



# FALL INTO FITNESS SALE

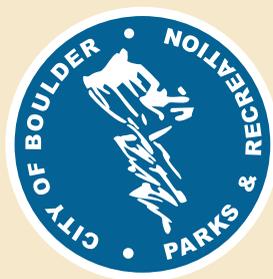
September 14-October 18, 2015

GET FIT **SAVE MONEY** HAVE FUN!

WIN ONE  
YEAR FREE

See pg. 2

PRSR STD  
US POSTAGE  
PAID  
DENVER, CO  
PERMIT 5377



5660 Sioux Dr.  
Boulder, CO 80303



# FANTASTIC FALL OFFERS

## Fall into Fitness

### Get unlimited workouts thru 2015 - for \$99!\*

Get unlimited fitness and recreation center use through the rest of 2015 for as little as a \$1/day!

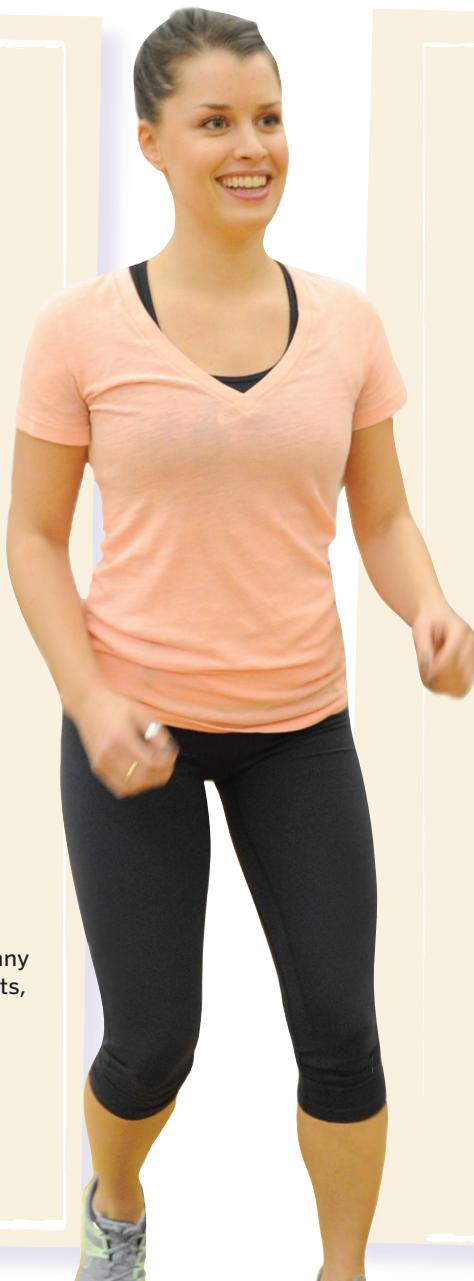
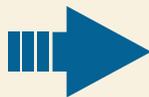
The sooner you buy, the more you save, the fitter you get. Make us your all-weather, cross-training, weight-reducing, core-conditioning, lap swimming, multi-functioning workout facility - at this once a year introductory rate - for new patrons.

\*DETAILS: Save more than \$100 - to feel and look your best this fall. Good for unlimited access to all three city of Boulder Recreation Centers - including daily drop-in group classes, weight and cardio conditioning equipment, swimming, ball courts, hot tubs, saunas (and more).

This offer available to new customers only (your last COB Rec Center pass purchase must have been at least two years from date of purchase). Benefits begin at time of purchase and run through December 31, 2015! Offer cannot be combined with any other discounts, coupons or offers, including group discounts, chamber member discounts and reduced rate.

Existing pass holders see offer:

*Stretch Your Fitness Dollars.*



## Stretch Your Fitness Dollars

### Get 20% More Workouts FREE when you buy or renew a pass today!\*\*

Enjoy 20% more punches (entries) FREE when you buy or renew any recreation center entry punch pass through October 18, 2015.

You already know what a great deal our fitness and recreation centers offer - now get an even better deal - with 20% more FREE punches.

