

FITNESS & WELLNESS

DROP IN FITNESS

GROUP FITNESS CLASSES

Drop In fitness classes are including with your daily fee or pass at the following locations:

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

Senior Center - 55 & up
910 Longs Peak Ave
303-651-8411

With over 120 weekly classes, there is something for everyone—no registration needed.

- » **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, Sept 1 & Thurs, Nov 27

No fitness classes at Longmont Recreation Center: Mon, Aug 18-Mon, Sept 1
Additional fitness classes offered at Memorial Building, Mon, Aug 18-Fri, Aug 22

**Join us for a pre-turkey
buster boot camp class:
Wed, Nov 26, 5:30pm at the Longmont
Recreation Center, 310 Quail**

INSURANCE PROGRAMS

SILVERSNEAKERS®, RENEW ACTIVE AND ONE PASS™ PROGRAMS:

These programs are available to Medicare members with certain insurance plans. Enjoy general facility use as well as drop in fitness classes.

To check if you're eligible, call 303-774-4752
or visit the Longmont Recreation Center.

Facility Orientation

SilverSneakers®, Renew Active, and One Pass™ members can take a free tour of Longmont Recreation facilities and learn about available fitness programs. *“silver”*

First Thursday of the month at 9am

Third Thursday of the month at 2pm

Location: Longmont Recreation Center, 310 Quail Rd

Fee: FREE, pre-registration required.

Lunch and Learns

Join staff for different topics each month. Descriptions can be found in the GO catalog and online. Key word *“lunch”*

2nd Tuesday of the month at 12pm

Location: Senior Center, 910 Longs Peak Ave

Fee: Free for SilverSneakers/Renew Active/
One Pass members



SilverSneakers® Fitness Class Introduction

Not sure where to start? Or wondering what classes are offered? This short class introduces you to the main SilverSneakers® programs. Learn about the equipment we use and the types of exercises you can expect. You must register to attend. *“silver”*

18 & up: Thursday, 2pm 413404

Sept 11 | Oct 9 | Nov 13 | Dec 11

Certified SilverSneakers® Instructor: Kim Nicks

Location: Longmont Recreation Center, 310 Quail Rd

Fee: Free but must register

Personal Training

Work with a certified trainer to create a custom workout plan tailored to your goals. Each one-hour session may include strength, cardio, balance, and more. Stay motivated and on track!

Call 303-774-4752 for details.

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



SMALL GROUP TRAINING

Women on Weights

Weight room workshop for women of all ages and fitness levels! Learn how to use machines, free weights, and cable equipment with a certified trainer. Build confidence and create a workout that works for you—all in a fun, supportive setting. *"weights"*

16 & up: **Tues, 1:15-2:45pm** 443112
Sept 2-30 | Oct 7-Nov 4 | Nov 11-Dec 16

Instructor: Shantel Wheaton, CPT

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$80 resident/\$100 non-resident

Seniors on Weights

This small group program is for seniors wanting to get comfortable in the weight room and learn to use the equipment safely and effectively. *"weights"*

55 & up: **Tue & Thurs, 2-3:30pm** 413303
Sept 4-30 | Oct 2-28 | Oct 30-Nov 25

Instructor: Certified Personal Trainers

Location: St Vrain Memorial Bldg, 700 Long Peak Ave

Fee: \$130 resident/\$162.50 non-resident

Body Composition Testing: InBody 570

Go beyond the scale and quickly measure fat mass, muscle mass and body water. Get data on visceral fat and intra/extra cellular water to gain insight into your overall health and wellness. Call 303-774-4752 to schedule. Buy four get fifth free.

Single Session: \$25 extended pass-holders/ \$30

Location: Longmont Recreation Center, 310 Quail Rd

Weight Room Orientations

Learn how to set up and use the equipment in the weight room. Please call 303-774-4752 for a weight room orientation at the St. Vrain Memorial Building.

2nd Wednesday of the month at 7pm

4th Sunday of the month at 3pm

Location: Longmont Recreation Center, 310 Quail Rd

Fee: Free, pre-registration required.

