

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, 6:45-7:15pm**
Dec 9/11 | Jan 13/15 | Feb 10/12 123500
Mar 10/12 | Apr 14/16 | May 12/14 223500
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. *“TRX”*

16 & up: **Mon & Wed, 9-10am**
or Thurs, 12-1pm 123512 | 213512
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.

14 & up: **Friday, 5:45-7pm** *“Nia”*
Dec 13 | Feb 7 413812
Apr 4 | May 23 113812
Instructor: Jackie and Marty Diner
Location: Longmont Recreation Center
Fee: \$8 resident/\$10 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”*

16 & up: **Wed, 12-1pm** 123516 | 223516
Instructor: Helene Pronk
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Daily Fee: \$8 resident/\$10 non-resident



BECOME A FITNESS INSTRUCTOR

Do you have a passion for fitness? Are you an upbeat and positive person that loves helping people achieve goals? Come be part of a team that loves to motivate and inspire people to be active and healthy.

Contact Carla at 303-774-4752 or Carla.Mathers@longmontcolorado.gov for more information about getting started teaching fitness classes for our community.

ON-GOING YOGA OFFERINGS

Pre-registration is required. December, January, & February codes begin with a "1". March, April, and May begin with a "2". Classes are offered on an on-going weekly basis unless otherwise noted. Custom dates available online.

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, can improve posture and well being. Personalized attention will guide you towards greater strength, flexibility, and balance. Beginning and continuing students welcome.

16 & up: **Monday, 12:30-1:45pm** 143117 | 243117
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.

16 & up: **Monday, 5-6:15pm** 143144 | 23144
Instructor: Jessica Fawcett
Location: Longmont Recreation Center, 310 Quail Rd
Daily Fee: \$18 resident/\$22.50 non-resident

Resilient Hatha Yoga

This class is designed to mindfully move your body in multiple planes, using your skill, strength and good judgment to emphasize flexibility and strength. Practice using your breathing more consciously to support your movements and to increase enjoyment of your life.

16 & up: **Tuesday, 9:15-10:30am** 143152 | 243152
Instructor: Diana Shellenberger
Location: Lashley St Station, 1200 Lashley St
Daily Fee: \$15 resident/\$18.75 non-resident



Lashley St Station,
1200 Lashley St



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.

16 & up: **Wed, 10-11am** 143145 | 243145
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.

16 & up: **Wed, 11:15am-12:15pm** 143146 | 243146
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!

16 & up: **Thursday, 9-11am** 143142 | 243142
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, strength, flexibility, and wellbeing.

“yoga”

16 & up: **Friday, 9:30-10:45am** 143133 | 243133
Instructor: Urszula Bunting
Location: Lashley St Station, 1200 Lashley St
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. 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** 143171 | 243171
Instructor: Katharine Kaufman
Location: Lashley St Station, 1200 Lashley St
Daily Fee: \$15 resident/\$18.75 non-resident

SPECIALTY YOGA

Holiday Tea and Yoga

Slow down, relax, and restore balance during this holiday season with gentle and restorative yoga poses, breathing, and mindfulness. Experience visualization, art meditation, sound healing, candlelight, and enjoy holiday tea and healthy treats. No yoga experience is necessary. Invite a friend or family to create a deeper connection.

14 & up: **Dec 7, Sat, 3-5pm** 143300
Instructor: Urszula Bunting
Location: Lashley St Station, 1200 Lashley St
Fee: \$45 resident/\$56.25 non-resident

Friday Night Restorative Yoga

Once a month, Friday night Restorative Yoga (usually on the first Friday of each month). Experience deep relaxation with restorative yoga poses, props, Tibetan bowls, candlelight, soft music, and gentle guidance from an experienced yoga teacher. Bring a yoga mat and two blankets.

16 & up: **Friday, 6-7:30pm**
Dec 13 443155 | **Jan 10, Feb 7** 143155
Mar 7, Apr 4, May 2 243155
Instructor: Urszula Bunting
Location: Lashley St Station, 1200 Lashley St
Fee: \$25 resident/\$31.25 non-resident

Define Your Purpose for 2025

Do you want to create change in 2025? Come to this three-hour workshop to relax your body, focus your mind, and use mindful activities to set clear intentions and create achievable goals. Enjoy tea, healthy snacks, gentle guidance from an experienced instructor, and support from other attendees.