### Buy 10 get 12 | Buy 20 get 24 | Buy 40 get 48

Use your pass to access any of Boulder's three rec centers. Enjoy a drop-in spin, Nia, Zumba, yoga, or core conditioning class. Play basketball or volleyball. Swim, lift weights or relax in a hot tub or sauna. You can even use your pass at the Boulder Reservoir or seasonal outdoor pools - because all punches are good for 2 years from purchase date! So buy now and stretch your workout dollars - so you can stay fit for less!

\*\* DETAILS: This offer available to new AND existing customers! Receive 20% more free punches with your purchase of any regular price punch pass. Punches expire two years from date of purchase. Offer cannot be combined with any other discounts, coupons or offers, including group discounts, chamber member discounts and reduced rate.

## WIN One Year Free! Enter our Fall Fitness Giveaway\*

### Prizes include:

- 1 - Full year Annual Recreation Center Pass
- 1 - 20-Punch Pass (20-entry pass)
- 1 - Duffel bag (with more prizes inside)

\*No purchase necessary. **One entry per person only.** Entries must be received by 5 p.m., Oct. 18, 2015. Need not be present to win. Winners will be notified by e-mail the week of Oct. 26, 2015.

Visit [www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org) for entry details and official rules.

**Enter to win at any City of Boulder Rec Center.**



## Kids' Corner Childcare

Ages: 6 mo. to 9 years.

### East Boulder Community Center

Mon/Wed: 2:30 - 6:30 p.m.  
Fri./Sat: 8:30 a.m. - 1:30 p.m.

### North Boulder Recreation Center

Mon - Fri: 8:45 a.m. - 1:30 p.m.  
Tue/Thu: 2:30 - 6:30 p.m.

## TRY US:

### One FREE 90-Minute Childcare Session

DETAILS: Mornings at North; afternoons/evenings at North & East - we've got your workout covered. Leave your child in good hands. Use this coupon for 90-minutes of FREE childcare. Good for one child; one-time.

Offer and coupon expires October 18, 2015. Please present coupon at front desk check-in. May not be combined with any other discounts, passes or offers.

## 2 Day Super Sale October 2 & 3 ONLY

SAVE \$

BACK BY POPULAR  
DEMAND:

### Annual Pass

**SALE**

Resident: \$499\*  
(regularly \$552)

**SALE**

Non-resident \$599\*  
(regularly \$645)

Break it down - this is less than \$1.50 a day for residents and less than \$1.75 a day for non-residents. Where else can you get so many pools, so much fitness equipment, so many weekly group fitness classes AND 3 convenient locations for less than two bucks a day?



**Get your annual pass now - at our lowest rate of the year!**

\*Sorry, no monthly billing available at these rates; credit cards will be accepted. Good for 1 year purchase per person only (no multi-year purchases). Offer cannot be combined with any other discounts, coupons or offers, including group discounts, chamber member discounts and reduced rate.

### Family Pass SUPER Special

Get unlimited family fitness for less than 75¢ per person, per day.\* Get a Family Annual Pass now and start sharing the joy of fitness, swimming, sports and more with the whole family! One affordable rate provides unlimited access to 3 rec centers, 2 seasonal outdoor pools and the Boulder Reservoir for all family members living at the same address. At the regular rate, this is a great deal at less than \$19 per person, per month - for resident families of 4 or more. On sale it works out to less than \$17 per person, per month! That's less than 75¢ per person, per day!

**SALE** Resident: \$799\* (regularly \$885)

**SALE** Non-resident \$999\* (regularly \$1075)

Look your best for the holidays!

### Yoga with Weights

(Age 14+) Learn how to use light hand weights to enhance your yoga practice. This course focuses on strengthening and sculpting muscles, sharpening the mind, and maintaining flexibility in the body. Lightly aerobic.