ON-GOING YOGA OFFERINGS

Pre-registration is required. August classes begin with a “3”. September, October, and November classes begin with a “4”. December classes begin with a “1”. 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 off center and into discomfort. Alignment yoga focuses on spine and joint health. Clear instruction and thoughtful movements can improve posture and well-being. Join us to be guided towards greater strength, flexibility, and balance. *“yoga”*

16 & up: **Monday, 12:30-1:45pm** 443117
Instructor: Gwyn Cody
Location: Lashley St Station, 1200 Lashley St
Daily Fee: \$15 resident/\$18.75 non-resident

Prenatal Yoga

This class is for all stages of pregnancy. Enjoy a tailored yoga class to strengthen, stretch, and nourish the pregnant body. Movement will support the changing pregnant body, as well as soothe the common discomforts of pregnancy. *“yoga”*

16 & up: **Tuesdays, 5-6:15pm** 443144
Instructor: Jessica Fawcett
Location: Izaak Walton Clubhouse, 18 S Sunset
Daily Fee: \$18 resident/\$22.50 non-resident

Resilient Hatha Yoga

Whether you’re beginning or continuing your yoga practice, these classes will help you find ways to move into the poses. Move in every plane and direction to increase your ranges of motion and well-being. Come and practice with this fun and friendly yoga community! *“yoga”*

16 & up: **Tuesday, 9:15-10:30am** 443152
Instructor: Diana Shellenberger
Location: Lashley St Station, 1200 Lashley St
Daily Fee: \$15 resident/\$18.75 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 is 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. *“yoga”*

16 & up: **Wed, 11:30am-12:30pm** 443146
Instructor: Jessica Fawcett
Location: Izaak Walton Clubhouse, 18 S Sunset
Daily Fee: \$16 resident/\$20 non-resident

Yoga Therapy

Explore yoga using principles of breath, sensation and observation. Having a strong foundational posture allows the body and mind to find peace and harmony. This will also promote flexibility and mindfulness. Pranayama and meditation are included with the therapeutic values of this class. Enjoy! *“yoga”*

16 & up: **Thursday, 9-11am** 443142
Instructor: Shar Lee
Location: Lashley St Station, 1200 Lashley St
Daily Fee: \$18 resident/\$22.50 non-resident

Gentle Yoga

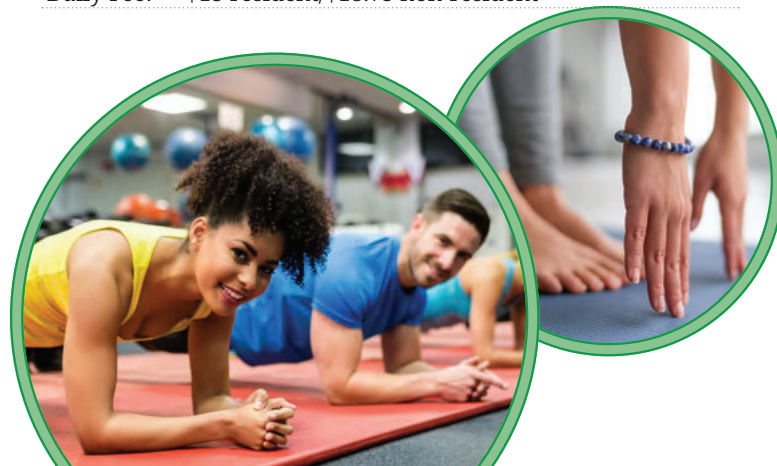
This All-level Gentle Vinyasa yoga moves at a moderate pace. Comfort and individual growth will be supported by props and modifications. This is an excellent option to improve balance, posture, strength, and wellbeing. *“yoga”*

16 & up: **Friday, 9:30-10:45am** 443133
Instructor: Urszula Bunting
Location: Lashley St Station, 1200 Lashley St
Daily Fee: \$15 resident/\$18.75 non-resident

Sunday Morning Yoga

Even a little yoga can help you feel better. In this class, you’ll do gentle poses lying down, sitting, and standing with your breath. You’ll build strength and flexibility, reduce pain, and become more aware of your body. This class is for all levels. *“yoga”*

18 & up: **Sept 7-Nov 16, Sun, 9:30-10:30am** 443171
Instructor: Katharine Kaufman
Location: Lashley St Station, 1200 Lashley St
Daily Fee: \$15 resident/\$18.75 non-resident



SPECIALTY YOGA

Yoga for Improved Pelvic Floor Performance

Everyone — men and women, young or old — can benefit from a strong pelvic floor. In this class, we'll go beyond Kegel exercises and explore other ways to build strength and balance. You'll learn how to notice weak spots and use yoga poses to help improve how your pelvic floor works. *"yoga"*

16 & up: Sept 25-Nov 13, Thu, 4-5:15pm 443114

Instructor: Helene Pronk

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Fee: \$120 resident/\$150 non-resident

Yoga for Menopause

This class is designed to support women during menopause and beyond. You'll learn yoga poses, breathing exercises, and healthy habits to help you feel stronger, more balanced, and full of energy. This series offers simple tools to help you handle changes and feel more confident during this time in your life. **No class 11/24.* *"yoga"*