16 & up: **Jan 25, Sat, 2:30-5:30pm** 143192
Instructor: Urszula Bunting
Location: SSR Visitor Center, 3001 Sandstone Dr
Fee: \$55 resident/\$68.75 non-resident

Intro to Yoga

Curious about yoga? In this 6 weeks series, develop a strong foundation through standing, seated and lying down yoga poses. Explore body alignment and breath work while improving mobility, balance, posture and well being in a safe, supportive environment.

16 & up: **Jan 30-Mar 6, Thurs, 5:30-6:30pm** 143111
Instructor: Kim Nicks
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$60 resident/\$75 non-resident

Yoga for Improved Pelvic Floor Performance

You don't have to be a mom to suffer from poor pelvic floor performance. Practicing yoga is a great way to improve and maintain pelvic floor health. We'll go beyond Kegels and explore other ways to strengthen and balance your pelvic floor muscles.

18 & up: **Mar 27-May 1, Thurs, 4-5pm** 243114
Instructor: Helene Pronk
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Fee: \$60 resident/\$75 non-resident

Tai Chi: Moving for Better Balance

One of the most effective programs for fall prevention! Commit to 12 weeks, once a week, and improve balance, confidence, gait, coordination, and overall health and well-being. This program is based on eight forms derived from the traditional Tai Chi Yang style. *No class 3/18. “Tai Chi”

18 & up: **Jan 14-Apr 8, Tue, 2-3pm** 143251
Instructor: Urszula Bunting
Location: St Vrain Memorial Bldg, 700 Long Peak Ave
Fee: \$115 resident/\$143.75 non-resident

Breathwork Healing Session

Clear energy blockages, boost the immune system and balance the body. This 60 minute guided meditation session induces heart coherence with a variety of breathing techniques, visualizations, mantras and music. *“healing”*

15 & up:	Tuesday, 12:15-1:15pm	
	Dec 10, Jan 14, Feb 11	143127
	Mar 11, Apr 29, May 20	243127
Instructor:	Elise Milan	
Location:	Lashley St Station, 1200 Lashley St	
Fee:	\$30 resident/\$37.50 non-resident	

Deep Play: The Art of Improvisational Moving

In Deep Play, moving can be restful, explorative, dynamic, and anything can happen! Cultivate awareness and community. Follow your own delight. Dance or theater background is not required. *“play”*

18 & up:	Saturday, 1-2:15pm	143194 243194
	Feb 8, Mar 15, Mar 29, Apr 5, Apr 26	
Instructor:	Katharine Kaufman with Joan Bruemmer	
Location:	Lashley St Station, 1200 Lashley St	
Daily Fee:	\$15 resident/\$18.75 non-resident	

Birth Education Series

Learn information complimentary to hospital birth education courses. Register for all three for a discount or select individually. See online for more details of each class. *“birth”*

16 & up:	Thurs, 5:30-7:30pm	143148
Feb 20	Health, Wellness and Best Practices in Pregnancy	
Mar 20	Labor & Birth Comfort Measures	
Apr 17	Newborn Care and Planning for the Postpartum	
Instructor:	Jessica Fawcett	
Location:	Izaak Walton Clubhouse, 18 S Sunset	
Daily Fee:	\$120 resident/\$150 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.

16 & up:	Tuesday, 1:15-2:45pm	
	Jan 7-Feb 4 Feb 11-Mar 11	143112
	Mar 25-Apr 22 Apr 29-May 27	243112
Instructor:	Shantel Wheaton, CPT	
Location:	Longmont Recreation Center, 310 Quail Rd	
Fee:	\$80 resident/\$100 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:	Thurs 9-10am	
On-going weekly offerings		113922 213922
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. *“tai chi”*

18 & up:	Mon, 11am-12pm	143125 243125
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. *“pilates”*

15 & up:	Tue, 1:30-2:30pm	143126 243126
Instructor:	Elise Milan	
Location:	Lashley St Station, 1200 Lashley St	
Daily Fee:	\$20 resident/\$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. **see online for modified schedule.*

55 & up:	Tues & Thurs, 10:30am-12pm	
	Dec 3-26* Jan 7-30 Feb 4-27	113303
	Mar 4-27 Apr 1-24 May 6-Jun 3	213303
Instructor:	Kenya Taylor, CPT	
Location:	St Vrain Memorial Bldg, 700 Longs Peak Ave	
Fee:	\$130 resident/\$162.50 non-resident	



The SCOPE (Supportive, Captivating, & Original Programs & Experiences) This Program encourages people of all abilities to participate in recreational programs and activities. The mission of SCOPE is to provide specialized support and recreational opportunities to people with disabilities. Our vision is to enrich lives and create experiences that are memorable, empowering, fun and safe for all participants.