231982 9/9-10/28 W, 5:30-6:30pm North 8 \$70/\$88 Beryl

### Power Yoga - Beginner

(Age 14+) Power up for an invigorating practice! This is a flowing vinyasa yoga class which progresses from simple to complex, allowing you to fully embody the postures and focus on powerful transitions. We will practice Sun Salutations, standing poses, seated poses, twisting and back bending, and inversions. Experience with yoga is helpful, but not necessary.

230849 9/8-12/15 Tu, 6:45-8pm North 15 \$164/\$205 Maggie

### Try-it! Pilates Mat Intro

(Adult 14+) Check out this effective system of whole body physical exercise. No long-term commitment, just an opportunity to experience this beneficial strengthening, stretching method that so many have endorsed in the exercise industry. Class design will be based on the mix of student abilities. Class size limited to a maximum of 10 students. All levels welcome.

232383 10/28-12/16 W, 5:20-6:20pm South 7 \$61/\$77 Bianca  
232391 10/30-12/11 F, 10:10-11:10am Iris 7 \$61/\$77 Christine



# KIDS FITNESS & FUN



## School Day Off Camps

(Ages 5-11) Want to turn a challenging school day off into a fun-filled, energetic day of exciting and diverse activities for your child? Enroll them in our school day off camps where they can enjoy games, sports, swimming, indoor climbing, arts and crafts, and more! All camps provide safe, respectful, age-appropriate, supervised activities.

Don't miss out - Enrollment is limited - Sign up today!

Information: Erynn at 303-441-4137 or simonee@bouldercolorado.gov

### BVSD - Student Assessment Day

222540 9/21 M, 8:30am-5pm East \$60 res./\$76 non-res.

### BVSD - Teacher Professional Development Day

222538 10/12 M, 8:30am-5pm East \$60 res./\$76 non-res.

### Veterans Day

222539 11/11 W, 8:30am-5pm East \$60 res./\$76 non-res.

### Thanksgiving Break Camp

231186 11/23 M, 8:30am-5pm East \$60 res./\$76 non-res.

231187 11/24 Tu, 8:30am-5pm East \$60 res./\$76 non-res.

231188 11/25 W, 8:30am-5pm East \$60 res./\$76 non-res.

### Winter Break Camp

220185 12/21 M, 8:30am-5pm East \$60 res./\$76 non-res.

220186 12/22 Tu, 8:30am-5pm East \$60 res./\$76 non-res.

220187 12/23 W, 8:30am-5pm East \$60 res./\$76 non-res.

220188 12/28 M, 8:30am-5pm East \$60 res./\$76 non-res.

220189 12/29 Tu, 8:45am-5pm East \$60 res./\$76 non-res.

220182 12/30 W, 8:45am-5pm East \$60 res./\$76 non-res.

Visit us online or pick up a Rec Guide today for more info on these great fall classes!

### Zumba Kids®

(Ages 4-7) Move your body and stretch your imagination while exploring different musical styles and dance steps. Inclusive, energetic informal fun for all abilities. Learn how to be active and healthy. Develop strong, flexible bodies and minds, and joyful spirits.

### Preschool Swimming

(Age 3-5) Classes build confidence and comfort around water while developing the fundamentals of swimming. Students learn basic water safety skills, arm and leg movements and breathing techniques. Students also learn to enter and exit the water independently and float with support.

### Gonzo Tennis

(Ages 3-10) This program uses a variety of fun games to develop motor skills and enable enjoyment of playing tennis. It helps instill confidence in a safe and friendly environment while making tennis fun!

### Gym Jam

(Ages 9mos - 4yrs) Burn off energy, play, develop coordination and basic skills. We fill the gym each week with different, fun gear; you provide the supervision.

### SuperTots Sports Academy

(Ages 3-5) Program using a variety of fun games to delight and engage kids in physical and mental learning through sports. Designed to develop motor skills, promote physical fitness, create self-confidence and prepare young children for sports. It features a non-competitive fun environment. Try two classes risk free!

**NEW!**

### Youth Indoor Rock Climbing

(Ages 5-12) Join our experienced climbing wall staff for age appropriate activities on our indoor rock wall at the East Boulder Community Center. Beginner to advanced classes available.

