



SUMMER 2010

# ADULT ACTIVITIES

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

## FITNESS AND WELLNESS CLASSES

### PERL MACK WEIGHT ROOM

The weight room at the Perl Mack Community Center has been doubled in size and now features much more equipment, a cardio room, and a weight room. Punch cards are available.

WEIGHT ROOM FEES	
Drop In*	\$2/\$2.50
Punch Card (12 visits)	\$20/\$25
*Ages 12-15 must attend the Junior Weight Training course prior to working out for the first time.	
<b>NEW EXTENDED WEIGHT ROOM HOURS:</b>	
M, W, F: 7am-8pm; T, Th: 8am-8pm; SA: 8am-1pm	

### WEIGHT ROOM ORIENTATION AND BODY FAT ANALYSIS #445304

This one-time combination class will give you the opportunity to learn from a certified personal trainer, to safely use the weight machines, 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. Call 303-650-7581 to schedule your appointment. Fee: \$15

### PERSONAL TRAINING

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 condition to our clients.

#### How to register:

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

- Fee: One hour session \$30/\$35
- 4-one hour sessions \$110/\$115
- Couple session \$50/\$55
- 4-one hour couple sessions \$200/\$205

### BODY PUMP #445113

Strength training and cardio all in one! Do you enjoy the aerobic classes but feel that maybe you need more than just cardio? This is your class! Join us for music, fitness, and fun! Get your total body workout with Body Pump. Drop-in Fee: \$3.75

Ages: 18 and up

Fee: \$25 Resident, \$30 Non-Resident

Date	Day	Time	Loc
May 3-May 28	M/W/F	7am-8am	PMC
Jun 2- Jun 30	M/W/F	7am-8am	PMC
Jul 2-Jul 30	M/W/F	7am-8am	PMC
Aug 2-Aug 30	M/W/F	7am-8am	PMC

May 3-May 28	M/W/F	8am-9am	PMC
Jun 2-Jun 30	M/W/F	8am-9am	PMC
Jul 2-Jul 30	M/W/F	8am-9am	PMC
Aug 2-Aug 30	M/W/F	8am-9am	PMC

### TOTAL BODY WORKOUT #445112

This eight-week, one-hour workout focuses on the benefits of working out in groups with a personal trainer. Participants will meet one-on-one with the personal trainer on a scheduled visit for the first week of the program. Strength testing and body composition will be done at that time. For the next seven weeks the participants will meet together with the personal trainer to implement their exercise plan. You will have a customized exercise plan to meet your needs. The last week of the program the participants will once again meet one-on-one with the personal trainer on a scheduled visit.

Ages: 18 and up

Fee: \$55 Resident, \$60 Non-Resident

Date	Day	Time	Loc
May 10-Jul 5	M/W/F	5pm-6pm	PMC
May 10-Jul 5	M/W/F	6pm-7pm	PMC
Jul 12 -Aug 30	M/W/F	5pm-6pm	PMC
Jul 12 -Aug 30	M/W/F	6pm-7pm	PMC

### ZUMBA FITNESS CLASS #445110

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! Helps create an effective fitness system! Drop-in Fee: \$10

Ages: 18 and up

Fee: \$35 Resident, \$40 Non-Resident

Date	Day	Time	Loc
May 4-May 27	T&TH	5:45pm-6:45pm	GC
Jun 1-Jul 1	T&TH	5:45pm-6:45pm	GC
Jul 6-Jul 29	T&TH	5:45pm-6:45pm	GC
Aug 3-Aug 26	T&TH	5:45pm-6:45pm	GC

Ages: 18 and up

Fee: \$20 Resident, \$25 Non-Resident #

Date	Day	Time	Loc
May 4-May 25	T	5:45pm-6:45pm	GC
Jun 1-Jun 29	T	5:45pm-6:45pm	GC
Jul 6-Jul 27	T	5:45pm-6:45pm	GC
Aug 3-Aug 31	T	5:45pm-6:45pm	GC

### JUNIOR WEIGHT TRAINING #445302

This class is specifically designed to teach your child/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 Perl Mack.

Ages: 12-15

Fee: \$16 Resident, \$21 Non-Resident

Date	Day	Time	Loc
Jun 7-Jun 28	M	7:15pm-8pm	PMC

### KARATE #445212

Karate is taught using Japanese tradition and methodology. The class concentrates on body conditioning, Kata (forms) and two partner exercises.