Ariana Heter, Therapeutic Recreation Coordinator | ariana.heter@longmontcolorado.gov | 303-651-8907

SCOPE: Basketball

A developmental program teaching basketball fundamentals such as dribbling, shooting, and passing for athletes. There is an opportunity to compete at the Special Olympics competition. All levels of play are welcome.

No practice on Jan 20 or Feb 17. **“SCOPE”**

8-15:	Jan 7-Mar 11, Tues, 6-7pm	149111
Youth Location: Longs Peak Middle School, 1500 14th Ave		
16 & up:	Jan 6-Mar 17, Mon, 6:15-7:15pm	149111
Adult Location: St Vrain Memorial Bldg, 700 Longs Peak Ave		
Fee:	\$20 resident/\$25 non-resident	

SCOPE: Assisted Swimming

Swimming for individuals requiring personal assistance in the pool. Space is limited - register early! Parent/Guardian required to assist swimmer in pool.

“SCOPE”

8 & up:	Jan 17-May 16, Fri, 5-6pm	149112
Location: Centennial Pool, 1201 Alpine St		
Fee:	\$45 resident/\$56 non-resident	

SCOPE: Independent Swimming

Swimming for individuals who are able to swim the length of the pool, 25 yards, without stopping and without assistance. Space is limited; register early!

“SCOPE”

8 & up:	Feb 6-Jun 12, Thurs, 6:30-7:30pm	149113
Location: Longmont Recreation Center, 310 Quail Rd		
Fee:	\$45 resident/\$56 non-resident	

SCOPE: Movie Night

Join in for some movie night fun! Popcorn, light refreshments, and great company! All movies will be PG-13.

“SCOPE”

8 & up:	Mondays, 5-7pm	
	Jan 6 Feb 3	149500
	Mar 3 Apr 7 May 5	249500
Location: Longmont Senior Center, 910 Longs Peak Ave		
Fee:	\$15 resident/\$19 non-resident	

» bit.ly/recreationregistration
Click on Activities then



I Want to Find
Keyword here

SCOPE: Community Outing

Join SCOPE for a day out in the community! This program provides the opportunity to develop a variety of important social and life skills, find new hobbies and interests, and have fun connecting with others in a new environment! **“SCOPE”**

8 & up:		
Longmont Museum & Lunch:		
	Jan 10, Fri, 10am-1pm	149508
Colorado State Women's Basketball vs. Fresno State:		
	Feb 19, Wed, 5-9:30pm	149508
TopGolf:	Mar 4, Tues, 9:30am-12pm	249502
Happy Day Plants:		
	May 27, Tues, 10am-12pm	249502
Meet at:	St Vrain Memorial Bldg, 700 Longs Peak Ave	
Fee:	Price Varies by date, \$12-\$56 resident	

SCOPE: Track & Field

Longmont Lynx Track & Field Team offers instruction and training in Special Olympics Athletics events for competition. Practices are outside.

“SCOPE”

12 & up:	Mar 8-May 10, Sat, 10:30-11:30am	249114
Location: Altona Middle School, 4600 Clover Basin Dr		
Fee:	\$20 resident/\$25 non-resident	

SCOPE: Fitness

Join us for a fun-filled, inclusive exercise experience that celebrates the unique abilities and strengths of every individual on their journey toward a healthier and happier lifestyle. Registration is per class

“SCOPE”

12 & up:	Mar 3-May 19, Mon, 4-5pm	249511
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave		
Daily Fee:	\$7 resident/\$9 non-resident	

SCOPE: Arts & Crafts

It's time to get those creative muscles moving! Join SCOPE for a variety of creative expressions! All materials are provided. All abilities are welcome.

