelle F. 9:15 a.m.	High Fitness Holly D. 9:15 a.m.	Yoga Michelle P. 9:30 a.m.	Functional Fitness Danielle C. 9:15 a.m.	Yoga Michelle F. 9:15 a.m.	Barre Holly D. 9:15 a.m.	Yoga Michelle F. 9:30 a.m.	Functional Fitness Paula C. 9:30 a.m.	Yoga Vincent G. 9:30 a.m.
:45 a.m.												
10 a.m.												
:15 a.m.												
:30 a.m.	Silver- Sneakers® Circuit Holly D. 10:30 a.m.	Pilates Victoria B. 10:30 a.m.	Silver- Sneakers® Circuit Holly D. 10:30 a.m.		Silver- Sneakers® Classic Kay H. 10:30 a.m.	Meditation Michelle P. 10:30 a.m.	Silver- Sneakers® Boom Pam D. 10:30 a.m.	Pilates Victoria B. 10:30 a.m.	Silver- Sneakers® Classic Pam D. 10:30 a.m.	Yoga Nidra Michelle F. 10:45 a.m.		Yoga Vincent G. 10:45 a.m.
:45 a.m.												
11 a.m.												
:15 a.m.												
:30 a.m.												
:45 a.m.												
12 p.m.												
:15 p.m.	Barre Cindy C. 12 p.m.											
:30 p.m.		Core Express Olivia H. 12:15 p.m. Starts Feb.		Cycle & Strength Danielle C. 12:15 p.m.			Functional Fitness Danielle C. 12:15 p.m.			Yoga Michelle F. 12 p.m.		
:45 p.m.												
1 p.m.												
:15 p.m.												
:30 p.m.												
:45 p.m.												
2 p.m.												
:15 p.m.												
4:15 p.m.												SUNDAY
:30 p.m.												
:45 p.m.												
5 p.m.												
:15 p.m.			Barre Cindy C. 5 p.m.	Yin Yoga Michelle F. 5 p.m.	Barre Cindy C. 5 p.m.	Total Body Toning Express Sherry R. 5:15 p.m.	Functional Fitness Paula C. 5:15 p.m.	Yin Yoga Michelle F. 5 p.m.				
:30 p.m.	Functional Fitness Paula C. 5:15 p.m.	Upbeat Barre Jennifer T. 5:30 p.m. Starts Feb.										
:45 p.m.												
6 p.m.												
:15 p.m.												
:30 p.m.				Cycle & Core Jewel S. 6:15 p.m.	ZUMBA® Charity W. 6:30 p.m.	Cycle & Strength Sherry R. 6:15 p.m.	High Fitness Jennifer T. 6:30 p.m.	Rhythm Cycle Olivia H. 6:30 p.m.				
:45 p.m.	ZUMBA® Charity W. 6:30 p.m.	Yoga Vincent G. 6:30 p.m.	High Fitness Jennifer T. 6:30 p.m.									
7 p.m.												
:15 p.m.												
:30 p.m.			Upbeat Barre Jennifer T. 7:30 p.m.				Upbeat Barre Jennifer T. 7:30 p.m.					
:45 p.m.												
8 p.m.												

Carpenter Recreation Center | 11151 Colorado Blvd. | 303-255-7800

You must reserve your space in class online at thorntonparks.com or by visiting our front desk for assistance.

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2
5:30 a.m.												
:45 a.m.												
6 a.m.												
:15 a.m.												
:30 a.m.												
:45 a.m.												
7 a.m.												
:15 a.m.												
:30 a.m.												
:45 a.m.												
8 a.m.												
:15 a.m.												
:30 a.m.												
:45 a.m.												
9 a.m.												
:15 a.m.												
:30 a.m.												
:45 a.m.												
10 a.m.												
:15 a.m.												
:30 a.m.												
:45 a.m.												
11 a.m.												
:15 a.m.												
:30 a.m.												
:45 a.m.												
12 p.m.												
:15 p.m.												
:30 p.m.												
:45 p.m.												
1 p.m.												
:15 p.m.												
:30 p.m.												
:45 p.m.												
4:30 p.m.												
:45 p.m.												
5 p.m.												
:15 p.m.												
:30 p.m.	Les Mills BODYPUMP® Colleen S. 5 p.m.											
:45 p.m.												
6 p.m.												
:15 p.m.												
:30 p.m.												
:45 p.m.												
7 p.m.												
:15 p.m.												
:30 p.m.												
:45 p.m.												
8 p.m.												

You must reserve your spot online in order to attend class. Reservations can be made beginning 72 hours prior to class time or until class is filled. We ask that cancellations be done two hours prior to class in order to accommodate those on the waitlist. Visit thorntonparks.com for more information.

It is your responsibility to go at your own pace. As always, consult your physician before starting any type of fitness program.

Aerobic and cycling classes are designed for adult participation (age 16+) unless otherwise noted.

Children under 16 years of age must have approval from coordinator before attending class.