

ADULT ACTIVITIES

Hyland Hills Park and Recreation District — 303-428-7488 — www.hylandhills.org

FITNESS AND WELLNESS CLASSES

PERL MACK WEIGHT ROOM

Come visit us before and after work! The weight room at the Perl Mack Community Center features weight and cardio equipment. Punch cards are available.

WEIGHT ROOM FEES

Drop In*	\$2/\$2.50
Punch Card	\$20/\$25

(12 visits)

*Ages 12-15 must attend the Junior Weight Training course prior to working out for the first time.

NEW EXTENDED WEIGHT ROOM HOURS:

M, W, F: 7am-8pm; T, Th: 8am-8pm; SA: 8am-1pm
Come in before work!

SUMMER SIZZLER WEIGHT ROOM PASS SPECIAL

\$10 per pass, 1 pass per month, for the months of June, July and August. If you want to buy a second pass for the month, it will be at the regular fee of \$20/\$25. Don't miss out on this super deal! Be active and strengthen!

WATER AEROBICS - BEG/INT. #445100-1

Excellent alternative to land aerobics. Ability to swim is not necessary! This class combines cardio-vascular, strength training in the pool.

Ages: 15 and up

Fee: \$20 Resident/\$25 Non-Resident (Drop-In Fee: \$7)

Date	Day	Time	Loc
Jun 11-Jul 25	M/W	Noon-1pm	PMC

No class July 4

STEP AND TONE #445101-1

Step up and take this class! This class combines using the steps with cardiovascular and toning exercises. It's a great class and a perfect way to mix up your workout! No drop ins at this facility.

Ages: 18 and up

Fee: \$25 per month

Date	Day	Time	Loc
May-Aug	W	6pm-7pm	GC

No class July 4

PERSONAL TRAINING #445125-1

Achieve the results you're looking for in your exercise routine. Clients vary in age and activity levels. Our goal is to bring strength and conditioning to clients. Certified personal trainers for Perl Mack Facility are Brandon Harkey & Dee Farmer.

How to register:

Please register by paying first and then the trainer or staff will call to schedule an appointment for you.

Fee: One on One training

One hour session \$35

1/2 hour session \$25

Group

1 hour session \$40 group/\$20 per person

1/2 hour session \$30 group/\$15 per person

FLAT 14ERS

www.flat14ers.org

Convert your steps and "YOU too can climb a mountain"!

Look for conversion charts on line at the website listed above and start climbing!

Hyland Hills has been working cooperatively with the City of Westminster, Adams County School District #50 and Tri-County Health to provide our community residents a healthy style of living. Look for signs in our weight rooms, school tracks and trails. Just count your steps (can be any physical activity) and you will be climbing a Colorado 14'er!

Age: All ages

Fee: Free



ZUMBA FITNESS CLASS #445110-1A

Latin Dance aerobics, including salsa, meringue, cha cha, cumbia, samba, rumba and more! It is so much fun that you won't notice that it's exercise!

Ages: 18 and up

Fee: Drop-In fee \$7 per class or add SAT for additional \$5 to any monthly fee

Date	Day	Time	Loc
May-Aug	T	5:45pm-6:45pm	GC
	T&TH	5:45pm-6:45pm	GC
	SA	12noon-1pm	PMC

NEW!! SUMMER CONDITIONING WORKOUT #445112-1A

This class is great for those beginners who are going to condition for a race or triathlon. This one-hour workout focuses on the benefits of working out in a group with a personal trainer. Participants will meet together with the trainer and you will have an exercise plan to meet your needs for a beginning run, triathlon, and walk.

Ages: 18 and up

Drop-In fee \$7

Fee: \$25 Resident/\$30 Non-Resident per month

Date	Day	Time	Loc
May-Aug	M&W	5pm-6pm	PMC

BODY PUMP # 445113-A

Strength training and cardio all in one! Join us for music, fitness and fun! Drop-in fee: \$7

Ages: 18 and up

Fee: \$25 Resident/ \$30 Non-Resident per month

Date	Day	Time	Loc
May-Aug	M/W/F	7am-8am or 8am-9am	PMC

BEGINNING SPIN CYCLE CLASS #445114-1A

This workout focuses on cardiovascular fitness, endurance and muscle strength.