### Youth Volleyball

(Ages 7-15) Classes offered for elementary through middle school aged players. Whether your looking to build fundamental skills or preparing for school try outs we have a class that will build confidence and skills.

Register online at [www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)

**\$5 OFF**



**SAVE \$**

**Any 2015 School Day Off Camp**

DETAILS: Take \$5 off any single day enrollment in one of our popular school or holiday day camps (for ages 5-11). One coupon per child.

Offer expires October 18, 2015 - coupon valid for pre-registration for any 2015 school day off camp (with available space). Register today to reserve your spot and SAVE \$5. Discount applied to regular resident and non-resident fees. No other discounts apply.

# FALL DROP-IN CLASSES

Visit us online for monthly schedule updates.

All drop-in classes are FREE with daily center entry (use your pass or \$7 daily fee)



## NORTH RECREATION CENTER

3170 Broadway 303-413-7260



### Fitness

Total Body Fitness	M/F	7:15-8:15 am
Barre Fusion	W	7:15-8:15 am
Barre Fusion★	Th	9-10 am
M.R.T Metabolic Resistance Training	T/Th	7:45-8:45 am
Carve★	M/W	12-1 pm
Pure Step★	T/Th	12-1 pm
Fitness for Life	M/W/F	7:30-8:30 am
Fitness for Life★	M/W/F	10:30-11:30 am
H.I.I.T	M/W	5:30-6:15pm
Water Fitness	T/Th	8-9 am
Water Fitness★	M/W/F	9-10 am
Hard Core★	F	12-1 pm
Barbell Circuit★	T/Th	5:30-6:15 pm
Barbell Circuit	Sa	8:30-9:30am
Aquatic Zumba®	T	5:45-6:45 pm
Pre/Post Natal Aqua Fit	M	7-8 pm

### Mind/Body

Ayre	Mon	8:20-9:20 am
Zumba®★	Mon	9:30-10:30 am
Chi Kung★	Mon	10:45-11:45 am
Yoga	Mon	12-1 pm
Restorative Yoga & Pranayama	Mon	4-5:15 pm
Yoga	Mon	5:30-6:30 pm
Yoga	Tue	8-9 am
Ayre★	Tue	9-10 am
Yin Yoga★	Tue	10:15-11:15 am
Nia★	Tue	10:30-11:30 am
Pilates/Yoga Combo★	Tue	11:45 am-12:45 pm
Yoga - Kundalini	Wed	7:15-8:15 am
Yoga★	Wed	9-10 am
Ayre★	Wed	9-10 am
Yoga★	Wed	12-1 pm
Nia★	Thu	10:30-11:30 am
Yoga★	Thu	12-1 pm
Pilates Mat★	Thu	4:15-5:15 pm
Yoga & Pranayama	Thu	5:30-6:45 pm
Yoga★	Fri	8:50-9:50 am
Ayre★	Fri	10:45-11:45 am
Yoga★	Fri	12-1 pm
Ayre	Sat	10:15-11:15 am
Yoga	Sat	11:30-12:30 pm
Yoga	Sun	9-10 am
Yoga	Sun	10:15-11:15 am
Nia	Sun	12-1 pm

### Volleyball

19+ Coed	Su	8 am-12 pm
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### Basketball

