



Boulder Parks & Recreation

NEW YEAR'S 2016

FITNESS SALE

boulderparks-rec.org



Make Your Fitness Resolution a Reality

New year. New you.

Sale Starts January 1, 2016 at
East Boulder Rec Center
Jan. 2-31 at all rec centers

GET FIT
REDUCE STRESS
SHED POUNDS
LOOK & FEEL
YOUR BEST

PRSRST STD
US POSTAGE
PAID
DENVER, CO
PERMIT 5377

ECRWSS
LOCAL POSTAL PATRON



Boulder Parks & Rec
FITNESS SALE
Starts January 1, 2016



5660 Sioux Dr.
Boulder, CO 80303

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



Start 2016 right.
You belong here.
Start now. **SAVE \$.**

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

Happy New Year, Neighbor!

Are you ready to up your game, shed a few pounds, reduce post-holiday stress, meet some new friends and fulfill your resolutions? Then, check out the great savings and exceptional fitness values packed into these pages. You won't find a better value!

These offers represent our finest selection of deals and here's why - we want you to be healthy, happy and successful reaching your goals. And with three centers and these savings, we don't want access or fiscal constraint to be a barrier. So be a part of this thriving community where everyday hundreds of your neighbors visit one of our state-of-the-art fitness and recreation centers.

It's our mission and goal to help you be well and feel your personal best, starting today!

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

Ride a spin bike, take a yoga or boot camp class, swim laps or try something new like high-intensity interval training, dance, Aqua Zumba, Nia, or basketball. You can even let one of our certified professionals design a fitness plan specifically for you. The options are endless, the friendly atmosphere is unimimidating and our rates will never be better.

Start the year off right by joining in on our popular, New Year's Day Fitness Jam at the East Boulder Community Center (see page 6 for details). While you're in, **save money on getting fit** and healthy by taking advantage of our big January sale!

However you choose to be active, we'll make it easy, fun, and affordable for you to reach your fitness goals. And now's the best time to enjoy our greatest 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 money.

Warmly,

Yvette Bowden,
Director, Boulder Parks & Recreation

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 get fit, start a winter cross-training program or try a new routine? Visit any of our three locations and get started today! Offer valid January 1 - January 31, 2016 (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 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, 2016 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, 2016 for new patrons only (those who have not purchased a Boulder rec center punch card or pass since January 2014). 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. 29, 2016.

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 50 meter outdoor pool and Spruce Pool;
- Boulder Reservoir (think beach, picnics, boating, fishing, open water swimming and more);

BONUS - Annual Pass holders receive freebies from local businesses, Gateway, Boulder Cycle Sports, Flatirons Running Co., OZO Coffee and Hapa Sushi.

What better way to start the New Year than with the best fitness value around? Offer ends January 31, 2016.

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

2016 New Year's Fitness SALE

\$159/\$179 for 3 Months Unlimited Resolution Pass

Serious about getting fit, losing weight 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.

\$159(R)/\$179(NR) 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, 2016.

3 Day Super Sale January 8th, 9th & 10th ONLY

BACK BY POPULAR DEMAND:

Get 15-20% more workouts FREE when you buy or renew a punch pass!***

BUY 10 GET 12 • BUY 20 GET 23 • BUY 40 GET 46!

Enjoy 15-20% more punches (entries) FREE when you buy or renew any recreation center entry punch pass on January 8-10, 2016.

You already know what a great deal our fitness and recreation centers offer - now get an even better deal - with 15-20% more FREE punches.

Use these passes to access any of Boulder's three rec centers. Enjoy a drop-in spin, Nia, Zumba, yoga, resistance 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 15-20% 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 \$1105)

Annual Pass

SALE Resident: \$495* (regularly \$552)

SALE Non-resident \$625* (regularly \$689)

Break it down - this is less than \$1.55 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!



