



Boulder Parks & Recreation

Drop-In Fitness Class Descriptions (2016)

Before starting an exercise program, please seek the advice of a physician if you have a heart condition, injury, joint limitations, pregnancy, recent surgery, hospitalization or blood pressure irregularities. Participants must be 15 years or older.

CYCLING:

30/30: (Medium to high intensity, all levels) 30 minutes of cycling followed by 30 minutes of strength training. A perfect combination!

The Ride: (High intensity; intermediate to advanced levels.) High energy class that burns calories as it builds endurance. Simulate hills, valleys, peaks and plateaus. Abdominal work and stretching included.

CARDIO AND STRENGTH:

CardioFit (SilverSneakers): Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Chisel-Barbell Circuit: (Medium and high intensity) Get a powerful workout in this energetic muscle toning class. Build strength, stamina and lose body fat with strength and cardio intervals. The American College of Sports Medicine recommends adding weight bearing exercise 2-3 times a week to help keep your bones and joints strong while decreasing your risk of injuries

Fit and Strong Beginning: General fitness class that includes a variety of exercises to improve balance, strength and flexibility. This is a perfect class for the beginning exerciser. Many exercises may be done seated. No floor work. In the Wednesday class, we usually use a Fit Ball. Please wear footwear appropriate for a low-impact class.

Fit and Strong Intermediate: This class emphasizes cardiovascular exercise but also includes strength training and flexibility work. Hand weights, resistance tubing, and a small ball are incorporated in the warm-up and strength segment. Please wear footwear appropriate for a low-impact aerobics class. Bring a water bottle.

Fitness for Life: (Low to medium intensity; all levels.) Active adults will strengthen and increase range of motion. Improve balance, coordination and overall physical condition. Increase your cardio endurance and bone density using various pieces of equipment.

Guts and Butts: Designed to improve inner core health for older adults by strengthening front abdominal, side abdominal, and back muscles, toning hips, conditioning inner and outer thighs, and improving balance and flexibility. Ideal for anyone starting an exercise routine or wanting to become fitter and stronger. We use relaxing music, mats, your own body weight and occasionally weights, bands and stability balls. Taught at different levels and modifications are provided.

HIIT High Intensity Interval Training: (High intensity; intermediate to advanced levels.) The popularity of high intensity interval training is on the rise. HIIT training involves bouts of high intensity effort followed by varied recovery times. HIIT workouts tend to burn more calories than traditional workouts. Even though a HIIT workout is challenging, it can be modified for people of all fitness levels. In the winter months exercises are included for snow sport enthusiasts.

Pure Step: (High intensity; intermediate to advanced levels.) Step is a fun, steady aerobic-state workout. Choreography and fast paced music keep you moving and increase your fitness level. Class includes at least 30-minutes of cardio followed by abdominal work and stretching.

MRT: Metabolic Resistance Training: (Medium to high intensity; intermediate levels.) 45-minutes of cardio, interspersed with strengthening and movement exercises using the legs, core and more. Focus on mechanics and improve your overall athletic performance. Equipment includes weights, tubes, and exercise balls.

SilverSneakers - Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated or standing support.

Sports Conditioning: (Medium to high intensity; all levels.) Challenge yourself with athletic movements and cross training exercises using dumbbells, bands, balls, gliders, ropes and barbells. Enhance speed, agility, strength and endurance. Tabata style high intensity intervals will be incorporated.

Strength and Alignment: Using breath for increased self awareness, we will align our bodies to increase bone density without injury using resistance bands and isometric exercises using balls. Core strength is emphasized in all movements. This class includes a

cardiovascular warm-up, a relaxing cool-down, and constant attention to balance. Exercises can be done standing, on a mat, or seated in a chair, all levels welcome.

Total Body Fitness: (Medium to high intensity; all levels.) Strength and cardio become one in this calorie burning, muscle toning class. Activate more muscles, strengthen the core, and keep the heart rate in an effective training level. Steps, weights, bands and bars, and body-weight resistance movements are utilized.

CONDITIONING:

Ab Lab: (Low to medium intensity; all levels.) Standing functional core training and ab exercises done laying down to give you a vigorous core strengthening experience.

Barre Fusion: (Medium to high intensity; all levels.) Strengthen, tone, and balance the entire body. Sequences of toning and resistance exercises for the core, arms, seat and thighs. Form and precise movements will be emphasized.

Boulder Lift: (Medium to high intensity; all levels.) Bring the weight room into a class setting for a safe effective strengthening workout. Challenge all the major muscle groups, build muscle and bone density, boost metabolism and burn calories. Hand weights and body bars are the key pieces of equipment used in this energetic class.

CARVE: (Low to medium intensity; all levels.) Work all the major muscle groups in this well-rounded sculpting class. Hand weights, bars, resistance tubes, and balls are all incorporated in this class. This is a great overall workout without the cardio.

Hard Core: (Low to medium intensity; all levels.) Non-impact, non-cardio class. Challenge your abdominals, glutes, hamstrings and back muscles. Improve your balance using stability and bender balls, weighted balls, tubes, foam rollers, and weights.

AQUATICS:

Aquatics: (medium to high intensity; all levels.) Depending on the class you choose, the warm water leisure pool or the lap pool will be utilized. You will enjoy a low impact full body workout. Deep and shallow water exercises will benefit core and balance.

Level 1 55+ Warm Water Fitness: Improve your cardiovascular endurance, strength, balance, and flexibility through a variety of warm water exercises designed specifically for older adults, ages 55+. This drop-in class is held in the shallow, warm water leisure pool at the East Boulder Community Center. No swimming ability is required.

Level 2 55+ Warm Water Fitness: This warm water class will address movement in every joint and activating muscles that often diminish due to lack of use, while focusing on brain-body connections. Using the science of Neuroplasticity, exercises will build neural pathways to underutilized muscles, and increasing cardio conditioning gradually. At least one new exercise is introduced in every class, requiring you to think. This class is designed for older adults, ages 55+.

Level 3 Warm Water Fitness: This warm water class will provide a full hour to work every joint, explore new movements, and build cardio conditioning. The class will be similar to Level 2, with brain-body connection exercises and combinations of movements that are more complex than Level 2, and more cardio conditioning. We will support each other in working toward participant's goals that require increased fitness to accomplish, and will identify exercises to do daily (out of the pool) that will help you achieve your goals more quickly. Designed for older adults, ages 55+.

Aquatic classes are listed on www.boulderaquatics.org. For more detail about the warm water classes, contact Jen Heilveil @ 303-413-7474.