19+	M/W/F	11:30-1:30 pm
19+	W	7-9 pm
All Ages	Sa	1-5 pm
All Ages	Su	12:30-3 pm

★ = childcare available

## EAST COMMUNITY CENTER

5660 Sioux Dr. 303-441-4400



### Fitness

The Ride!	M/W	6-7 am
The Ride!	M-Th	8:50-9:50 am
The Ride!	T/Th	5:30-6:30 pm
30/30 cycle/weights★	F	8:50-9:50 am
Boulder Lift	T/Th	8:30-9:30 am
Boulder Lift	M/W	9-10 am
Total Body Fitness★	F	9-10 am
Hard Core★	M	5-6 pm
Carve	Sa	8-9 am
Carve★	Sa	9-10 am
Carve	W/F	5-6 pm
Carve	Tu/Th	6:30-7:30 am
M.R.T Metabolic Resistance Training	Tu/Th	6:15-7 am
M.R.T Metabolic Resistance Training	Tu/Th	6:45-7:30 pm
Zumba Gold®	Tu	1:30-2:30 pm
Fitness for Life	Th	1:30-2:30 pm
Aqua Fit	M/W/F	8-9 am
Aqua Core	M/W	2-3 pm
Hydro Drive Aquatic Sampler	M/W	6:15-7:15 pm
Twinges 'N Hinges	Tu/F	9:30-10:30 am
Water Fitness	M/W/F	9:15-10:15 am

### Mind/Body

Yin Yoga	M	12-1 pm
Yoga	Tu	12-1 pm
Zumba Gold®	Tu	1:30-2:30 pm
Yoga	Tu	5:30-6:30 pm
Zumba®	Tu	5:30-6:30 pm
Nia	W	10:30-11:30 am
Pilates/Yoga Combo	W	12-1 pm
Zumba®★	W	5:20-6:20 pm
Nia	Th	12-1 pm
Nia	Th	4:15-5:15 pm
Yoga	Th	5:30-6:30 pm
Nia★	F	10:45-11:45 am
Yoga★	F	12-1 pm
Nia	Sa/Su	10:30-11:30 am
Yoga	Su	9:15-10:15 am
Yoga	Su	11:45 am-12:45 pm

### Volleyball

Senior	M/F	1:30-3:30pm
Co-Ed	F	7-9pm

### Basketball

All Ages	Sa	1-6 pm
All Ages	Su	1-8 pm
All Ages	Th	3:30-5:30pm

★ = childcare available

## SOUTH RECREATION CENTER

1360 Gillaspie 303-441-3448



### Fitness

Total Body Fitness	T/Th	8:50-9:50 am
Total Body Fitness	Sa	8:30-9:30 am
Sports Conditioning	M/W/F	12-1 pm
Hydro Dynamics	T/Th	12:30-1:30 pm

### Mind/Body

Nia	M	9-10 am
Yoga	M	12-1 pm
Yoga	W	12-1 pm
Yoga	W	7:15-8:15 pm
Yin Yoga	Th	12-1 pm
Nia	Sa	8:10-9:10 am
Yoga	Sa	12-1 pm
Pilates Mat <b>NEW!</b>	Sa	4-5 pm

### Volleyball

19+ Womens	Sa	9:30-12pm
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### Basketball

19+	Tu/Th	11am-1:30pm
All Ages	Sa	1-5pm
19+	Su	8-11am
All Ages	Su	3-5pm

### Pickleball

19+	Tu/Th	1:30-3:30pm
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### Badminton

19+	F	5:45-7:45pm
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# COMMUNITY EVENTS

healthybee-beehealthy.eventbrite.com

## Healthy Bee Bee Healthy

Oct. 1-3  
2015



Boulder, CO  
WAS CONFERENCE

- World Renowned Speakers
- Bees and Human Health
- Honey Food and Spirits Events

Catch the buzz!  
Scan here.



Hosted by: Colorado State Beekeepers Assoc.(CSBA)  
[www.westernapiculturalsociety.org/2015-conference](http://www.westernapiculturalsociety.org/2015-conference)

POLLINATOR APPRECIATION MONTH!




Celebrate our Pollinators  
with a Month of Events!

