North Boulder Recreation Center
Drop-in Schedule August

7/29/2016 — Schedule subject to change.

NO CLASSES — ANNUAL MAINTENANCE SHUTDOWN — AUGUST 22 - 28

North Boulder Recreation Center • 3170 Broadway • 303-413-7260

Childcare hours: Mon thru Fri 8:45am - 1:30pm, Tue & Thu 2:30pm - 6:30pm

Yoga					
Yoga	#	Yoga Rm	M / TU / W / TH / SA	12:00 - 1:00 PM	Shawna / Pamela / Shawna / Angel / Andrea
Yoga	#	Yoga Rm	M	5:30 - 6:30 PM	Louann
Yoga	#	Yoga Rm	T	8:00 - 9:00 AM	Alicia
Yoga	#	Yoga Rm	W	9:00 - 10:00 AM	Caroline
Yoga	#	Yoga Rm	SU	9:00 - 10:00 AM	Louis
Yoga	#	Yoga Rm	SU	10:15 - 11:15 AM	Louis
Restorative Yoga and Pranayama	#	Yoga Rm	M	4:00 - 5:15 PM	Louann
Restorative Yoga and Pranayama	#	Yoga Rm	TH	5:30 - 6:45 PM	Shawna
Yoga and Meditation	#	Yoga Rm	F	8:45 - 10:00 AM	Ravi
Yoga and Meditation	#	Yoga Rm	F	12:00 - 1:15 PM	Angel
Yin Yoga	#	Yoga Rm	T	10:15 - 11:15 AM	Karen C.
Nia, Ayre, Soul Sweat™					
Ayre		Multi Rm	M	8:20 - 9:20 AM	Juliet
Ayre		Multi Rm	W	9:00 - 10:00 AM	Juliet
Ayre		Multi Rm	F	10:45 - 11:45 AM	Juliet
Ayre		Gym	SA	10:15 - 11:15 AM	Juliet
Nia		Multi Rm	M	9:30 - 10:30 AM	K.O.
Nia		Multi Rm	T	9:00 - 10:00 AM	Tracy
Nia		Multi Rm	TH	10:30 - 11:30 AM	Vicki
Nia		Yoga Rm	SU	12:00 - 1:00 PM	Wendy
Soul Sweat ™		Multi Rm	TH	9:15 - 10:15 AM	Misa
Pilates Mat					
Pilates Mat Fundamentals	#	Yoga Rm	M	9:00 - 10:00 AM	Lisa
Pilates Mat	#	Yoga Rm	TH	4:15 - 5:15 PM	Lisa
Pilates Mat	#	Yoga Rm	F	10:15 - 11:15 AM	Joan
Fitness					
Total Body Fitness		Multi	M/F	7:15-8:15 AM	Carol
Fitness for Life		Gym	M/W/F	7:30-8:30 AM	Dora/Dora/Heather
Fitness for Life		Gym	M/W/F	10:30-11:30 AM	Heather/Terry
CARVE		Multi	M/W	12:00-1:00 PM	Carol/Jennifer
MRT (Metabolic Resistance Training)		Gym	T/TH	7:30-8:30 AM	Andrew Class outside weather permitting
Pure Step		Multi	T/TH	12:00-1:00 PM	Jennifer B
Barre Fusion		Dance	W	7:15-8:15 AM	Carol
SilverSneakers® CardioFit		Multi	W/F	1:15-2:15 PM	Terry T.
Hard Core		Multi	F	12:00-1:00 PM	Dora
Barbell Circuit		Gym	SA	8:30-9:30 AM	Andrew
Aquatics					
Water Fitness Aqua Motion		Lap Pool	M/W/F	9:00-10:00 AM	Anita/Stephanie
Pre/Post Natal Aqua Fit		Lap Pool	Mon	7:00-8:00 PM	Erin
Water Fitness Aqua Motion		Spruce Pool	Thu	6:00-7:00pm	

Recommendation: Bring your own yoga mat

www.BoulderParks-Rec.org

Recommendation: Completion of one registered course before attending any yoga or Pilates drop-in