

## 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!



**Get discounted pricing when purchased before February 1.**

Call 303-774-4752 for details.

Session Fees:	Private	Semi-Private
1 session	\$62 res/\$78 nr	\$76 res/\$94 nr
5 sessions	\$275 res/\$344 nr	\$350 res/\$438 nr
10 sessions	\$470 res/\$588 nr	\$620 res/\$775 nr

## SMALL GROUP TRAINING

### Seniors on Weights

This small group class is led by a certified personal trainer. It is tailored for seniors who want to feel more comfortable in the weight room. You'll learn how to use the equipment, how to warm up and cool down the right way to stay safe while doing strength exercises. *"weights"*

<b>55 &amp; up:</b>	<b>Tue &amp; Thurs, 2-3:30pm</b>	
	<b>Dec 2-30*   Jan 6-29*   Feb 3-26</b>	113303
	<b>Mar 3-26   Apr 7-30   May 5-28</b>	213303
Instructor:	Robert Curtis, CPT	
Location:	St Vrain Memorial Bldg, 700 Long Peak Ave	
Fee:	\$140 resident/\$175 non-resident	
	*Dec/Jan Fee: \$130 resident/\$162.50 non-resident	

### Seniors on Weights II

Take your training to the next level with this class that focuses more on improving your technique. Further increase your strength with a variety of exercises. Pre- Requisite is Seniors on Weights or an evaluation by a trainer to ensure ability. *"weights"*

<b>55 &amp; up:</b>	<b>Wed, 2-3:30pm</b>	
	<b>Dec 3-17*   Jan 7-28   Feb 4-25</b>	113304
	<b>Mar 4-25   Apr 8-29   May 6-27</b>	213304
Instructor:	Robert Curtis, CPT	
Location:	St Vrain Memorial Bldg, 700 Long Peak Ave	
Fee:	\$80 resident/\$100 non-resident	
*Dec Fee:	\$60 resident/\$75 non-resident	

### Women on Weights

This 5 week small group training program 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"*

\* No 3/17

<b>16 &amp; up:</b>	<b>Tue, 1:15-2:45pm</b>	
	<b>Jan 6-Feb 3*   Feb 24-Mar 31**</b>	143112
	<b>Apr 21-May 19</b>	243112
Instructor:	Shantel Wheaton, CPT	
Location:	Longmont Recreation Ctr, 310 Quail Rd	
Fee:	\$90 resident/\$112.50 non-resident	
	*Jan Fee: \$80 resident/\$100 non-resident	



### Women on Weights II

Take your strength training to the next level with this class. Learn to lift heavier while using a variety of equipment including bench press, smith machine. Pre- Requisite is Women on Weights or an evaluation by a trainer to ensure ability. *"weights"*

<b>16 &amp; up:</b>	<b>Tue, 1:15-2:45pm</b>	143110   243110
	<b>Feb 10 &amp; 17   Apr 7 &amp; 14</b>	
Instructor:	Shantel Wheaton, CPT	
Location:	Longmont Recreation Ctr, 310 Quail Rd	
Fee:	\$40 resident/\$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.

## DROP-IN FITNESS

### OVER 120 WEEKLY FITNESS CLASSES INCLUDED WITH DROP IN FEE

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

No Regular Fitness Classes:  
Wed, Dec 24 | Thurs, Dec 25

Modified on Wed, Dec 31 | Thurs, Jan 1  
Sun, Apr 5 | Mon, May 25

Visit [www.longmontcolorado.gov/fitness](http://www.longmontcolorado.gov/fitness) or see facility for printouts.



Drop In fitness classes are included 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

**Join the Party! New Year's Day Zumba Fitness Party** \$10, recreation pass not valid.  
Jan 1, Thurs, 1-2:30pm at the Longmont Recreation Center, 310 Quail Rd.

## 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 | 113404 | 213404  
**Dec 11 | Jan 8 | Feb 12 | Mar 12 | Apr 9 | May 14**

Certified SilverSneakers® Instructor: Kim Nicks

Location: Longmont Recreation Center, 310 Quail Rd

Fee: Free but must register

## SPECIALTY FITNESS OFFERINGS

### Marriage of Heaven and Earth Qigong

Learn Marriage of Heaven and Earth Qigong. It is a gentle, flowing practice that relaxes your body and mind, releases tension, and boosts energy. Ideal for beginners looking for calm, balance, and renewed vitality. No experience needed. *“qigong”*

**18 & up:** Jan 12-Feb 16, Mon, 6-7pm 113140  
**Instructor:** Michiko Stas  
**Location:** Longmont Recreation Ctr, 310 Quail Rd  
**Fee:** \$60 resident/\$75 non-resident

### Mat Pilates

This is a gentle workout that uses your body weight, light weights, bands, or small balls. It helps build strong core muscles, improve flexibility, and keep your body in good alignment. Good for all fitness levels. Get stronger, more balanced, and more aware of how your body moves.