Age: 18 and up

Fee: \$25 per month

Date	Day	Time	Loc
May-Aug	F	5pm-6pm	PMC

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NOON TIME BOOT CAMP #445115-1

Boot camp is a great way to increase lean muscle mass, tone and receive a super cardio workout and burn calories! Class designed for all fitness levels.

Age: 15 and up

Fee: \$25 per month, \$7 drop-in fee per class

Date	Day	Time	Loc
May-Aug	M/W/F	Noon-12:45pm	PMC

BOOT CAMP- FEEL THE BURN! #445117-1A

Burn up to 500 calories in 1 hour of Boot Camp! Enjoy an upbeat complete body toning and cardio workout. One hour of non-stop muscle confusion workouts that provide you quick and effective results. Classes designed for all fitness levels.

Age: 15 and up

Fee: \$50 per month, \$7 drop-in fee per class

Date	Day	Time	Loc
May-Aug	M, T & TH	7pm-8pm	PMC

BEACH BOD CONDITIONING CLASS #445118-1A

Learn specific strength conditioning exercises.

Ages: 18 and up

Fee: \$25 Resident/\$30 Non-Resident per month

Date	Day	Time	Loc
May-Aug	TH	8am-9am	PMC

YOGA / FITNESS CARD

This yoga punch card may be used for any yoga / fitness classes at PMC.

4 swipes for \$28. Jazzercise excluded in this offer.

LUNCHTIME YOGA & DRUMS ALIVE #445131-B1

Ages: 15 and up

Fee: \$25 Resident/\$30 Non-Resident per month drop-in \$7

Date	Day	Time	Loc
May-Aug	T & TH	12:15pm-1:15pm	PMC

NEW!! DRUMS ALIVE #445131-2

A new and innovative program that brings together a great workout with rhythmic drumming. Using drumsticks and a stability ball, the choreography keeps things fun, burns fat improves concentration and increases energy.

Ages: 15 and up

Fee: \$25 Resident/\$30 Non-Resident per month drop-in \$7

Date	Day	Time	Loc
May-Aug	T & TH	11am-Noon	PMC

RECHARGE YOGA #445131-C1

Come as you are! Yoga teaches self-acceptance. Experience increased flexibility, strength, and well-being.

Ages: 15 and up

Fee: \$25 Resident/\$30 Non-Resident per month. Drop-in \$7

Date	Day	Time	Loc
May-Aug	W	5:30pm-6:30pm	PMC

KARATE #445212-A1, B1, C1

This program concentrates on body conditioning, Kata (forms) and two-partner exercises.

Age: 3-4 yrs old

Fee: \$25 per month

Date	Day	Time	Loc
May 5-Aug 25	SA	9:45am-10:15am	GC

Age: 5-6 yrs old

Fee: \$25 per month

Date	Day	Time	Loc
May 5-Aug 25	SA	10:15am-10:45am	GC

Age: 7-Adults

Fee: \$45 per month

Date	Day	Time	Loc
May 1-Aug 28	T	7pm-8pm	GC
	SA	10:45am-11:45am	GC

BEGINNER AIKIDO #445222-A

Aikido is used to defend and disarm while also protecting the attacker from serious injury. Students will learn how to fall properly as well as take down and ground locking positions.

Ages: 7 and up

Fee: \$25 Resident/\$30 Non-Resident per month

Date	Day	Time	Loc
May 5-Aug 25	SA	9am-9:45am	GC

JUNIOR WEIGHT TRAINING #445302-1A

This class is designed to teach youth the proper safety and techniques to use in the weight room. You will receive a weight room card that allows you to work out in the weight room at the Perl Mack Community Center.

Age: 12 and up

Fee: \$8

Date	Day	Time	Loc
Jun 25	M	6:30pm-7:30pm	PMC

WEIGHT ROOM ORIENTATION AND BODY FAT ANALYSIS

#445304-1

This one-time combination class will give you the opportunity to learn from a certified personal trainer to safely use the weight room, free weights and cardiovascular equipment in our weight room. You will also learn what your body fat percentage is and what that means.

Ages: 14 and up

Fee: \$15

Call 303-650-7581 to schedule your appointment.

JAZZERCISE

All fitness levels welcome! First class Free! Contact Jennifer, 303-217-1142 or jazzyjenn3@yahoo.com

Ages: 16 and up

Fee: \$34/month unlimited attendance

Date	Day	Time	Loc
May-Aug	M-TH	5:45pm	PMC
May-Aug	M/F	9am	GC
May-Aug	SA	8:15am	PMC

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