35 & up: Oct 13-Dec 8*, Mon, 5:30-6:45pm 443143

Instructor: Carla Schnurr

Location: Izaak Walton Clubhouse, 18 S Sunset

Fee: \$200 resident/\$250 non-resident

Friday Night Restorative Yoga

Restorative Yoga is a gentle, slow paced class using props to fully support the body in restful poses. It melts stress, soothes anxiety, and promotes deep relaxation, leaving you clam and recharged. Bring a yoga mat and two blankets. *"yoga"*

16 & up: Friday, 6-7:30pm 443155

Sept 5 | Oct 3 | Nov 7 | Dec 5

Instructor: Urszula Bunting

Location: Lashley St Station, 1200 Lashley St

Daily Fee: \$25 resident/\$31.25 non-resident

Daylong Yoga & Meditation Retreat

Enjoy a full day of practicing gentle yoga, sitting, and walking meditation at the beautiful Sandstone Ranch. This retreat will help you let go of stress, restore your energy & balance, and find ease. Please bring your yoga mat, thick blanket, and lunch! *"yoga"*

18 & up: Nov 8, Sat, 10am-5pm 443193

Instructor: Katharine Kaufman

Location: SSR Visitor Center, 3001 Sandstone Dr

Fee: \$75 resident/\$93.75 non-resident

Yin Yoga

Yin Yoga is a slow, meditative practice with long-held poses that deeply stretch connective tissues. It improves flexibility, joint health, and calms the mind. Suitable for all levels. Expect a peaceful class focused on stillness, deep release, and relaxation. *"yoga"*

18 & up: Sunday, 4:30-6pm 443156

Sept 14 | Oct 12 | Nov 16

Instructor: Urszula Bunting

Location: Lashley St Station, 1200 Lashley St

Daily Fee: \$25 resident/\$31.25 non-resident



Lashley St Station,
1200 Lashley St

SPECIALTY FITNESS OFFERINGS

Dragon and Tiger Qigong

Join us to learn Dragon and Tiger Qigong — a gentle and calming movement practice. It can help boost your energy, lower stress, and improve flexibility and overall health. In this 6-week session, you'll learn 7 easy but powerful movements. No experience needed! *"qigong"*

16 & up: Sept 8-Oct 13, Mon, 6-7pm 413140
Instructor: Michiko Stas
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$60 resident/\$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"*

16 & up: Sept 12, Fri, 5:45-7pm 413812
Nov 14, Fri, 5:45-7pm 413812
Instructor: Jackie and Marty Diner
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$10 resident/\$12.50 non-resident

Tai Chi: 37 Posture Yang Short Form

Tai Chi is a gentle mind-body exercise with slow, smooth movements, deep breathing, and a calm mind. It helps your energy flow better, bringing balance to your body and mind. This can reduce stress and improve your overall health. This class is for people who already have some experience with Tai Chi. *"tai chi"*

18 & up: Sept 8-Nov 24, Mon, 11am-12pm 443125
Instructor: Barb Larsen
Location: Izaak Walton Clubhouse, 18 S Sunset
Daily Fee: \$7 resident/\$8.75 non-resident

Tai Chi: Moving for Better Balance

Tai Chi is a mind-body exercise utilizing slow, relaxed movement, a quiet mind and deep, natural breathing that stimulates the flow of chi. This class is for people who have some Tai Chi experience. *"Tai chi"*

18 & up: Sept 2-Nov 25, Tue, 2-3pm 443251
Instructor: Urszula Bunting
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Fee: \$115 resident/\$143.75 non-resident

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 not required. **Meets every other Saturday.*

"moving"

18 & up: Sept 6-Nov 15*, Sat, 1-2:15pm 443194
Instructor: Katharine Kaufman
Location: Lashley St Station, 1200 Lashley St
Daily Fee: \$15 resident/\$18.75 non-resident

Meditation and Sound Bath: Relax into Awareness

Join our 6-week beginner meditation class with relaxing sound baths (live singing). Learn what meditation is, how to do it at home, and how it can help you feel calmer, stronger, and more connected to others. No experience needed!

