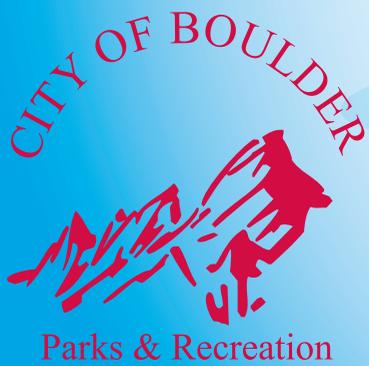


FITNESS NEW YEAR'S 2014

Get Fit
Lose Weight
Save Money
Have Fun!

SALE



Sale Starts January 1, 2014 at East Boulder Community Center
(open 8am-4pm New Year's Day)
Sale on at all rec centers Jan. 2-31



Don't miss our
New Year's Day
Fitness Jam at East
9am-12pm



Start 2014 right.
Start here.
Start now. SAVE \$.

Letter from Alice - A new year...a new you!

Dear Boulder Friends -

I'm pleased to announce our most exciting selection of New Year's fitness offers ever!

Start the year right by joining us for our popular, New Year's Day Fitness Jam at the East Boulder Community Center. Enjoy hard core fitness from 9-10 a.m., Wild Nia Jam, 10-11:30 a.m. and yoga at noon. While you're in, take advantage of the first day of our annual January sale. Save money on getting fit and healthy!

I know for many the September floods changed more than landscapes and properties, they interrupted our exercise and fitness routines. Many familiar running, walking and cycling routes were impacted and our attention was diverted to cleaning up, rebuilding and helping others.

If you're ready to shed a few pounds, get back in shape or reduce stress through fitness (post-flood or holidays), please take a look at these pages for what we have to offer - and our best prices of the year. From DIY fitness, strength training, sports and pool facilities to drop-in and registered classes and leagues - there's something for everyone.

Our mission is to promote the health and well-being of the Boulder community. That's why I invite you to enjoy one of our three state-of-the-art fitness and recreation centers today. **Ride a spin bike, take a yoga class or boot camp**, swim laps or **try something new** like dance, Aqua Zumba, Nia, Pilates, Swiss Ball, or basketball. Let one of our certified professionals design a fitness plan specifically for you or design your own workout program around the latest fitness equipment and daily group drop-in classes.

The options we offer are endless, the atmosphere is friendly and the rates will never be better.

Our three fitness centers are conveniently located, **offer more strength and cardio equipment, more daily sports and fitness classes** (from invigorating to intense), more pool lanes and ball courts than any other fitness club in Boulder. And right now you **can save a bundle when you choose to renew your commitment to health and fitness** with us!

However you choose to be active, we'll make it easy, fun, and affordable for you to reach your fitness goals. Now's the time to take advantage of our best deals of the year. Drop by your nearest City of Boulder recreation center and see how we can help you attain your fitness goals, meet other active neighbors and save you money.

Warmly,

Alice

Alice Guthrie, Recreation Superintendent

28 Days for \$28

(new patrons only)*

Save more than \$30

Get 28 days of unlimited fitness at all three Boulder recreation and fitness centers for just \$28! This introductory offer is Boulder's best deal for getting and staying fit. Period.

Ready to drop some weight, start a winter cross-training program or try some new ways to get fit? Visit any of our three locations and get started today! Offer valid January 1 - January 31, 2014 (see details below and back page for center locations).

Offer includes 28 consecutive days of unlimited access to 3 lap and 2 leisure pools, an extensive array of the latest cardio and weight room equipment, indoor gymnasiums and ball courts, hot tubs, saunas and 125+ professionally-led, fitness classes per week - all for just \$1 a day!

BONUS - Convert your 28 day pass to an annual, 20- or 40-entry punch pass by Feb. 28, 2014 and we'll credit your initial \$28 towards the purchase of your upgrade - making your first 28 days FREE. That's how committed we are to providing you with quality, affordable fitness.

Details:

* Offer valid through January 31, 2014 for new patrons only (those who have not purchased a Boulder rec center punch card or pass since January 2012). Available at all three City of Boulder recreation centers. Pass good for 28 consecutive days from date of purchase. Offer cannot be combined with other discounts or offers. \$28 upgrade credit must be applied by Feb. 28, 2014.

1 Month FREE

when you purchase or renew your Annual Pass
(13 months of unlimited access for under \$10/week!*)

Committed to staying fit year-round?

