East Boulder Community Center
Drop-in Schedule June

5/31/2016 Schedule subject to change.

East Boulder Community Center • 5660 Sioux Dr. • 303-441-4400

NOTE: Classes that take place in the Aerobics Room are limited to 20 participants for safety reasons.

Childcare hours: Mon & Wed 2:30pm - 6:30pm; Fri & Sat 8:30am - 1:30pm

Mind/Body

Yin Yoga	#	Senior Ctr.	Mon	12 - 1 pm	Karen Cobble
Music & Movement (Silver Sneakers)		Senior Ctr.	Tue	8:30 - 9:15 am	K.O.
(Silver Sneakers) Yoga		Senior Ctr.	Tue	10:30 - 11:15 am	Linda Manchester
Yoga	#	Dance Rm	Tue	12 - 1 pm	Shawna Suzyn
Yoga	#	Senior Ctr.	Tue / Thu	5:30 - 6:30 pm	Brian Burton
Nia (Zumba returns in August)		Dance Rm	Tue	5:35 - 6:25 pm	K.O.
Nia		Dance	Wed	10:30 - 11:30 am	Wendy Rochman
Pilates/Yoga Combo	#	Dance Rm	Wed	12 - 1 pm	Alicia Grayson
Music & Movement *DISCONTINUED*		Senior Ctr.	Thu	8:30 - 9:15 am	
(Silver Sneakers) Yoga		Senior Ctr.	Thu	10:30 - 11:15 am	Linda Manchester
Nia		Dance Rm	Thu	12 - 1 pm	Rebekah Hartman
Line Dancing (Silver Sneakers)		Senior Ctr.	Thu	1 - 2:30 pm	Judy Y.
Nia		Dance Rm	Fri	10:45 - 11:45 am	K.O.
Yoga	#	Dance Rm	Fri	12 - 1 pm	Brian Burton
Yoga	#	Senior Ctr.	Sat	9:00 - 10:00 am	Arielle Schwartz
Nia		Aerobics Rm	Sat	10:30 - 11:30 am	K.O.
Yoga	#	Dance Rm	Sun	9:15 - 10:15 am	Angel Lin
Nia		Dance Rm	Sun	10:30 - 11:30 am	Tracy Goldenberg
Yoga	#	Senior Ctr.	Sun	11:45 am - 12:45 pm	Lori Batchellor / Arielle Schwartz

Fitness

Fit & Strong Intermediate		Senior Center	M/W/F	8:30-9:30 AM	Sally/Sally/Dora
The Ride!		Aerobics	M/W	8:50-9:50 AM	Jennifer
Fit & Strong Beginning		Senior Center	M/W	9:45-10:45 AM	Jack/Terry T.
SilverSneakers Classic		Senior Center	M/W	11:00-11:45 AM	Jack/Terry T.
Hard Core		Aerobics	M	5:00-6:00 PM	Dora
CARVE		Aerobics	T/TH	6:30-7:30 AM	Dora
Guts and Butts		Senior Center	T/TH	7:30-8:15 AM	Dora
Boulder Lift		Aerobics	T/TH	8:30-9:30 AM	Dora
Strength & Alignment		Senior Center	T/TH	9:30-10:25 AM	Linda
MRT (Metabolic Resistance Training)		Aerobics	T/TH	6:45-7:30 PM	Jessica
Sports Conditioning NEW!		Gym	W	6:00-6:45 AM	Terry M.
CARVE		Aerobics	W/F	5:00-6:00 PM	Dora
30/30 spin and weights		Aerobics	Fri	8:50-9:50 AM	Andrew
Total Body Fitness		Dance Rm	Fri	9:00-10:00 AM	Ignacio
Fit & Strong		Senior Center	Fri	9:45-10:40 AM	Dora
SilverSneakers Classic		Senior Center	Fri	11:45-12:30	Chris
CARVE		Gym	Sat	8:00-9:00 AM	Dora
CARVE		Gym	Sat	9:00-10:00 AM	Dora

Aquatics

Aqua Fit		Pool	M/W/F	8:00-9:00 AM	Andrea
55+ Warm Water (Level 2)		Pool	M/W	9:00-9:45 AM	Laura
Water Fitness Aqua Motion		Pool	M/W/F	9:15-10:15 AM	Soraya Fri 9-10 am
55+ Warm Water (Level 3)		Pool	M/W	1:00-2:00 PM	Laura/Ronda
Aqua Core		Pool	M/W	2:00-3:00 PM	Anitta
Hydro Drive Fitness		Pool	M/W	6:15-7:15 PM	Anthony
Twinges and Hinges		Pool	T/F	9:30-10:30 AM	Jen H
55+ Warm Water (Level 1)		Pool	T/TH	1:00-1:45 PM	Chris
55+ Warm Water (Level 2)		Pool	TH	9:00-10:00 AM	Laura/Maryann

Recommendation: Bring your own yoga mat

www.BoulderParks-Rec.org

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