# South Boulder Recreation Center
# Drop-in Schedule December

11/29/2016 Schedule subject to change.

**NO DROP-IN CLASSES 12/24, 12/25, 12/31, 1/1**

**New Year's Day Family Fitness Jam at East Community Center 9:00am - 1:00pm**

**South Boulder Recreation Center • 1360 Gillaspie • 303-441-3448**

| | | | | | | |
|---|---|---|---|---|---|---|
| ***Mind/Body*** | | | | | | |
| *Nia* | | Dance Rm | Mon | 9:00 - 10:00 AM | Tracy Goldenberg | |
| Yoga | # | Dance Rm | Mon | 12:00 - 1:00 PM | John Steele | |
| Yoga and Meditation | # | Dance Rm | Wed | 7:15 - 8:30 PM | Andrea Ahrens | |
| Yin Yoga and Meditation | # | Dance Rm | Thu | 12:00 - 1:15 PM | Karen Cobble | |
| *Nia* | | Dance Rm | Sat | 8:10 - 9:10 AM | Tracy Goldenberg | No class 12/24, 12/31 |
| *Nia* | | Dance Rm | Sun | 12:00 - 1:00 PM | Tracy Goldenberg | No class 12/25, 1/1 |
| ***FITNESS*** | | | | | | |
| LoHi Bootcamp | | Gym | M/W | 8:00-9:00 AM | Andrew | |
| Sports Conditioning | | Gym | M/W/F | 12:00-1:00 PM | Daryl/Tom/Joe | |
| Total Body Fitness | | Gym | T/TH | 8:50-9:50 AM | Jennifer B | |
| SilverSneakers® CardioFit | | Gym | T/TH | 10:15-11:15 AM | Terry T. | |
| Barre Fusion | | Dance | Wed | 10:30-11:30 AM | Carol | |
| Winter Sports Conditioning NEW! | | Gym | Sat | 8:00-9:00 AM | Mark | NO CLASS 12/24, 12/31 |
| Barre Fusion | | Dance | Sat | 10-11am | Shelby | NO CLASS 12/24, 12/31 |
| ***Aquatics*** | | | | | | |
| Hydro Dynamics | | Pool | T/TH | 12:30-1:30 PM | Anita/Ingrid | |

***Minimum age to participate in all Mind/Body drop-in classes is now 12***

**# Recommendation: Bring your own yoga mat** **www.BoulderParks-Rec.org**

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