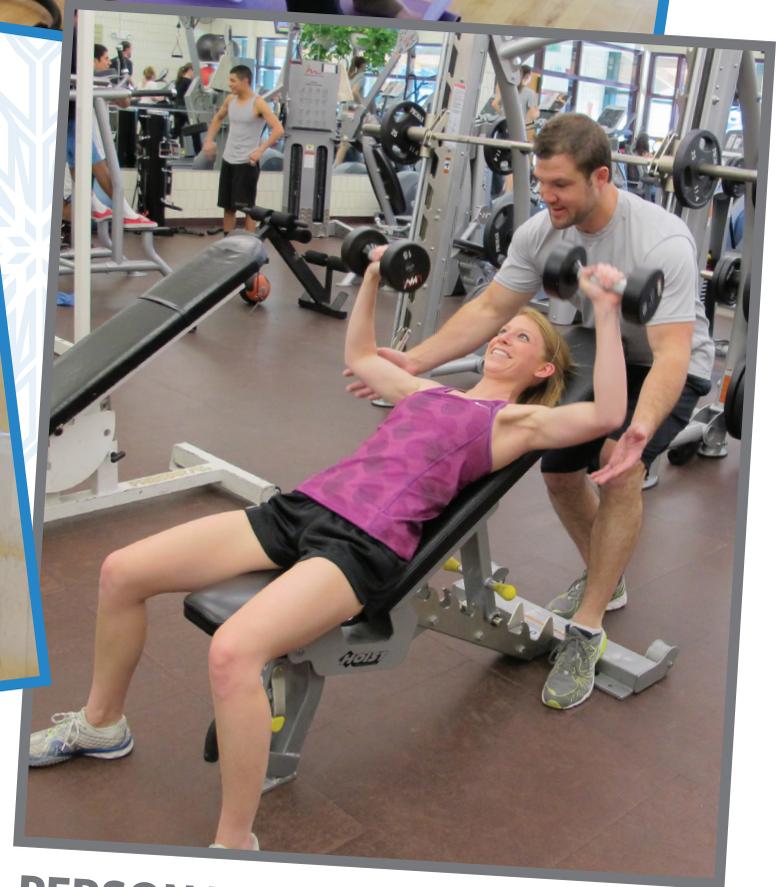
DROP-IN CLASSES

Stay active your way 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 safely and effectively to your personal weight and fitness goals.

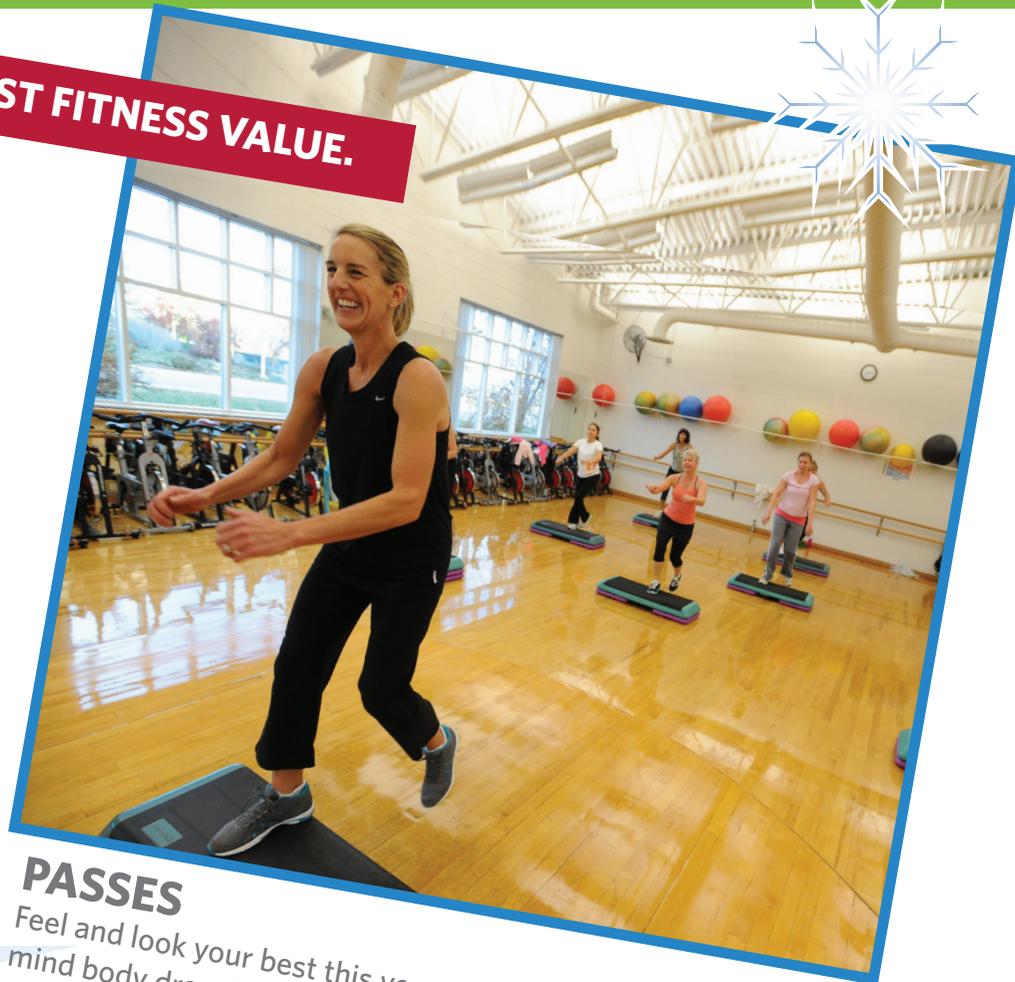
Discover fun, new ways to stay fit and active.