"sound"

16 & up: Sept 10-Oct 15, Wed, 6-7pm 413904
Instructor: Michiko Stas
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$90 resident/\$112.50 non-resident

MELT Method: Hands and Foot Therapy

MELT Hand and Foot Therapy is a simple self-care method you can learn easily. Using special MELT balls, you'll help hydrate your connective tissue (called fascia). This can help reduce pain, improve balance, help you sleep better, and lower stress and tension — all in just a few minutes a day. *"melt"*

16 & up: Oct 28, Tue, 4:30-5:30pm 413100
Nov 11, Tue, 2-3pm 413100
Instructor: Jackie Diner
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$15 resident/\$18.75 non-resident



TRX

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** 423500
Sept 8 | Oct 13 | Nov 10
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Fee: Free, but must pre-register

TRX

TRX is a training system that uses your own body weight and gravity as resistance. While simple to use, exercises are challenging as every movement requires balance and core strength. A great 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** 423512
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Daily Fee: \$7 resident/\$8.75 non-resident

Breathwork Healing Session

Clear energy blockages, strengthen your immune system, and bring balance to your body. This guided meditation uses different breathing exercises, visualizations, mantras, and music to help you feel calm and focused. *"healing"*

15 & up: **Aug 19, Tue, 12:15-1:15pm** 343127
Instructor: Elise Milam
Location: Lashley St Station, 1200 Lashley St
Fee: \$30 resident/\$37.50 non-resident

Birth Education Series

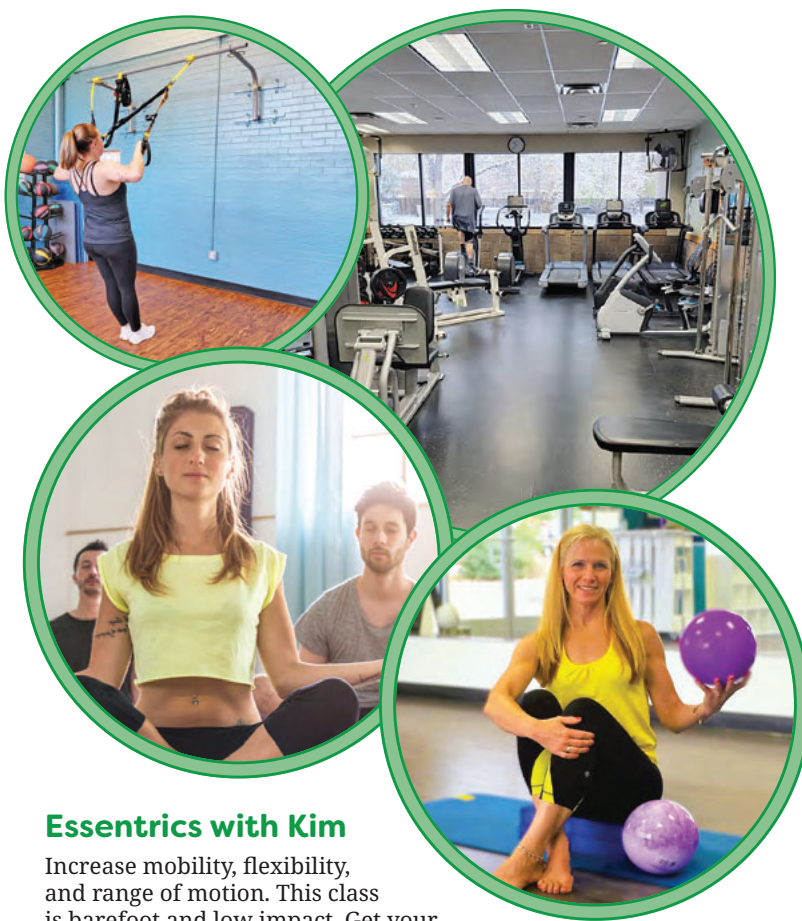
Learn information complimentary to hospital birth education courses. Register for all three for a discount or select individually. See online for more details of each class. *"birth"*

16 & up: **Thurs, 5:30-8:15pm** 443148
Oct 2 Labor Prep: Preparing for Labor in Pregnancy
Oct 16 Labor & Birth Comfort Measure
Oct 30 Planning for Postpartum and Newborn Care
Instructor: Jessica Fawcett
Location: Izaak Walton Clubhouse, 18 S Sunset
Daily Fee: \$120 resident/\$150 non-resident
Series Fee: \$295 resident/\$368.75 non-resident

TRX Yoga

TRX Yoga is the fusion of fitness and yoga made stronger with the use of a TRX Suspension Trainer. Putting the straps into practice builds a strong foundation of alignment feedback during poses. Build strength, mobility, and core stability. *"TRX"*

16 & up: **Wed, 12-1pm** 423516
Instructor: Helene Pronk
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Daily Fee: \$8 resident/\$10 non-resident



Essentrics with Kim

Increase mobility, flexibility, and range of motion. This class is barefoot and 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** 413922
On-going weekly offerings
Instructor: Kim Zimmer **No Aug classes*
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Daily Fee: \$15 resident/\$18.75 non-resident