

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, 9:30-11am** 413303
Sept 1-24 | Sept 29-Oct 22 | Oct 27-Nov 19 | Dec 1-29
 Instructor: Robert Curtis, CPT
 Location: St Vrain Memorial Bldg, 700 Long Peak Ave
 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, 9:30-11am** 413304
Sept 2-23 | Sept 30-Oct 21 | Oct 28-Nov 18 | Dec 2-23
 Instructor: Robert Curtis, CPT
 Location: St Vrain Memorial Bldg, 700 Long Peak Ave
 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** *"weights"*
Aug 4-Sept 8* *no class 9/1 343112
Sept 29-Oct 27 | Nov 17-Dec 15 443112
 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** 443110
Sept 15-22 | Nov 3-10
 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 fitness classes at the Longmont Recreation Center: Mon, Aug 31–Mon, Sept 7 & Nov 26

Additional fitness classes offered at Memorial Building: Mon, Aug 31–Fri, Sept 4

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

Join Us for a Pre-Turkey Buster Boot Camp Class:
Wed, Nov 25, 5:30pm at the Longmont Recreation Center, 310 Quail Rd

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



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®
by Tivity Health

Renew Active
by UnitedHealthcare

One Pass™

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 313404 | 413404

Aug 13 | Sept 10 | Oct 8 | Nov 12

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: Sept 2-Dec 30* 443126
*No Oct 28 or Nov 4

Instructor: Codi Vachon
Location: Longmont Recreation Ctr, 310 Quail Rd
Daily Fee: \$12 resident/\$15 non-resident

Dragon and Tiger Qigong

Learn Dragon and Tiger Qigong—a gentle, meditative movement practice that increases energy, reduces stress, and supports flexibility and vitality. No experience necessary. *“qigong”*

18 & up: Sept 7-Oct 12, Mon, 6-7pm 413140
Instructor: Michiko Stas
Location: Longmont Recreation Ctr, 310 Quail Rd
Fee: \$72 resident/\$90 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 443157
Sept 14-28 | Oct 4-26 | Nov 2-30 | Dec 7-28
Instructor: Jo Keller
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Daily Fee: \$15 resident/\$18.75 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. *“tai chi”*

18 & up: Sept 1-Nov 17, Tue, 2-3pm 443251
Instructor: Urszula Bunting
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Fee: \$115 resident/\$143.75 non-resident

Tai Chi: Beginning 37 Posture Yang Short Form

Qigong plays a vital role in supporting and enhancing Tai Chi practice. Experience how Qigong and Tai Chi complement each other. These classes help you move with greater awareness, strength, ease, and tranquility. *“tai chi”*

18 & up: Sept 10-Dec 17, Thurs, 10:30-11:30am 443124
Instructor: Padma Baimacuo
Location: Izaak Walton Clubhouse, 18 S Sunset
Daily Fee: \$8 resident/\$10 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). When the chi flows harmoniously, the mind, body and spirit are in balance, enhancing one's physical and mental well-being, relieving stress and improving health. This class is for people who have some Tai Chi experience. *“tai chi”*

18+ up: Sept 14-Dec 28, Mon, 11am-12pm 443125
Instructor: Barb Larsen
Location: Izaak Walton Clubhouse, 18 S Sunset
Daily Fee: \$8 resident/\$10 non-resident



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FITNESS & WELLNESS

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, 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 20, Tue, 3-4pm	413100
	Nov 10, Tue, 4-5pm	413100
Instructor:	Jackie Diner	
Location:	Longmont Recreation Ctr, 310 Quail Rd	
Fee:	\$15 resident/\$18.75 non-resident	

Move, Connect, Thrive

Join a fun, welcoming 6-week class where every step helps you grow. Explore gentle flow, creative movement, and playful activities. Build strength, ease stress, improve focus, and express yourself. No experience needed—just bring your curiosity and discover the joy of moving together.

18 & up:	Oct 3-Nov 14, Sat, 1-2:15pm	443195
Instructor:	Katy Champlin Rice	
Location:	Lashley St Station, 1200 Lashley St	
Daily Fee:	\$15 resident/\$18.75 non-resident	

Nia Dance Party

Come share in the JOY of moving with us. Great Music and lots of fun. No Experience needed. *“Nia”*

14 & up:	Sept 11, Fri, 5:30-6:45pm	413812
	Nov 13, Fri, 5:30-6:45pm	413812
Instructor:	Jackie and Marty Diner	
Location:	Longmont Recreation Ctr, 310 Quail Rd	
Fee:	\$10 resident/\$12.50 non-resident	



PRENATAL, BIRTH & BABY CLASSES

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	
Fall Series:	Oct 1, Oct 15, & Oct 29	443148
Instructor:	Jessica Fawcett	
Daily Fee:	\$120 resident/\$150 non-resident	
Series Fee:	\$295 resident/\$368.75 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:	Wednesday, 11:30am-12:30pm	443146
Instructor:	Jessica Fawcett	
Location:	Izaak Walton Clubhouse, 18 S Sunset	
Daily Fee:	\$16 resident/\$20 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:	Tuesday, 5-6:15pm	443144
Instructor:	Jessica Fawcett	
Location:	Izaak Walton Clubhouse, 18 S Sunset	
Daily Fee:	\$18 resident/\$22.50 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:	Sept 17-Oct 22, Thurs, 12-12:50pm	443147
	Nov 5-Dec 17, Thurs, 12-12:50pm	443147
Instructor:	Natalie Steimling	
Location:	Izaak Walton Clubhouse, 18 S Sunset	
Fee:	\$95 resident/\$118.75 non-resident	