BOULDER'S BEST FITNESS VALUE.



CARDIO & WEIGHT ROOMS

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



PASSES

Feel and look your best this year with a variety of fitness and mind body drop-in classes for all fitness levels. 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!

New Year's Day Fitness Jam

Come enjoy the Music, Movement & Magic!

January 1 • 8:30 a.m. - 1:30 p.m.
East Boulder Community Center
5660 Sioux Drive
(Between Baseline & South Boulder Rd.)

Family Fitness Jam

Start 2016 with a fun, fast-paced fitness jam! Move to the groove of several different certified fitness instructors dishing up their best moves and tunes! Enjoy any part or all of this 4-hour fitness session - to jump start your 2016 fitness goals. A great way to sample new techniques and teachers - and start '16 in style!

- 8:30-9:30 a.m. Move It! Tabata with Dora
- 8:30-9:30 a.m. Spin class w/Kate
- 9:30 & 11:30 a.m. Spellbinders Storytellers in Childcare
- 9:45-10:45 a.m. Music, Movement & Magic
Family Nia Jam (children welcome)
- 11-11:45 a.m. Salsa Dancing provided by Kinesis Dance
- 12-1 p.m. Yoga with Louis
- 12-3:30 p.m. Rock Climbing Wall (open)
- 1-3:30 p.m. Inflatable Obstacle Run in the Pool

Use your pass or \$7.50 entry for the Fam Jam and use of facility. Visit us at BoulderParks-Rec.org for class descriptions and more details.

Swim Lesson Demo & Level Placements

11 a.m. - 12 p.m. Let us assess your child and advise you on what level of swim lesson is best.



Stay Fit & Save!

Get our best fitness deals of the year!

Your three centers offer:

- 25 yard lap pools w/diving boards
- Leisure pools, hot tubs, dry saunas, steam room
- Dozens of daily drop-in fitness
- Weight and cardio equipment
- Dance and yoga studios
- Indoor/outdoor ball courts
- Certified personal trainers
- Family locker rooms and child care

Get all this for \$12/week or less with an annual pass.

Recreation center New Year's hours:

New Year's Eve (Thu. Dec. 31)

Recreation Centers open until 4 p.m.

New Year's Day (Fri. Jan. 1)

East open 8 a.m.-4 p.m.

Child care 8:30 a.m.-1:30 p.m.

- North & South Recreation Centers closed



School Day Off Camps

Spend your school days off with us!



- **Winter Break Camp**
- **Martin Luther King Jr. Day**
- **Presidents Day Camp**
- **Spring Break Camp**
- **Teacher Conference Days**
- **Teacher Professional Development Days**

See pages 14 & 28 of our Winter Guide or visit us online for details and registration.

Don't miss out - enrollment is limited - sign up today at BPRcamps.org

Contact Molly at 303-413-7441 or email langerakm@bouldercolorado.gov

Want to turn a 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.

A hit for boys and girls 5-11 years old.



Yoga



Drop-in fitness classes



Don't miss our New Year's Day Fitness Jam at East 8:30 am-1 pm



Noon Fitness



The Ride!

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 pass, 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
Barre Fusion	W	10:30-11:30 am
Total Body Fitness	Sa	8:30-9:30 am
Sports Conditioning	M/W/F	12-1 pm
Hydro Dynamics (pool)	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	Sa	4-5 pm
Nia	Su	12-1 pm

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	8:50-9:50 am
The Ride!	T/Th	8:50-9:50 am
The Ride!	T/Th	5:30-6:30 pm
Ab Lab	Th	4:30-5:15 pm
30/30 Spin And 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	T/Th	6:30-7:30 am
Sports Conditioning	M/W	6-6:45 am
MRT (Metabolic Resistance Training)	T/Th	6:45-7:30 pm
Aqua Core	M/W	2-3 pm
Aqua Fit	M/W/F	8-9 am
Hydro Drive Fitness	M/W	6:15-7:15 pm
Water Fitness Aqua Motion	M/W/F	9:15-10:15 am
Twinges And Hinges	★ T/F	9:30-10:30 am

