

Fitness Class Descriptions

CARDIO ABS PLUS! (location: aerobics room)

A cardiovascular class which includes vertical core conditioning and intervals along the way to keep you challenged. Expect to wake up your core and feel your glutes working too!

CYCLING (location: movement studio)

Use our indoor bikes for a virtual ride filled with hills, speed and drills for a great cardiovascular workout! Please arrive a few minutes early if you are new to cycling for proper bike set up.

GENTLE YOGA (location: multi-purpose room)

This yoga class is designed to help you unwind, relax, and eliminate fatigue and stress from daily activities. Class format will include restorative practices to mindfully reduce stress to improve the capacity for healing and balance. *Please pick up a yoga card up to 30 minutes prior to class start from the front desk.*

MUSCLE MADNESS (location: aerobics room)

One of our most popular classes, a strength training class to work all your major muscles and then some! Using various resistance tools; weighted bars, dumbbells, bands this class is a great way to sculpt your body.

MUSCLE MADNESS/CARDIO ABS (rotation) (location: aerobics room)

The format will be muscle madness on: March 5 & 12. Cardio Abs plus on: March 19 & 26.

PILATES (location: aerobics room)

This mat pilates class will help develop your core muscles and works on elongation of the body. All levels welcome.

POUND®POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Please arrive a few minutes early if you are new to POUND®. Equipment is limited to 25 max.

QUICK & EFFECTIVE (location: aerobics room) *can move around facility during class: gym/track

This popular and challenging class incorporates both cardiovascular conditioning and strength training and varied intensity levels. The 45 minutes is indeed effective and **geared toward the athletic individual.**

SILVERSNEAKERS ® CIRCUIT (location: aerobics room)

Cardio circuit is a more advanced class for ages 65+. The format includes standing non-impact choreography designed to work your cardiovascular fitness combined with muscular endurance in a circuit style format.

SILVERSNEAKERS ®CLASSIC (location: aerobics room)

Muscular Strength & Range of movement, a class for ages 65+. The format includes seated or standing options and a variety of exercises to improve strength and flexibility.

SUNRISE YOGA (location: multi-purpose room)

Begin your day with mindful breath, flow and leave feeling energized just as the sun rises.

WATER FITNESS-DEEP & SHALLOW CLASSES (location: aquatics area)

This class can include cardio, core conditioning and circuit training. Equipment varies; noodles, cuffs, belts and more! Come experience the benefits of water!

YOGA (location: multi-purpose room)

Yoga instructor bios are available at the front desk. Increase flexibility and strength in our yoga classes, find the style that best suits you! Please pick up a "yoga" card 30 minutes prior to class start as space is limited and classes can fill quickly. *Please pick up a yoga card up to 30 minutes prior to class start from the front desk.*

ZUMBA GOLD® (location: aerobics room)

Zumba GOLD® is specifically designed to take the exciting Latin and international dance rhythms created in the original Zumba Program and bring them to the active older adult, the beginner participant, and other special populations that might need modifications for success. Easy to follow choreography.

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