Now's a great time to get your Boulder Annual Pass - and get 13 months for the price of 12! Your annual pass entitles you to:

- Unlimited access to the city's three, state-of-the-art equipped fitness and recreation centers;
- Dozens of daily drop-in fitness classes;
- Summer access to Scott Carpenter pool, Boulder's only 50M outdoor pool and Spruce Pool;
- Boulder Reservoir (think beach, picnics, boating, fishing, open water swimming);

BONUS - Annual Pass holders receive freebies from local businesses, Full Cycle, Gateway Fun Park, OZO Coffee and Hapa Sushi.

What better way to start the New Year than with the best fitness value around? Offer ends January 31, 2014.

*Weekly rate based on adult, resident rate, single payment divided by 56 weeks (13 months).

2014 New Year's Fitness SALE

\$149 for 3 Months Unlimited

Serious about losing some weight, getting fit, or taking your fitness to a new level this year? Shopping for a sweet winter fitness deal that doesn't require a year-long commitment? Here it is.

\$149 gets you unlimited use of all three centers for 3 full months from date of purchase. Enjoy 125+ weekly group fitness classes, all the latest cardio and weight equipment, pools, gymnasiums and more - all for one amazingly affordable price!

Start now - offer ends January 31, 2014.



2 Day Super Sale

January 3rd & 4th ONLY

BACK BY POPULAR DEMAND:

Get 20% more workouts FREE when you buy or renew a punch pass! **

BUY 10 GET 12 • BUY 20 GET 24 • BUY 40 GET 48!

Enjoy 20% more punches (entries) FREE when you buy or renew any recreation center entry punch pass on January 3-4, 2014.

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

Use these passes 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 and two seasonal outdoor pools - because all punches are good for 2 years from purchase! 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.

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)

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). No other discounts or offers apply.

Love Your Workout. Start Here!



DROP-IN CLASSES

Stay active your way and on your schedule. Choose from dozens of drop-in group fitness, mind/body and sports play opportunities each day. All drop-ins are included free with each facility entry.



CLASSES

Learn and master new skills in a supportive, social environment. Leading area instructors offer 600+ diverse, multi-week classes for youth and adults. Choose the programs that best suit your interests and schedules.



PERSONAL TRAINING +

Get fit fast. Let our certified personal trainers and nutritionists guide you quickly and effectively to your personal weight and fitness goals.

Discover fun, new ways to stay fit and active.

BOULDER'S BEST FITNESS VALUE.

CARDIO & WEIGHT ROOMS

Attain the strength, flexibility and cardio fitness you desire. Each of our 3 centers feature the latest equipment for designing your ultimate workout.

PASSES

Guide yourself to feeling and looking your best. Gain access to the latest strengthening, weight and cardio equipment; drop-in classes, pools, and more. No contracts or initiation fees - start today.

A FRIENDLY, WELCOMING ENVIRONMENT FOR ALL ABILITIES, AGES, AND INTERESTS

SPORTS LEAGUES

Play your way to fitness! Choose from softball, soccer, basketball, kickball, dodgeball or volleyball. Join more than 15,000 adults who play in our seasonal sports leagues.

- DODGEBALL
- KICKBALL
- SOFTBALL
- SOCCER
- BASKETBALL
- VOLLEYBALL

POOLS

Burn calories and enjoy the full-body benefits of aquatic fitness. Each center features a multi-lane, indoor lap pool and hot tub. North and East centers also feature fun leisure pools that kids love! Plus enjoy two outdoor pools in the summer!

“What we do today is what matters most.” — Buddha

Get fit, have fun & enjoy!



Featured Classes and Drop-In Schedules

Personal Training Plus

Do you want the whole package? Personal Training plus gives you just that! Choose the number of sessions you want to meet with a personal trainer and receive a complimentary 3, 6, or 9 month pass to enjoy all the recreation facilities.

18 sessions with 3 month complimentary rec center pass \$846
27 sessions with 6 month complimentary rec center pass \$1269
36 sessions with a 9 month complimentary rec center pass \$1692

Request a trainer online, visit the front desk or call
303-413-7280 to get started today!

Classic Stretch and Strengthen

(Age 14+) An in-depth study, hands-on, feet-on of the Iyengar Yoga Method of Classical Hatha Yoga. From asana to pranayama, from props to jumpings, to the philosophy, each class will penetrate these topics through our weekly practice, bringing awareness into the body while cultivating the intuition imbedded within us. Discover how the techniques of this method bring philosophy into physical reality. This is yoga you can feel on all levels.

210332 1/7-3/20 Tu/Th, 8:50-9:50am East 22 \$187/\$234 Marti

Consultation with a Dietitian

A dietitian will assess your current nutritional status and make dietary recommendations. A dietitian can assist in the management of diabetes, high blood pressure, and elevated cholesterol. A dietitian can also assist athletes with their sports performance goals.

