

# FITNESS

NEW YEAR'S 2015



# SALE

Make Your Fitness Resolution a Reality  
New year. New Fitness. New you.

Sale Starts January 1, 2015 at  
East Boulder Community Center  
Jan. 2-31 at all Boulder rec centers



PRSRRT STD  
US POSTAGE  
PAID  
DENVER, CO  
PERMIT 5377



Boulder Parks & Rec  
**FITNESS SALE**  
Starts January 1, 2015



5660 Stoupe Dr.  
Boulder, CO 80303

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



**Start 2015 right.  
You belong here.  
Start now. SAVE \$.**

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

Dear Boulder -  
Happy New Year! **Are you're ready to up your game, shed a few pounds, get back in shape, or fulfill your resolution?** If so, check out the great savings and exceptional fitness values packed into these pages.

These offers represent our best deals of the year and here's why. Our mission is to advance the health and well-being of our community. That's how we can offer you three, state-of-the-art fitness and recreation centers and such amazingly low pricing. Our goal is to help you be well and feel your best, starting today!

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 renew your commitment to health and fitness** with us!

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

Start the year right by joining us for our popular, New Year's Day Fitness Jam at the East Boulder Community Center (see pages 6-7 for details). While you're in, take advantage of the first day of our big January sale. Save money on getting fit and healthy!

**Whenever 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,

**Yvette Bowden**  
Deputy Director, Boulder Parks & Recreation Dept.

## 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, 2015 (see details below and page 7 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 Pass, 20- or 40-entry punch pass by Feb. 28, 2015 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, 2015 for new patrons only (those who have not purchased a Boulder rec center punch card or pass since January 2013). 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, 2015. (Not valid toward Twilight Pass).

## 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, OZO Coffee, Farmers Bucks and Hapa Sushi.

What better way to start the New Year than with the best fitness value around? Offer ends January 31, 2015.

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

## \$149 for 3 Months

### Unlimited Resolution Pass

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, 2015.

**\*\* DETAILS:**

This offer available to new AND existing customers! Offer cannot be combined with any other discounts, coupons or offers, including group discounts, chamber member discounts and reduced rate.

## 2 Day Super Sale

### January 9th & 10th 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 9-10, 2015.

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, including group discounts, chamber member discounts and reduced rate.

### 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). Offer cannot be combined with any other discounts, coupons or offers, including group discounts, chamber member discounts and reduced rate.





# 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.



## **PERSONAL TRAINING +**

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



## **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.



**A FRIENDLY, WELCOM**

## **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!

# 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.

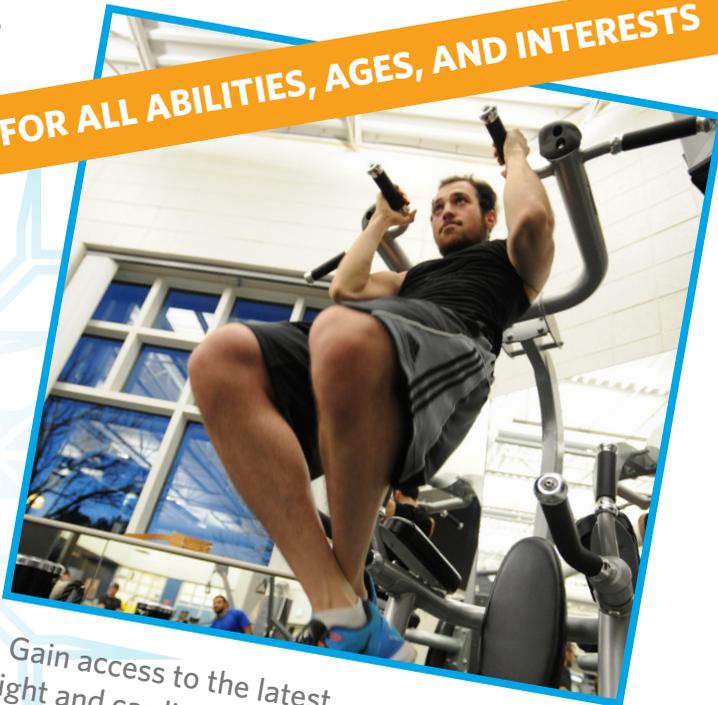


## SPORTS LEAGUES

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

**ING ENVIRONMENT FOR ALL ABILITIES, AGES, AND INTERESTS**



## 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.

## Featured Classes

See our winter rec guide online for a complete list of classes offered.