*“pilates”*

**16 & up:** Dec 3-Feb 25, Wed, 6-7pm 143126  
 Mar 4-May 27, Wed, 6-7pm 243126  
**Instructor:** Codi Vachon  
**Location:** Longmont Recreation Ctr, 310 Quail Rd  
**Daily Fee:** \$12 resident/\$15 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:** Fri, 5:45-7pm 113812 | 213812  
 Jan 9 | Mar 13 | May 8  
**Instructor:** Jackie and Marty Diner  
**Location:** Longmont Recreation Ctr, 310 Quail Rd  
**Daily Fee:** \$10 resident/\$12.50 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:** Tuesday  
 Feb 10, 4-5pm | Feb 24, 2-3pm 113100  
 Apr 7, 4-5pm | Apr 14, 2-3pm 213100  
**Instructor:** Jackie Diner  
**Location:** Longmont Recreation Ctr, 310 Quail Rd  
**Daily Fee:** \$15 resident/\$18.75 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. Feel increased energy while improving posture, balance and strength. A great addition to your fitness goals. Join us! *“essentrics”*



**16 & up:** Thurs, 9-10am 113922 | 213922  
 Dec 4-Feb 26 | Mar 5- May 28  
**Instructor:** Kim Zimmer  
**Location:** St Vrain Memorial Bldg, 700 Long Peak Ave  
**Daily Fee:** \$15 resident/\$18.75 non-resident

### Essentrics Barre

Take Essentrics to a new level by using chairs in the last 20 minutes of class for leg work and stretching! This is a low impact class where we work the body in ways to gain strength, flexibility, mobility and range of motion through movement. Bring mat and water. *“barre”*

**16 & up:** Wed, 10:30-11:30am 113924 | 213924  
 Jan 7-Feb 25 | Mar 4- May 20  
**Instructor:** Kim Zimmer  
**Location:** St Vrain Memorial Bldg, 700 Long Peak Ave  
**Daily Fee:** \$15 resident/\$18.75 non-resident

### Tai Chi: 37 Posture Yang Short Form

Tai Chi is a mind-body exercise. It utilizes 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. \*No 12/22 or 12/29 *“tai chi”*

**18 & up:** Mon, 11am-12pm 143125 | 243125  
 Dec 1- Feb 23 | Mar 2- May 18  
**Instructor:** Barb Larsen  
**Location:** Izaak Walton Clubhouse, 18 S Sunset  
**Daily Fee:** \$8 resident/\$10 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 3/24 *“tai chi”*

**18 & up:** Jan 20-April 14, Tue, 2-3pm 143251  
**Instructor:** Urszula Bunting  
**Location:** St Vrain Memorial Bldg, 700 Long Peak Ave  
**Fee:** \$115 resident/\$143.75 non-resident



## Holiday Sound Bath

Experience a crystal sound bath journey using a variety of instruments, guided meditation, breathing, and a self-reflection on your coping skills. Please bring pillows and a blanket and fall into a state of deep relaxation while your body mind and soul find new space into sacred ground. *“bath”*

**16 & up:** Dec 21, Sun, 6:30-7:30pm 113903  
Instructor: Laura Collins  
Location: Lashey St Station, 1200 Lashley St  
Fee: \$25 resident/\$31.25 non-resident

## New Years Sound Bath

Flow into the New Year bathed in its positive energy and promise. Experience tones of crystal bowls, chimes, and other instruments. Find support by gentle guided meditations and mindful breathing to help you welcome the blessings of the year ahead. Please bring a pillow and a blanket, and wear comfortable clothing. *“bath”*

**16 & up:** Jan 11, Sun, 6:30-7:30pm 113903.04  
Instructor: Laura Collins  
Location: Lashey St Station, 1200 Lashley St  
Fee: \$25 resident/\$31.25 non-resident

## Somatic Movement Class

This Somatic Movement series is for anyone looking to ease tension and pain in their body. This practice reconnects your brain back to the body so it can remember how it is meant to move. *“movement”*

**18 & up:** Mon, 9:30-10:30am 143157 | 243157  
Jan 5-26 | Feb 2-23 | Apr 6-27  
Instructor: Jo Keller  
Location: Izaak Walton Clubhouse, 18 S Sunset  
Daily Fee: \$15 resident/\$18.75 non-resident

## Taylor Swift Zumba Party

It's a love story, are you ready for it? Baby, just say yes!!! Get ready to dance and sing along to all your favorite T Swift songs while you also get a heart pumping workout in! Costumes and friendship bracelets welcome but not necessary. Come as you are. *“zumba”*

**13 & up:** Mar 27, Fri, 5:30-6:30pm 213815  
Instructor: Liliana Resendiz and Katie Winter  
Location: Longmont Recreation Ctr, 310 Quail Rd  
Fee: \$8 resident/\$10 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 to drop in the ongoing sessions. *“trx”*

**16 & up:** Mon, 10-10:30am 123500 | 223500  
Dec 8 | Jan 12 | Feb 9 | Mar 9 | Apr 13 | May 11  
Tues, 11:30am-12pm  
Jan 15 | Feb 12 | Mar 12 | Apr 16 | May 14  
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave  
Fee: Free, but must 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:** 123512 | 223512  
Mon & Wed, 9-10am, Dec 1-Feb 25 | Mar 2- May 27  
Wed, 10:15-11:15am, Dec 3-Feb 25 | Mar 4- May 27  
Tue & Thurs, 12-1pm, Dec 2-Feb 26 | Mar 3-May 28  
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave  
Daily Fee: \$7 resident/\$8.75 non-resident