1 session: \$60 • 3 sessions \$171



Healthy Cooking the Mediterranean Way

Interested in healthier meals and a healthy weight? The Mediterranean Diet offers a solid, easy to follow blueprint. In this hands on class, you will learn a common sense eating approach and make delightful delicious meals. Mary Collette Rogers has been educating and exciting home cooks for over 20 years, sharing tips, tricks and systems for fast, easy meal making.

207782 1/21-2/18 Tu, 5:30-8pm East Senior 5 \$150/\$190 Mary

The Small Change Diet

Join this empowering class taught by a registered dietitian who will teach ten steps to a thinner healthier you using the Small Change Diet book by Keri Gans, MS,RD. You will learn how to make achievable changes in your diet to meet your nutrition and weight loss goals. Books are included.

208382 1/15-3/19 W, 12-1pm ★ North 10 \$85/\$106 Martha

Building a Healthy Body from the Inside Out

Whether your goal is to manage your weight, sugar or cholesterol or to increase your energy, vitality and stamina, this class is for you! Learn to create a health enhancing diet plan by understanding your body's nutritional requirements. We will discuss what macronutrients (carbohydrates, proteins and fats) are needed in which ratios for weight maintenance and weight loss, how to read a food label, which fats are healthy and which aren't, what cholesterol is, and how to eat a balanced, low-sugar diet.

207832 2/4-3/11 Tu, 6-7pm East Senior 6 \$51/\$63 Erin

Family Heartbeat yoga Workshop - Feb. 8th

(Age 5+) Every body can move, dance, play, relax, breathe and laugh in this special winter workshop! All children under the age of 10 must be accompanied by an adult. Join Louann on Saturday, February 8, from 4-5 pm at the North Boulder Recreation Center. **Registration code:** 208882

Fees: 1 adult, 1 child \$14 • 2nd child \$5
Family (2 adults and 2 or more children) \$25



Reformer - Pilates Fit

(Age 16+) A fast-paced, advanced level class utilizing classical Pilates reformer exercises along with cardio intervals. Sure to burn off those excess holiday calories! Pre-requisite: Must be familiar with and able to perform the advanced level reformer exercises and possess a good cardio baseline.

208953 1/8-3/19 W, 12:35-1:35pm Salberg 11 \$190/\$237 Desiree
208954 1/11-3/22 Sa, 10:30-11:30am Salberg 11 \$190/\$237 Desiree

Reformer - Jumpboard (Level 1 Beginner)

(Age 16+) The Jumpboard is a padded plate that replaces the foot bar on the reformer. It is a fun and entertaining way to incorporate cardiovascular exercise into Pilates. The Jumpboard provides an excellent and non-weight bearing method to increase heart rate and burn some serious calories. The class is lead with different movement combinations that not only challenge you physically, but really make you think. The mind and body work together, as in a typical Pilates session, but the tempo is much quicker and your coordination is put to the test. **Pre-requisite:** Previous Pilates Mat and/or Pilates Reformer experience necessary.

209534 1/8-3/19 W, 11:30am-12:30pm Salberg 11 \$190/\$237 Desiree



Pilates



Drop-in fitness classes



Ayre



The Ride!

Don't miss our New Year's Day Fitness Jam at East 9am-12pm

Drop-In Class Schedule (Begins Jan. 2)

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

Want to get fit while enjoying the flexibility and variety of daily drop-in programs?

Let us meet your fitness mood, schedule, and budget with our conveniently located and scheduled programs. No advance registration is necessary. Your recreation center annual or punch pass or daily entry fee gets you into any drop-in class and gives you full access to the facility's pools, ball courts, weight room, cardio fitness equipment - and more!

Check out our class descriptions online!

East Boulder Rec Center is open Jan. 1st from 8am-4pm!

SOUTH RECREATION CENTER

1360 Gillaspie 303-441-3448

Mon-Thu, 6am-9:30pm
Fri, 6am-8pm • Sat/Sun, 8am-5pm



Total Body Fitness	T/Th	8:50-9:50 am
Stretch, Strength, Balance for a Better Back	W	5:30-6:30 pm
Sports Conditioning	M/W/F	12-1 pm
Aquatic Fitness	T/Th	12:30-1:30 pm

Mind/Body

Nia	M	9-10 am
Yoga	M	12-1 pm
Yoga	Tu	12-1 pm
Nia	W	9:30-10:30 am
Yoga	W	7:15-8:15 pm
Yin Yoga	Th	12-1 pm
Pilates/Yoga Combo	F	12-1 pm
Nia	Sa	8:10-9:10 am

