



## Drop-In Fitness Class Descriptions (2015)

For monthly on-line class schedules visit: [www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)

*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:**

**The Ride:** (High intensity; intermediate to advanced levels.) This high energy cycling class will burn calories as it builds endurance. Your instructor will lead you over hills, into valleys, peaks and plateaus. This is a high-cardio class that also includes abdominal work and stretching.

### **CARDIO AND STRENGTH:**

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

**Barbell Circuit: NEW** (Medium and high intensity) Take your workout to the next level with barbell circuit! This cutting edge workout integrates barbell moves using high intensity training to help you burn fat while strengthening your muscles. 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. No weight room experience needed and all skill levels welcome.

**HIIT High Intensity Interval Training: NEW** (High intensity; intermediate to advanced levels.) The popularity of high intensity interval training is on the rise. High intensity interval training workouts are commonly called HIIT. Workouts involve 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.

**Pure Step:** (High intensity; intermediate to advanced levels.) Step is a fun, steady aerobic-state workout designed to take your cardio training to the next level. Various choreography and fast paced music will keep you moving and strengthen your fitness level. Class includes at least 30-minutes of cardio movement along with abdominal work and cool down 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 utilized includes weights, tubes, and mat work and exercise balls.

**Sports Conditioning:** (Medium to high intensity; all levels.) All the rigors of a boot camp, but imagine it with music and in a class setting. Challenge yourself with cross-training exercises using weights, bands, bars, balls, and other pieces of equipment. This class is an overall conditioning class designed to enhance speed, agility, strength, and endurance.

**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. Equipment such as steps, weights, bands and bars, and body-weight resistance movements are utilized.

**Fitness for Life:** (Low to medium intensity; all levels.) Active adults will benefit from this class designed to recharge, strengthen and increase range of motion. Exercises are chosen to improve balance, coordination and overall physical condition. Increase your cardio endurance and bone density using various pieces of equipment.

### **CONDITIONING:**

**Barre Fusion:** (Medium to high intensity; all levels.) This class is designed to strengthen, tone, and balance the entire body. It is a fat burning workout that integrates the use of ballet barre and various props. Each class includes several highly effective sequences of toning and resistance exercises with an emphasis on the core, arms, seat and thighs. Participants will focus on form while performing precise movements.

**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.) Get a great workout in this non-impact, non-cardio class. Challenge your abdominals, glutes, hamstrings and pelvic and back muscles. Improve your balance using stability balls, 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. Aquatic classes are listed on [www.boulderaquatics.org](http://www.boulderaquatics.org). For more detail about the warm water classes, contact Jen Heilveil @ 303-413-7474.