“SCOPE”

8 & up:	Tue, 5-6 pm Jan 14 Feb 11	149202
	Tue, 5-6pm Mar 11 Apr 8 May 13	249202
Location: Longmont Senior Center, 910 Longs Peak Ave		
Fee:	\$15 resident/\$19 non-resident	



THERAPEUTIC RECREATION

SCOPE: Kite Flying

Join us at Dickens Farm Nature Area for kite flying! It's a great way to practice mindfulness, be in the beauty of nature, focus on socializing, and get some exercise. We supply the kites or bring your own!



“SCOPE”

12 & up: **Tues, 4-5pm** 249512
Mar 25 | Apr 22 | May 27

Location: Dickens Farm Nature Area, Boston Ave
Daily Fee: \$7 resident/\$9 non-resident

SCOPE: Line Dance

Adaptive line dance makes dance for everyone! No prior dance experience required. Inclusive movement for standing or seated participants. Come out and enjoy line dance with Two Left Boots!

“SCOPE”

10 & up: **1st & 3rd Wed, 4-5pm**
Dec 4 | Dec 18 | Jan 15
Feb 5 | Feb 19 149513
Mar 5 | Mar 19 | Apr 2 | Apr 16
May 7 | May 21 249513

Location: Izaak Walton Clubhouse, 18 S Sunset
Fee: \$7 resident/\$9 non-resident

SCOPE: Bowling

This program is designed to give each participant with special needs an opportunity to continue a leisure activity skill that provides fun and excitement for years to come. Participants should have a basic knowledge of bowling, no instruction is given. An additional fee of \$2.00 is collected from each bowler per week for Centennial Lanes.



“SCOPE”

12 & up: **Jan 9-Feb 27, Thurs, 3-4pm** 149100
Mar 6-May 1, Thurs, 3-4pm 249100

Location: Centennial Bowling, 110 E 9th Ave
Fee: \$20 resident/\$25 non-resident

SCOPE: Parties

Join SCOPE for a party every month! Light refreshments provided.

8 & up: **Wed, 5-6pm**
Jan 15: Uno Party 149520
Feb 22: Karaoke & Dance 149520
Mar 26: St Patrick's Day 249520
Apr 23: Board Game Night 249520
May 21: Spring Fling Dance 249520

Location: Izaak Walton Clubhouse, 18 S Sunset
Fee: \$16 resident/\$20 non-resident

SCOPE: Sing for Joy!

Come sing your favorite songs with Barbara Jo and let the magic of singing with others light up your being from head to toe! No experience necessary, just a desire to have a bunch of fun! Barbara Jo will bring her bells and percussion instruments! *Care assistants are required to attend with persons with severe physical or emotional needs. “SCOPE”

10 & up: **Fri, 4-5pm**
Jan 3 | Jan 17 | Feb 7 | Feb 21 149516
Mar 7 | Mar 21 | Apr 4 | Apr 18
May 2 | May 6 249516

Instructor: Barbara Jo Kammer
Location: Longmont Senior Center, 910 Longs Peak Ave
Fee: \$7 resident/\$9 non-resident

SCOPE: Drumming For All

This all-inclusive Drumming class unites us with one common thread - The Love of The Beat! Drumming can provide many benefits, including increased focus, memory, tension reduction, anxiety, and stress. It's also just plain fun! No experience or musical background is required. Equipment provided.

“SCOPE”

12 & up: **Thurs, 1:30-2:30pm**
Jan 2 | Jan 16 | Feb 6 | Feb 20 189604
Mar 6 | Mar 20 | Apr 3 | Apr 17 289604

Instructor: Djembe Jive LLC
Location: Lashley St Station, 1200 Lashley St
Fee: \$18 resident/\$22.50 non-resident

The Athlete Leadership University (ALU) is a two-year learning experienced designed for Special Olympics Colorado athletes. ALU teaches athletes leadership skills to create meaningful change in their community. With the support of volunteer mentors, athletes complete core leadership courses then select a specific major to study.

Longmont native, Ethan Newby, has enrolled in ALU with a major in Sport Leader. Ethan is being mentored by his swim coach and stepfather, Calvin Kein. As a Sport Leader in Special Olympics, Ethan can support athletes as they achieve their maximum potential through coaching, officiating, and other roles.

Ethan was 10 when he joined SCOPE swimming and basketball. He has been competing in Special Olympic sports since. He enjoys bowling, basketball, and swimming. Ethan plans to expand his athletic career to track and field as well as tennis.