Calm For the Holidays

Start the holiday season feeling calm, refreshed, and ready. This one-day experience includes yoga, breathwork, calming tea, and meditation. This will help you feel calm, relaxed, and ready for the holiday season. *“calm”*

40 & up:	Dec 5, Sat, 9am-12pm	143216
Instructor:	Carla Schnurr	
Location:	Izaak Walton Clubhouse, 18 S Sunset	
Fee:	\$45 resident/\$56.25 non-resident	

Sound Bath-Winter Solstice

Take a break from the busy holiday rush and step into a space of pure peace to celebrate the winter solstice. Join us for a relaxing, one-hour sound bath designed to honor the longest night of the year and your true essence. Please bring your own pillow.

16 & up:	Dec 20, Sun, 6:30-7:30pm	113903
Instructor:	Laura Collins	
Location:	Lashley St Station, 1200 Lashley St	
Fee:	\$25 resident/\$31.25 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	423500
	Sept 14 Oct 12 Nov 9 Dec 14	

Thurs, 11:30am-12pm
Sept 17 | Oct 15 | Nov 12 | Dec 17

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.

**No classes Dec 21-24.* *“trx”*

16 & up:	Mon & Wed, 9-10am, Sept 2-Dec 30*	423512
	Tue & Thurs, 12-1pm, Sept 1-Dec 29*	
	Wed, 10:15-11:15am, Sept 2-Dec 30*	
Location:	St Vrain Memorial Bldg, 700 Longs Peak Ave	
Daily Fee:	\$8 resident/\$10 non-resident	



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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:	Wed, 12-1pm, Sept 2-Dec 30	423516
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. August classes begin with a “3”. September, October, November, & December classes begin with a “4”
Classes are offered on an on-going weekly basis unless otherwise noted. Custom dates available online.

Alignment Based Yoga

In this class you will hear clear instructions in yoga alignment. Each class has a specific theme. Poses are chosen with an order in mind to prepare your body to receive the benefits of yoga. You will get personalized attention and modifications as you need them. Experience how yoga can help improve posture, build strength and 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: Tuesday, 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

Learn yoga with easy-to-follow instruction. Each class has a different focus. The poses build on each other to help you move with safety and confidence. Instruction offers customized tips and options to fit your needs. Build strength, improve flexibility, and improve your balance.

“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. **No class in August.*

“yoga”

16 & up: Wednesday, 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! **No August classes.*

“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, 10-11:15am 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: Sunday, 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

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: Tue, 12:30-2pm 413902
Sept 8 | Sept 22 | Oct 6 | Oct 20 | Nov 3 | Nov 17
Instructor: Zeytah Lucero
Location: Longmont Recreation Ctr, 310 Quail Rd
Daily Fee: \$18 resident/\$22.50 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: Sept 28-Nov 16, Mon, 5:30-6:45pm 443143
Instructor: Carla Schnurr
Location: Izaak Walton Clubhouse, 18 S Sunset
Fee: \$200 resident/\$250 non-resident

Restorative Yoga

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

18 & up: Friday, 6-7:30pm 443155
Sept 11 | Oct 2 | Nov 6 | Dec 4
Instructor: Urszula Bunting
Location: Lashley St Station, 1200 Lashley St
Fee: \$25 resident/\$31.25 non-resident

Rooted Strength and Focused Mind

This yoga course is designed to help you feel balanced in both your body and mind. Learn gentle movements, good posture, breathing exercises, and simple meditation techniques. Build strength and improve balance while helping you feel calmer, more relaxed, and at ease. *"yoga"*

18 & up: Oct 15-Nov 5, Thurs, 5:30-6:30pm 413906
Instructor: Karen Ehrhardt-Martinez
Location: Longmont Recreation Ctr, 310 Quail Rd
Fee: \$90 resident/\$112.50 non-resident

Fall Equinox Yoga Class

Celebrate the Fall Equinox with an outdoor Gentle Vinyasa yoga class for all levels. Enjoy mindful movement, breath, nature, and community as we welcome the new season with balance and intention. *"yoga"*

16 & up: Sept 22, Tue, 6-7:15pm 443198
Instructor: Urszula Bunting
Location: SSR Visitor Center Lawn, 3001 Sandstone Dr.
Fee: \$10 resident/\$12.50 non-resident

Embodied Mindfulness Meditation

An 8-week class teaching mindfulness, self-healing, and compassion-based meditation. Learn easy practices that help calm the mind and improve focus. This helps support overall wellbeing. This course builds grounding, resilience, and everyday stress relief skills. No experience needed. *"meditation"*

16 & up: Oct 1-Nov 19, Thurs, 12-1pm 413911
Instructor: Padma Baimacuo
Location: Longmont Recreation Ctr, 310 Quail Rd
Fee: \$80 resident/\$100 non-resident