### Personal Training Plus Facility Use Pass

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!



### Classical Stretch/Essentrics

(Age 14+) This dynamic weight free program strengthens muscles creating a long lean shape. The unique fluid movements slenderize and tone the abs, waist, thighs, arms and back. Your posture will improve as your body becomes toned, flexible, agile and strong.

221801 1/6-2/12 Tu/Th, 7:30-8:30am East 12 \$105/\$131 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: \$55 ▪ 3 sessions \$157.50

### Fundamentals of Weight Training

(Age 14+) This class introduces basic and intermediate strategies to developing an appropriate individual strength and resistance program. Emphasis will be placed on understanding basic program design, body mechanics, and implementation of resistance exercises.

222849 1/8-2/12 Th, 6:15-7:15pm North 6 \$53/\$66 Andrew

### Power Yoga

(Age 14+) A Power up for an invigorating practice! This is a flowing vinyasa yoga class which progresses from simple to complex, allowing you to fully embody the postures and focus on powerful transitions. We will practice Sun Salutations, standing poses, seated poses, twisting and back bending, and inversions. Experience with yoga is helpful, but not necessary.

223236 1/6-3/17 Tu, 6:45-8pm North 11 \$117/\$146 Maggie

### Drop-In Class Highlights

- Ashtanga Yoga on Mondays / 7:15am - 8:15 am @ NBRC
- Kundalini Yoga on Wednesdays / 7:15 - 8:15 am @ NBRC
- Nia on Mondays / 5:30 - 6:30 pm @ SBRC
- Yoga on Saturdays at 12 pm @ SBRC
- Heartbeatyoga for age 8+ on Mondays / 5:30 - 6:45 pm @ NBRC



See page 7 for a complete schedule of drop-in classes.

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



FEB  
07  
BOULDER  
COLORADO

# USA CROSS COUNTRY 2015 CHAMPIONSHIPS

## SAVE THE DATE

== FEBRUARY 7, 2015 ==

FLATIRONS GOLF COURSE  
Boulder CO

### Schedule of Races

8:15 A.M. - MASTERS WOMEN'S 6 KM

9:00 A.M. - MASTERS MEN'S 8 KM

10:00 A.M. - HIGH SCHOOL CHALLENGE  
GIRLS 4 KM

10:25 A.M. - HIGH SCHOOL CHALLENGE  
BOYS 4 KM

10:55 A.M. - JUNIOR WOMEN'S 6 KM

11:30 A.M. - JUNIOR MEN'S 8 KM

12:15 P.M. - OPEN WOMEN'S 8 KM

1:00 P.M. - OPEN MEN'S 12 KM



# New Year's Day Family Fitness Jam



Snacks by Whole Foods



**Thursday, Jan. 1 • 9 a.m. - 1 p.m. at EBCC**

Start 2015 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 2015 fitness goals. A great way to sample new techniques and teachers - and start '15 in style!

- 9-10 a.m. **Fitness Blast with Dora**
- 9-10 a.m. **Cycling Bootcamp w/Andrew**
- 10 a.m. **Free body comp testing**
- 10-11:15 a.m. **Out of this World Cosmic Nia Jam**
- 11:15-12 p.m. **Pound Rockout Workout**
- 12-1 p.m. **Gentle Yoga**

**Rec Center Hours:**  
New Year's Day (Thurs. Jan. 1)  
East open 8 a.m.-4 p.m.  
Child care open 8:30 a.m.-1:30 p.m.  
(North & South Recreation Centers closed)

Use your pass or \$7 entry for the Fam Jam and use of facility.

Visit us online at [www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org) for class descriptions and more details.

### Swim Lesson Demo & Level Placements

10:30-11:30 a.m. **Swim Lesson Demo & Placements**

Let us assess your child and advise you on what level of swim lesson is best.



## Start the New Year with an OUT OF THIS WORLD NIA JAM!

Join us for our Annual New Year's Nia Jam at East Boulder Community Center.

Start the new year with this low-impact, high-energy workout. Beginners welcome!

**Wear something Out of this World,** lightweight workout shoes or go barefoot, and bring a water bottle.

**Thursday, Jan. 1, 2015  
10-11:15 a.m. • East**



Don't miss our New Year's Day Fitness Jam at East 9am-1pm

YOGA • DROP-IN FITNESS • PILATES • NIA • WATER FITNESS • ZUMBA & MORE!