BEE BOULDER FILM SERIES:

- Sept. 3: Family Night
- Sept. 10: Meet Your Local Beekeeper
- Sept. 17: More Than Pollinators – Other Species
- Sept. 24: What's Killing the Bees? Challenges and Solutions

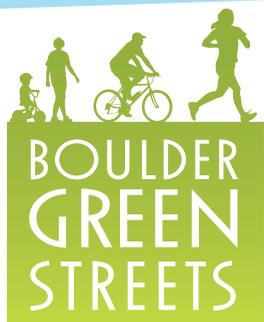
BEE BOULDER FESTIVAL  
& CELEBRATION FAMILY EVENT  
Saturday, September 26 – Central Park

FOR DETAILS, VISIT BEEBOULDER.ORG



## Visit the *Let's Move!* Activity Zone at North Boulder Recreation Center

PART OF BOULDER GREEN STREETS 2015 Ciclovía



*Boulder Green Streets*  
**SUPER ONE DAY SPECIAL**  
**Family Pass good thru the end  
of 2015 for only \$199**  
(resident or non-resident)  
**Sun., Sept.27 at  
North Boulder Recreation Center only**

Arrive the Boulder way by bus [www.rtd-denver.org](http://www.rtd-denver.org)  
or bike [www.GoBikeBoulder.net](http://www.GoBikeBoulder.net)

### *Let's Move!* Activity Zone\* ZONE HIGHLIGHTS

**FREE** open house from 10 a.m. to 4 p.m.  
@ North Boulder Recreation Center

- **FREE** body comp & weight room orientations (10 a.m. - 4 p.m.)
- **Gymnastics** obstacle course (10 a.m. - 4 p.m.)
- **Pickleball** in gym + open gym (10 a.m. - 4 p.m.)
- **Pottery - Clay Play** (11 a.m. - 1 p.m.)
- **Nia drop-in** (12 - 1 p.m.)
- **Childcare** (10 a.m. - 4 p.m.)  
(Ages 6 mo. to 9 years)

\* For a complete schedule of class offerings, visit:  
[Bouldergreenstreets.org](http://Bouldergreenstreets.org) or [BoulderParks-Rec.org](http://BoulderParks-Rec.org)





# Save The Date!

SUNDAY, SEPT. 27 • 10 AM - 4 PM

# CICLOVIA!

Transforming public streets into public play space

MAKE YOUR COMMUNITY HEALTHIER, MORE LIVABLE, AND FUN!

Boulder Green Streets and the City of Boulder present:  
**A Car-Free Play Day!**

This event transforms several miles of city streets into a day-long, car-free public space for the community to engage in healthy, active, and sustainable activities. Miles of open, car-free streets link three great activity zones:

- East Pearl St from 15th - 17th streets
- Community Plaza at 13th & Alpine
- North Boulder Recreation Center at 3198 Broadway

Be a part of the global Ciclovía movement and join us at each of the zones and enjoy free activities, live music, food, fitness, and fun!

For a complete list of Green Streets activities, times and details, visit [www.bouldergreenstreets.org](http://www.bouldergreenstreets.org)

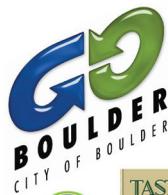


**50+ FREE**  
ACTIVITIES AND CLASSES

**12 DYNAMIC**  
ZONES FILLED WITH FUN

**MILES**  
OF CAR-FREE STREETS

Free community breakfast, kids bike parade, live music, yoga, gymnastics, climbing, fitness & dance classes, kayaking, kids bike rodeo, slow bike race, long board, bike & skate demos, fire station open house, free North Boulder Rec Center admission all day, prizes, giveaways, organic food pavilion... & much much more!



Arrive the Boulder way by bus ([www.rtd-denver.org](http://www.rtd-denver.org)) or bike ([www.GoBikeBoulder.net](http://www.GoBikeBoulder.net)). Parking will be limited.



# Dog Dayz

at Scott Carpenter Pool • 1505 30th St.

**Monday, Sept. 14-Sunday, Sept. 27**

### Dogs of Any Size

Monday-Friday 12-2 p.m. & 5-7 p.m.  
Sept. 19 & 26 11-2 p.m.

### Small Dogs Only (under 50 lbs.)

Monday-Friday 11-12 p.m. & 4-5 p.m.  
Sept. 19 & 26 10-11 a.m.

\$5 per dog or buy an unlimited pass for \$40 (up to two dogs) additional dogs \$10 each.