Mind/Body

Yin Yoga	★ M	12-1 pm
Yoga	Tu	12-1 pm
Yoga	Tu	5:30-6:30 pm
Zumba	Tu	5:35-6:25 pm
Nia	W	10:30-11:30 am
Pilates/Yoga Combo	W	12-1 pm
Nia	Th	12-1 pm
Yoga	Th	5:30-6:30 pm
Nia	★ F	10:45-11:45 am
Yoga	★ F	12-1 pm
Nia	★ Sa	10:30-11:30 am
Yoga	Su	9:15-10:15 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/F	7:15-8:15 am
Barre Fusion	W	7:15-8:15 am
MRT (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
Barbell Circuit	★ T/TH	5:30-6:15 pm
H.I.I.T. for ski conditioning	M/W	5:30-6:15 pm
Water Fitness Aqua Motion	T/TH	8-9 am
Water Fitness Aqua Motion	★ M/W/F	9-10 am
Hard Core	★ F	12-1 pm
Barbell Circuit	Sa	8:30-9:30 am
Aquatic Zumba	T	5:45-6:45 pm
Pre/Post Natal Aqua Fit	M	7-8 pm

Mind/Body

Ayre	M	8:20-9:20 am
Nia	M	9:30-10:30 am
Chi Kung	★ M	10:45-11:45 am
Yoga	★ M	12-1 pm
Restorative Yoga & Pranayama	M	4-5:15 pm
Yoga	M	5:30-6:30 pm
Yoga	Tu	8-9 am
Ayre	★ Tu	9-10 am
Yin Yoga	★ Tu	10:15-11:15 am
Nia	★ Tu	10:30-11:30 am
Pilates/Yoga Combo	★ Tu	11:45-12:45 pm
Yoga and Meditation	★ Tu	3:45-5:00 pm
Yoga - Kundalini	W	7:15-8:15 am
Yoga	★ W	9-10 am
Ayre	★ W	9-10 am
Yoga	★ W	12-1 pm
Nia	W	4:15-5:15 pm
Yoga - Kundalini	W	6-7 pm
Nia	Th	10:30-11:30 am
Yoga	Th	12-1 pm
Pilates Mat	★ Th	4:15-5:15 pm
Yoga and Pranayama	Th	5:30-6:45 pm
Yoga and Meditation	★ F	8:45-10 am
Ayre	★ F	10:45-11:45 am
Yoga and Meditation	★ F	12-1:15 pm
Ayre	Sa	10:15-11:15 am
Yoga	Sa	11:30-12:30 pm
Yoga	Su	9-10 am
Yoga	Su	10:15-11:15 am
Nia	Su	12-1 pm

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

Entry Fees & Passes

ANNUAL PASS

	Res / Non-Res
Youth (3-18)	\$274 / \$363
Seniors (60+)	\$369 / \$489
Adults (19-59)	\$552 / \$689

- 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
Youth (3-18)	\$48 / \$61	\$25 / \$32
Seniors (60+)	\$62 / \$80	\$32 / \$42
Adults (19-59)	\$90 / \$110	\$46 / \$57

- 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 / \$1105 (monthly billing available)

- 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	\$163 / \$203

- 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

- Valid for 30 days from purchase date. (See annual pass for benefits).

DAILY DROP-IN

Youth (3-18)	\$4.50	Seniors (60+)	\$5.75
Adults (19-59)	\$7.50		

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

PUNCH PASSES

	40 Punch	20 Punch	10 Punch
Youth (3-18)	\$144 / \$159	\$77 / \$85	\$41 / \$46
Seniors (60+)	\$176 / \$191	\$94 / \$106	\$49 / \$52
Adults (19-59)	\$235 / \$255	\$125 / \$133	\$66 / \$69

- 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.

AFTER SCHOOL BASKETBALL PASS Only \$25

Grab your friends and head to the recreation center to shoot some hoops! Only \$25 for the school year!

Valid for use Monday-Friday, 2:30-5pm at the following locations:

- Mondays | North & South
- Tuesdays | North & East
- Wednesdays | South
- Thursdays | North
- Fridays | North, East & South



★KIDS CORNER

(Ages 6 mos.-9 years)

East

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

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 2nd & Sunday, January 3rd

Have you ever wanted to try a dance class? Don't know which fun and exciting class to choose from? Now is the time to begin that new exercise routine. Try a no-obligation, free adult dance class at one of our recreation centers. Dance shoes and dance attire are not required. See our Winter Recreation Guide pages 11-14 for more detail on each class. For more information, call 720-515-6268.



East Boulder Community Center • Jan. 2

10 - 10:45 am	Irish Step	Elizabeth
11 - 11:45 am	Jazz Level 1 +Fitness	Julie
12 - 12:45 pm	Samba	Georgia
1 - 1:45 pm	Bollywood Bhangra	Smita
2 - 2:45 pm	Ballroom Basics & Swing	Judy
3 - 3:45 pm	Salsa	Judy
4 - 4:45 pm	Beginning Belly dance	Georgia

North Boulder Recreation Center • Jan. 3

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