### TRX Yoga

TRX Yoga is 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. Build strength, mobility and core stability. *“trx”*

**16 & up:** Dec 3-Feb 25, Wed, 12-1pm 123516  
Mar 4-May 27, Wed, 12-1pm 223516  
Instructor: Helene Pronk  
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave  
Fee: \$8 resident/\$10 non-resident



## ON-GOING YOGA OFFERINGS

Pre-registration is required. December, January, & February classes begin with a "1". March, April, & 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 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** 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 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** 143144 | 243144

Instructor: Jessica Fawcett

Location: Izaak Walton Clubhouse, 18 S Sunset

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

### Resilient Hatha Yoga

These classes help you learn how to do more challenging yoga poses. The focus is on how your breath can help you move through each pose. You'll work on understanding your body better and how yoga can help your body feel stronger and more flexible. *"yoga"*

**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

### 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** 143146 | 243146

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** 143142 | 243142

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.

*\*Note 9:30-10:45am class time in December.*

*"yoga"*

**16 & up:** **Friday, 10-11:15am\*** 143133 | 243133

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:** **Dec 7-May 31, Sun, 9:30-10:30am** 143171 | 243171

Instructor: Katharine Kaufman

Location: Lashley St Station, 1200 Lashley St

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



## SPECIALTY YOGA

### Friday Night Restorative Yoga

Restorative yoga is a gentle, slow-paced class. We use props to fully support the body in restful poses. It melts stress, soothes anxiety, and promotes deep relaxation, leaving you calm and recharged. Bring a yoga mat and two blankets. *“yoga”*

**16 & up:** **Fri, 6-7:30pm** 143155 | 243155  
**Jan 23 | Feb 13 | Mar 6 | Apr 3 | May 1**  
Instructor: Urszula Bunting  
Location: 1200 Lashley St  
Fee: \$25 resident/\$31.25 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:** **Sun, 3:30-5pm** 143156 | 243156  
**Jan 25 | Feb 22 | Mar 15 | Apr 19**  
Instructor: Urszula Bunting  
Location: 1200 Lashley St  
Fee: \$25 resident/\$31.25 non-resident

### Winter Wellness Retreat

Start the new year with purpose at Sandstone Ranch.

Give yourself a calm day of rest and growth. Enjoy nature walks, gentle yoga and tai chi, writing in a journal, quiet meditation and healthy food. Reflect on your goals, make vision boards and connect with like-minded individuals. *“retreat”*

**16 & up:** **Jan 31, Sat, 9:30am-5pm** 143192  
Instructor: Urszula Bunting  
Location: SSR Visitor Center, 3001 Sandstone Dr  
Fee: \$125 resident/\$156.25 non-resident

### Birth Education Series

Learn information to support pregnancy, labor and birth and the postpartum. Registration for individual days is welcome. See online for more details of each class. *“birth”*

**16 & up:** **Thurs, 5:30-8:15pm** 143148  
1st class: Labor Prep: How to Prepare for Labor in Pregnancy  
2nd class: Stages + Phases of Labor and Labor Comfort Measures  
3rd class: Planning for the Postpartum + Newborn Care  
**Winter Series: Jan 8, Jan 22, & Feb 5** 143148  
**Spring Series: Apr 2, Apr 16, & Apr 30** 243148  
Instructor: Jessica Fawcett  
Daily Fee: \$120 resident/\$150 non-resident  
Series Fee: \$295 resident/\$368.75 non-resident

### Yoga For Menopause & Beyond

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. *“yoga”*

**40 & up:** **Feb 2-Mar 23, Mon, 5:30-6:45pm** 143143  
Instructor: Carla Schnurr  
Location: Izaak Walton Clubhouse, 18 S Sunset  
Fee: \$200 resident/\$250 non-resident

### Yoga Mechanics- Beginning Yoga for Men

Have you ever wanted to try yoga but were unsure of how to start? This is a course designed for you - an introduction to yoga for men who want to explore the basics. Improve your strength, mobility, balance and understanding with others who are new to a yoga practice. *“yoga”*

**18 & up:** **Feb 3-Mar 24, Tue, 6:30-7:45pm** 143150  
Instructor: Carla Schnurr  
Location: Izaak Walton Clubhouse, 18 S Sunset  
Fee: \$200 resident/\$250 non-resident

### Yoga and Meditation After Work

This class offers a restful approach to practice. Pause and restore after a day of work. Yoga & Meditation together offer a supportive way to meet challenges and changes in our lives with awareness, curiosity, gentleness, and perspective. *“yoga”*

**18 & up:** **Wed, 6-7pm** 143196 | 243196  
**Feb 4 | Feb 11 | Feb 25 | Mar 4 | Mar 11 | Mar 18**  
Instructor: Katharine Kaufman  
Location: Izaak Walton Clubhouse, 18 S Sunset  
Daily Fee: \$15 resident/\$18.75 non-resident