## Dog Expo!

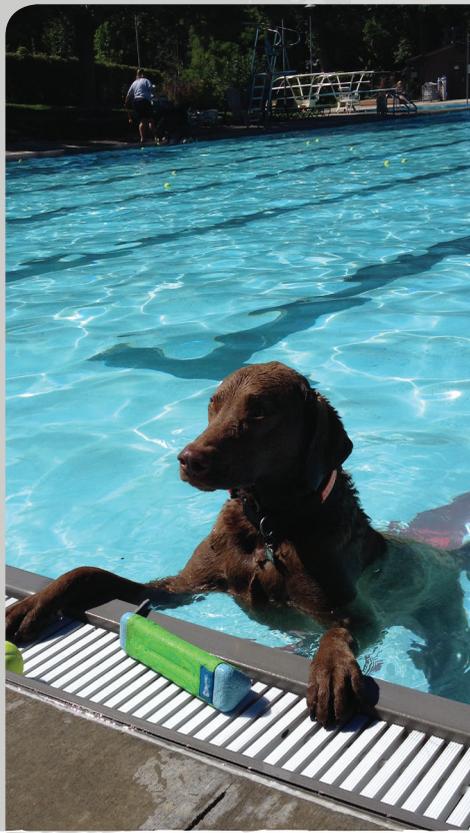
Join us for a day of fun in the sun with our canine friends (all dogs welcome). Various organizations will be on site with samples, prizes and information.

**Sunday, Sept. 27 from 10-2 p.m.**

"Flying high" dog competition • 12:30-2 p.m.

For sponsorship interest and more information please e-mail Jason Stolz at stolzj@bouldercolorado.gov

[www.BoulderDogDayz.org](http://www.BoulderDogDayz.org)



# Open House

at the East Boulder Community Center



**Wednesday, September 16  
from 4-7 p.m.**

Tour one of Boulder's best kept fitness secrets - and workout for **FREE** at the East Boulder Community Center, 5660 Sioux Dr.

Sample classes, swim or try some of the latest weight room and cardio equipment. Bring your kids and try out childcare for **FREE!**

Want to give us a try before you buy? Here's your opportunity!

[www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)



Spooky deals for kids...

# Halloween Carnival

**Friday  
October 30 • 3-5 p.m.**

Ages 3-8 • \$5 per child

**South Boulder Rec Center**  
1360 Gillaspie, Boulder

**Carnival Games • Crafts  
Face Painting • Prizes  
Snacks & More!  
Wear your costume!**

Registration Code:  
232386

Register online  
or call 303-413-7270



[www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)



WHOLE FOODS MARKET | *Ideal Market*

## HEALTH & WELLNESS "12 for 12" Basket Give-Away



**Enter to Win a Basket  
Full of LOCAL Goodies**

**HERE IS HOW TO ENTER:**  
MAKE 12 VISITS TO ANY OF OUR 3 RECREATION CENTERS (NORTH, SOUTH OR EAST). USING YOUR PUNCH CARD OR ANNUAL PASS. WITHIN A CALENDAR MONTH AND YOU WILL AUTOMATICALLY BE ENTERED. *It Is That Simple!*

ONE (1) GIFT BASKET WILL BE GIVEN AWAY BY RANDOM DRAWING EACH MONTH (AUGUST 2015 - JULY 2016). GIFT BASKET CONTENTS MAY VARY MONTHLY. ALL ITEMS WILL BE SELECTED SOLELY BY WHOLE FOODS MARKET. NO SUBSTITUTIONS, EXCHANGES OR REFUNDS WILL BE OFFERED. CITY OF BOULDER RECREATION CENTER PASS HOLDERS WILL BE AUTOMATICALLY ENTERED EACH MONTH THEY USE THEIR VALID PUNCH OR ANNUAL PASS TO ENTER ANY CITY OF BOULDER RECREATION CENTER AT LEAST 12 TIMES IN EACH CALENDAR MONTH DURING THE GIVE AWAY PERIOD.