

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	\$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"*

55 & up:	Tue & Thurs, 2-3:30pm	
	May 5-28	213303
	Jun 2-25 Jul 7-30 Aug 4-27*	313303
Instructor:	Robert Curtis, CPT	
Location:	St Vrain Memorial Bldg, 700 Long Peak Ave *(Aug 11 & 13) Longmont Recreation Center, 310 Quail Rd	
Fee:	\$140 resident/\$175 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"*

55 & up:	Wed, 2-3:30pm	
	May 6-27	213304
	Jun 3-24 Jul 8-29 Aug 5-26*	313304
Instructor:	Robert Curtis, CPT	
Location:	St Vrain Memorial Bldg, 700 Long Peak Ave *(Aug 12) Longmont Recreation Center, 310 Quail Rd	
Fee:	\$80 resident/\$100 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.

16 & up:	Tue, 1:15-2:45pm	<i>"weights"</i>
	Apr 21-May 19	243112
	Jun 16-Jul 14 Aug 4-Sept 8*	343112
	<i>*No class 8/24</i>	
Instructor:	Shantel Wheaton, CPT	
Location:	Longmont Recreation Ctr, 310 Quail Rd	
Fee:	\$90 resident/\$112.50 non-resident	



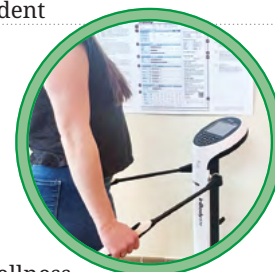
Women on Weights II

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"*

16 & up:	Tue, 1:15-2:45pm	343110
	Jul 21 Jul 28	
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 130 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:
Mon, May 25 | Sat, July 4



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

Visit www.longmontcolorado.gov/fitness or see facility for printouts.

Join the Party! 4th of July Aqua Zumba®
Sat, 10-11:30am at Sunset Pool, 1900 Long Peak Ave. Regular admittance fees apply.



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 213404 | 313404

Apr 9 | May 14 | Jun 11 | Jul 9 | Aug 13

Certified SilverSneakers® Instructor: Kim Nicks

Location: Longmont Recreation Center, 310 Quail Rd

Fee: Free but must register

SPECIALTY FITNESS OFFERINGS

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: Mar 4-May 27, Wed, 6-7pm 243126
Jun 3-Aug 19 343126
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 213812
May 8
Instructor: Jackie and Marty Diner
Location: Longmont Recreation Ctr, 310 Quail Rd
Fee: \$10 resident/\$12.50 non-resident

Sound Bath-Summer Solstice

Relax and recharge at this summer solstice sound bath. Lay down on a yoga mat and get comfortable with a soft bolster and cozy blanket for support. As you rest, the instructor plays crystal singing bowls, koshi chimes, a harmonium, and other beautiful instruments.

16 & up: Jun 21, Sun, 7-8pm 313903
Instructor: Laura Collins
Location: Lashley St Station, 1200 Lashley St
Fee: \$25 resident/\$31.25 non-resident

Prenatal Mat Pilates

Join this 6-week prenatal mat Pilates series designed to support your body and nervous system throughout pregnancy. Led by a Perinatal Pilates Specialist, this class offers expert guidance in core and pelvic floor conditioning using the Pilates method alongside mindful, fascia-focused movement. Fee includes a Pilates ball to take home.

18 & up: May 14-Jun 18, Thurs, 12-1pm 243147
Jul 2-Aug 6, Thurs, 12-1pm 343147
Instructor: Natalie Steimling
Location: Izaak Walton Clubhouse, 18 S Sunset
Fee: \$90 resident/\$112.50 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 213922
Mar 5- May 28
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.

“tai chi”

18 & up: Mon, 11am-12pm 243125 | 343125
Mar 2- May 18 | Jun 1-Aug 31
Instructor: Barb Larsen
Location: Izaak Walton Clubhouse, 18 S Sunset
Daily Fee: \$8 resident/\$10 non-resident

Qigong for Daily Joy

Learn simple Dragon & Tiger Qigong movements you can use in 10 seconds to 3 minutes throughout your day. This class focuses on relaxation, nervous system balance, and cultivating micro-moments of joy. Accessible to all levels, with optional deeper internal arts themes for returning students

18 & up: Jun 1-Jul 6, Mon, 6-7pm 313140
Instructor: Michiko Stas
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$72 resident/\$90 non-resident



Improvisational Moving Weekend Retreat

In the Improvisational Moving Weekend Retreat moving can be restful, explorative, dynamic, and anything can happen! Follow your own delight. This retreat is for those with experience in Contemplative Dance Practice/ Deep play forms. Special guest teachers.