## 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)

**W**ant 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
MRT (Metabolic Resistance Training)	W	5:30-6:15 pm
Total Body Fitness	Sa	8:30-9:30 am
Sports Conditioning	M/W/F	12-1 pm
MRT (Metabolic Resistance Training)	M/W	8-9 am
Water Fitness Aqua Motion	T/Th	12:30-1:30 pm

#### Mind/Body

Nia	M	9-10 am
Yoga	M	12-1 pm
Nia	M	5:30-6:30 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
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/F	6-7 am
The Ride!	M/W/F	8:50-9:50 am
The Ride!	T/Th	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	9-10 am
Total Body Fitness	★ Fri	9-10 am
Hard Core	★ M	5-6 pm
Carve	Sat	8-9 am
Carve	★ Sat	9-10 am
Carve	★ W/F	5-6 pm
Carve	T/Th	6:30-7:30 am
MRT (Metabolic Resistance Training)	T/Th	6:15-7 am
MRT (Metabolic Resistance Training)	T/TH	6:45-7:30 pm
Pure Step	Sat	8:15-9:15 am
Fitness for Life	T/Th	1:30-2:30 pm
Warm Water Fitness	T/F	9:30-10:30 am
Hydro Dynamics	M/W /F	9:15-10:15 am
Warm Water Fitness	M/W/F	8-9 am

#### Mind/Body

Yin Yoga	M	12-1 pm
Yoga	Tu	12-1 pm
Yoga	Tu	5:15-6:15 pm
Nia or Zumba	Tu	5:30-6:30 pm
Nia	W	10:30-11:30 am
Pilates/Yoga Combo	W	12-1 pm
Yoga	★ W	5:15-6:15 pm
Zumba	W	5:30-6:30 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/F	7:15-8:15 am
Barre and Balance	W	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	10:30-11:30 am
Group Power Workout	★ T	5:15-6 pm
Group Power Workout	★ Th	5:30-6:30 pm
H.I.I.T.	★ 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
Group Power Workout	Sat	8-9 am
Aquatic Zumba	T	5:45-6:45 pm
Pre/Post Natal Aqua Fit	M	7-8 pm

#### Mind/Body

Yoga - Ashtanga	M	7:15-8:15 am
Ayre	M	8:20-9:20 am
ZUMBA	★ M	9:30-10:30 am
Chi Kung	★ M	10:45-11:45 am
Dance Fusion	★ M	10:50-11:50am
Yoga	★ M	12-1 pm
Restorative Yoga & Prana	M	4-5:15pm
Heartbeatyoga (age 8+)	M	5:30-6:45pm
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 - Kundalini	W	7:15-8:15 am
Yoga	★ W	9-10 am
Ayre	★ W	9-10 am
Yoga	★ W	12-1 pm
Nia	W	4:30-5:30pm
Nia	Th	10:30-11:30 am
Yoga	Th	12-1 pm
Pilates Mat	★ Th	4:15-5:15 pm
ZUMBA	★ Th	5:30-6:30 pm
Yoga	★ F	8:50-9:50 am
Nia	★ F	9:30-10:30 am
Ayre	★ F	10:45-11:45 am
Yoga	★ F	12-1 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.

# Entry 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.

## 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)

- 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

- 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

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.

## 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.

## 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, 2:30-5 pm on school days only 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:

First child: \$6.50  
Additional child: \$3.50

### Punch Cards:

\$58.50 - 10 visits (\$5.85/visit)  
\$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 3rd & Sunday, January 4th

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 7-9 for more detail on each class. For more information, call 720-515-6268.



## East Boulder Community Center • Jan. 3

9 - 9:45 am	Modern Level 1	Cindy
10 - 10:45 am	Irish Step	Elizabeth
11 - 11:45 am	Jazz Level 1	Mary
12 - 12:45 pm	Tap Level 1	Mary
1 - 1:45 pm	Hula	La'ela'e
2 - 2:45 pm	Ballroom Basics & Swing	Judy
3 - 3:45 pm	Salsa	Judy
4 - 4:45 pm	Beginning Belly dance	Georgia
5 - 5:45 pm	Hip Hop	Kevin

## North Boulder Recreation Center • Jan. 4

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	Hip Hop	Kevin
5 - 5:45 pm	Irish Step	Elizabeth