EAST COMMUNITY CENTER

5660 Sioux Dr. 303-441-4400

Mon-Fri, 5:30am-9:30pm
Sat, 7:30am-6pm • Sun, 8:30am-8pm



Fitness

The Ride!	M/W/F	6-7 am
The Ride!	M/W/F	8:50-9:50 am
The Ride!	T/Th	5:30-6:30 pm
Boulder Lift	T/Th	8:30-9:30 am
Boulder Lift	M/W/F	9-10 am
Boulder Lift	Sun	9-10 am
Carve	T/Th	6:30-7:30 am
Carve	Sat	8-9 am
Carve	★ Sat	9-10 am
Carve	★ M/W	5-6 pm
Carve	F	5-6 pm
Buff, Bike, Balance	T/Th	12:15-1 pm
MRT Metabolic Resistance Training	T/Th	6:15-7 am
MRT Metabolic Resistance Training	T/Th	6:45-7:30 pm
Pure Step	Sat	7:45-8:45 am
Fitness for Life	T/Th	1:30-2:30 pm
Ski Conditioning	★ M/W	5:35-6:35pm
Aquatic Fitness	M/W	9:15-10:15 am
Aquatic Fitness	F	9-10 am

Mind/Body

Yin Yoga	M	12-1 pm
Nia	M	6:05-7:05 pm
Nia	Tu	12-1 pm
Zumba	Tu	5:30-6:30 pm
Nia	W	10:30-11:30 am
Pilates/Yoga Combo	W	12-1 pm
Yoga	★ W	5:20-6:20 pm
Zumba	W	6:05-7:05 pm
Nia	Th	12-1 pm
Nia	Th	4:15-5:15 pm
Nia	F	10:45-11:45 am
Yoga	F	12-1 pm
Nia	★ Sa	10:30-11:30 am
Nia	Su	10:30-11:30 am
Yoga	Su	11:45-12:45 pm

NORTH RECREATION CENTER

3170 Broadway 303-413-7260

Mon-Thu, 6am-9:30pm • Fri, 6am-7:30pm
Sat, 6:30am-7pm • Sun, 7:30am-8pm



Fitness

Total Body Fitness	M/W/F	7:15-8:15 am
MRT Metabolic Resistance Training	T/Th	8-8:45 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	10:45-11:45 am
Aquatic Fitness	T/TH	8-9 am
Aquatic Fitness	★ M/W/F	9-10 am
Hard Core	★ F	12-1 pm
Hard Core	★ M	5:30-6:30 pm
Aquatic Zumba	T/TH	5:45-6:45 pm
Pre/Post Natal Aqua Fit	M	7-8 pm

Mind/Body

Ayre	M	8:20-9:20 am
Zumba®	★ M	9:30-10:30 am
Chi Kung	★ M	10:45-11:45 am
Yoga	M	12-1 pm
Yoga	★ M	1:05-2:05 pm
Restorative Yoga & Prana	★ M	4:20-5:35 pm
Yoga	Tu	8-9 am
Ayre	★ Tu	9-10 am
Yin Yoga	★ Tu	10:15-11:15 am
Pilates/Yoga Combo	★ Tu	11:45-12:45 pm
Yoga	★ W	9-10 am
Ayre	★ W	9:15-10:15 am
Yoga	★ W	12-1 pm
Dance Fusion NEW	W	5:30-6:30 pm
Nia	★ Th	10:45-11:45 am
Yoga	★ Th	12-1 pm
Pilates Mat	★ Th	4:15-5:15 pm
Ayre	★ Th	5:30-6:30 pm
Yoga	★ F	8:50-9:50 am
Pre-Post Natal Yoga	★ F	10:30-11:45 am
Ayre	★ F	10:45-11:45 am
Nia	★ F	11:10-12:10 pm
Yoga	★ F	12:15-1:15 pm
Ayre	Sa	10:15-11:15 am
Yoga	Sa	11:30-12:30 pm
Yoga	Su	9-10 am
Nia	Su	12-1 pm

Visit us online for the most up to date **BASKETBALL, VOLLEYBALL, PICKLEBALL & BADMINTON** drop-in schedules.



Fees & Passes

ANNUAL PASS

Res / Non-Res

Adults (19-59)	\$552 / \$645
Seniors (60+)	\$353 / \$445
Youth (3-18)	\$260 / \$330

- Benefits: Unlimited use of outdoor pools and recreation centers, open swim and gym, drop-in fitness/yoga, weight room, racquetball/handball and platform tennis courts, sauna, lockers, fishing and swimming at Boulder Reservoir.
- First adult family member of household (age 19-59) pays full price; additional family members pay half price! (All members of the family must live at the same address in the same household. Passes must be purchased at the same time to receive discount).
- Complimentary towels at rec centers.
- 10% savings on one class per session (as available one week before class begins), register in person plus discounts at participating merchants.