18 & up: May 9 & 10, Sat & Sun, 1-4:30pm 243194
Instructor: Katharine Kaufman
Location: Lashley St Station, 1200 Lashley St
Fee: \$70 resident/\$87.50 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. *No Aug 10 *“movement”*

18 & up: Mon, 8-9am 343157
 Jun 1-22 | Jul 6-27 | Aug 3-31*
Instructor: Jo Keller
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Daily Fee: \$15 resident/\$18.75 non-resident

Summer Wellness Retreat

Experience a perfect summer day dedicated to your personal growth and connection! This retreat at Sandstone Ranch will include a nature walk, yoga and tai chi, arts, journaling, guided meditation, wholesome food, and the company of like-minded women. Led by an experienced yoga teacher and coach. Full description online.

18 & up: July 18, Sat, 8:30am-4pm 343198
Instructor: Urszula Bunting
Location: SSR Visitor Center, 3001 Sandstone Dr
Fee: \$125 resident/\$156.25 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 223500 | 223500
 Apr 13 | May 11 | Jun 8 | Jul 13 | Aug 3
Thurs, 11:30am-12pm
 Apr 16 | May 14 | Jun 11 | Jul 16 | Aug 6
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: Mon & Wed, 9-10am, Jun 1-Aug 31 223512 | 323512
Thurs, 12-1pm, Jun 4-Aug 27
Wed, 10:15-11:15am, Jun 3-Aug 31
Tue, 12-1pm, Aug 4-25
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
16 & up: Tues, 1:15-2:15pm, Jun 2-Jul 28 323512
Location: Longmont Recreation Center, 310 Quail Rd
Daily Fee: \$8 resident/\$10 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: Mar 4-May 27, Wed, 12-1pm 223516
 Jun 3-Aug 26 323516
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. April & May classes begin with a “2”. June, July, & August classes begin with a “3”.
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** 243117 | 343117
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** 243144 | 343144
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** 243152 | 343152
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. **No class in August. “yoga”*

16 & up: **Apr-May, Wed, 11:30am-12:30pm** 243146
June-July, Wed, 12:30-1:30pm 343146
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! **No August classes. “yoga”*

16 & up: **Thursday, 9-11am** 243142 | 343142
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, 10-11:15am*** 243133 | 343133
Instructor: Urszula Bunting **July time Wed, 8:30-9:30am*
Location: Lashley St Station, 1200 Lashley St
***July Location:** Kanemoto Park, 1151 S Pratt Pkwy
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: **Apr 12-May 17, Sun, 9:30-10:30am** 243171
Instructor: Katharine Kaufman
Location: Lashley St Station, 1200 Lashley St
Daily Fee: \$15 resident/\$18.75 non-resident

SPECIALTY YOGA

Yoga in the Park- An 8 week workshop

This special 8-week workshop is under shade trees at Thompson Park. Gentle and refreshing lying, sitting, and standing sequences move with breath. You'll sense a difference in flexibility, strength, and sense of ease. Help heal pain, hone awareness. Feel healthy, whole, and good. **NO class 7/5*

18 & up: **Jun 7-Aug 2, Sun, 9:30-10:30am** 343171
 Instructor: Katharine Kaufman
 Location: Thompson Park
 Daily Fee: \$15 resident/\$18.75 non-resident

Energy Healing Meditation

Relax and allow yourself to heal. Care for your mind, body, and spirit with this deeply calming meditation. This peaceful, guided practice gently blends soothing words with healing touch energy to support your overall health and balance.

18 & up: **May 4-18, Mon, 4-5:30pm** 213902
 Instructor: Zeytah Lucero
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Daily Fee: \$18 resident/\$22.50 non-resident

Mother's Day Tea and Yoga

Celebrate Mother's Day with a peaceful mini-retreat to relax and recharge. Enjoy gentle Hatha Vinyasa, restorative yoga, breathwork, meditation, and sound healing in a candlelit setting. Savor tea and journaling during a soothing foot soak, unwind in restorative poses, and leave with a gift for continued self-care at home.

16 & up: **May 8, Fri, 5:30-8pm** 243300
 Instructor: Urszula Bunting
 Location: Lashley St Station, 1200 Lashley St
 Fee: \$65 resident/\$81.25 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**
 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
Spring Series: Apr 2, Apr 16, & Apr 30 243148

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: **May 4-Jun 30*, Mon, 5:30-6:45pm** 343143
 Instructor: Carla Schnurr **No class 5/25.*
 Location: Izaak Walton Clubhouse, 18 S Sunset
 Fee: \$200 resident/\$250 non-resident

Yoga and Meditation After Work

Start from where you are. Gentle Yoga and Sitting Meditation offer a full practice experience of kindly returning to the present moment. Meet challenges and changes with awareness, curiosity, gentleness, and perspective. *"yoga"*

18 & up: **Jun 3 - Jul 22, Wed, 6-7pm** 343196
 Instructor: Katharine Kaufman
 Location: Izaak Walton Clubhouse, 18 S Sunset
 Daily Fee: \$15 resident/\$18.75 non-resident



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Summer Series: Jul 2, Jul 16, & Jul 30 343148
 Instructor: Jessica Fawcett
 Daily Fee: \$120 resident/\$150 non-resident
 Series Fee: \$295 resident/\$368.75 non-resident