MONTHLY BILLING

INITIAL Res / Non-Res 11 PAYMENTS Res / Non-Res

Adults (19-59)	\$90 / \$104	\$47 / \$54
Seniors (60+)	\$60 / \$74	\$31 / \$38
Youth (3-18)	\$46 / \$57	\$24 / \$29

- Annual passes may be purchased by an automatic monthly credit card charge.
- Payments are stopped upon request, no prorated refunds.
- Fees rounded to nearest dollar.

FAMILY ANNUAL PASS

Res / Non-Res

2 adults + kids	\$885 / \$1075 (monthly billing available)
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- Family members living at the same address. Two adults and children up to age 18.
- See Annual Pass benefits above.

TWILIGHT PASS

Res / Non-Res

All ages	\$147 / \$184
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- Pass valid for all recreation facilities Monday-Friday 7 pm to closing. Valid Saturday and Sunday after 4 pm at East, North, outdoor pools and Boulder Reservoir; 2 pm at South.
- Twilight Pass valid for entry ONLY during these times. Entry at other times requires use of punch pass or pay drop-in fee.

ONE MONTH PASS

Res / Non-Res

All ages	\$65 / \$75
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- Valid for 30 days from purchase date. (See annual pass for benefits).

PUNCH PASSES

40 Punch 20 Punch 10 Punch

Adults (19-59)	\$224 / \$247	\$119 / \$131	\$63 / \$69
Seniors (60+)	\$168 / \$185	\$89 / \$99	\$47 / \$51
Youth (3-18)	\$144 / \$159	\$76 / \$84	\$40 / \$45

- Punch passes include open swim and gym, drop-in fitness/yoga, weight rooms, outdoor pools and Boulder Reservoir entries.
- Punch passes expire two years after purchase date.

DAILY DROP-IN

Adults (19-59)	\$7	Seniors (60+)	\$5.25
Youth (3-18)	\$4.50		

- Includes entry to open swim and gym, drop-in fitness/yoga, weight rooms, outdoor pools and Boulder Reservoir.

★KIDS CORNER

(Ages 6 mos.-9 years)

East

M/W: 2:30-6:30pm
Sat: 8:30am-1:30 pm

North

M-F: 8:45am-1:30pm
Tu/Th: 2:30-6:30pm



Leave your child with us...while you enjoy your workout!

\$25/month

unlimited childcare pass with an adult annual pass!

Daily drop-in fee per 90 min: Punch Cards:

First child: \$6.50	\$58.50 - 10 visits (\$5.85/visit)
Additional child: \$3.50	\$110.50 - 20 visits (\$5.50/visit)
	\$195 - 40 visits (\$4.90/visit)

- Add an additional 30 minutes for \$2 (Ages 2+).
- Pre-pay at the front desk.
- Additional child punch cards are also available.

★ = classes offered during childcare hours.

Adult Dance Days

Sample a dance class for FREE!

Saturday, January 4th & Sunday, January 5th

Have you ever wanted to try a dance class without the commitment? Don't know which fun and exciting class to choose from? Now is the time to begin that new exercise routine! Put something fun and challenging in your life with a dance class! Come to the Recreation Centers to try a no-obligation, free adult dance class. Dance shoes and dance attire are NOT required. See our Winter Recreation Guide pages 8-10 for more detail on each class. For more information, call 303-413-7477.



East Boulder Community Center • Jan. 4th

9 - 9:45 am	Modern Level 1	Cindy
10 - 10:45 am	Irish Step	Elizabeth
11 - 11:45 am	Jazz Level 1	Jill
12 - 12:45 pm	Beginning Belly Dance	Shireen
1 - 1:45 pm	Hula	La'ela'e
2 - 2:45 pm	Ballet Level 1	Elizabeth
3 - 3:45 pm	Salsa	Judy
4 - 4:45 pm	Tap Level 1	Jill
5 - 5:45 pm	Ballroom Basics & Swing	Judy

North Boulder Recreation Center • Jan. 5th

9 - 9:45 am	Jazz Level 1	Jil
10 - 10:45 am	Tap Level 1	Jill
11 - 11:45 am	Hula	La'ela'e
12 - 12:45 pm	Salsa	Judy
1 - 1:45 pm	Modern Level 1	Cindy
2 - 2:45 pm	Ballet 1	Elizabeth
3 - 3:45 pm	Irish Step	Elizabeth
4 - 4:45 pm	Ballroom Basics & Swing	Judy