Ages: 7 and up (Ages 3-6, see page 22)

Fee: \$45 Resident, \$50 Non-Resident

Date	Day	Time	Loc
May 1-May 29	T&SA	T: 7-8pm, SA: 11am-12pm	GC
Jun 5-Jun 26	T&SA	T: 7-8pm, SA: 11am-12pm	GC
Jul 10-Jul 31	T&SA	T: 7-8pm, SA: 11am-12pm	GC
Aug 7-Aug 28	T&SA	T: 7-8pm, SA: 11am-12pm	GC

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## CARDIO KICK BOXING WORKSHOPS #445111

An aerobic class that combines martial arts, boxing, aerobic exercises and strengthening to increase the health of your heart and lung systems and improve flexibility, balance, coordination and strength. Kick and punch your way to a fantastic workout.

Ages: 15 and up

Fee: \$10 Resident, \$12 Non-Resident

Date	Day	Time	Loc
May 19	W	5:30pm-7pm	GC
Jun 23	W	5:30pm-7pm	GC

## JAZZERCISE

All fitness levels welcome! First class Free!

Contact Shannon 720-872-2190

Ages: 16 and up

Fee: \$32/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

(childcare available Mon & Wed \$1/child-GC only)

## JUNIOR JAZZERCISE #445103

Jazz it up with this great program that interfaces pilates, kick boxing, hip hop and jazz. Great music, great class. First class Free! Contact Shannon 720-872-2190

Ages: 6 and up

Fee: \$20

Date	Day	Time	Loc
May-Aug	M	4:15pm-5pm	PMC

## CHAIR/TABLE MASSAGE #445140

Reduce physical, mental and emotional stress, increase blood and lymph circulation, and instill an overall sense of well being.

Age: 18 and up

Fee: 6 min, \$5; 12 min, \$10; 17 min, \$15; 23 min, \$20; 1 hour, \$45

Date	Day	Time	Loc
May 11	T	8am-12pm	PMC
Jun 8	T	8am-12pm	PMC
Jul 13	T	8am-12pm	PMC
Aug 10	T	8am-12pm	PMC

## LAUGHTER YOGA WORKSHOP #445131

Laughter yoga combines laughter exercises and yoga breathing to give you the health benefits of hearty laughter.

Ages: 18 and up

Fee: \$3

Date	Day	Time	Loc
May 19	W	6:30pm	PMC

## LAUGHTER YOGA CERTIFICATION TRAINING

#445131

Ellen Brown - Certified Laughter Trainer. This 2 day clinic certifies new instructors for laughter yoga!

Ages: 18 and up

Fee: \$215

Date	Day	Time	Loc
Jun 4 & 5	Fri	10am-5pm	PMC
	SA	10am-5pm	PMC
Jun 5	SA	12:30-1:30pm	PMC - FREE

open laughter yoga session

## QIGONG HEALING #465102

The Tao Energetics technique is a non-invasive, touch-free method that locates weak points and blocked energy in the subtle body. When the weak points have been located, an energetic correction is performed and the adjustment is made.

Ages: 18 and up

Fee: \$3

Date	Day	Time	Loc
May 22	SA	1:30pm-3pm	PMC

## YOGA FOR BEGINNERS #445131

A gentle class designed to help us feel more energized, peaceful, and focused. Flexibility is not a pre requisite.

Ages: 15 and up

Fee: \$25 Resident, \$30 Non-Resident

Date	Day	Time	Loc
May 2-May 23	SU	4pm-5pm	PMC
Jun 6-Jun 27	SU	4pm-5pm	PMC
Jul 11-Jul 25	SU	4pm-5pm	PMC
Aug 1-Aug 29	SU	4pm-5pm	PMC

## LUNCHTIME YOGA #445131

Ages: 15 and up

Fee: \$25 Resident, \$30 Non-Resident

Date	Day	Time	Loc
May 4-May 27	T/TH	12:15pm-1:15pm	PMC
Jun 1-Jun 29	T/TH	12:15pm-1:15pm	PMC
Jul 1-Jul 29	T/TH	12:15pm-1:15pm	PMC
Aug 3-Aug 31	T/TH	12:15pm-1:15pm	PMC

## RECHARGE YOGA #445131

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

Date	Day	Time	Loc
May 5-May 26	W	5:30pm-6:30pm	PMC
Jun 2-Jun 30	W	5:30pm-6:30pm	PMC
Jul 7-Jul 28	W	5:30pm-6:30pm	PMC
Aug 4-Aug 25	W	5:30pm-6:30pm	PMC

## YOGA PUNCH CARD

This yoga punch card may be used for any yoga class. 4 punches for \$25/\$30

## MEDITATION #465101

Participants will learn ways of going into a meditative state. Relax and distress.

Ages: 15 and up

Fee: \$4 Resident, \$5 Non-Resident

Date	Day	Time	Loc
Jul 11	SU	5:15pm-6:15pm	PMC

## WATER AEROBICS – BEG/INT. #445100

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

Ages: 12 and up

Fee: \$20 Resident, \$25 Non-Resident (Drop-In Fee: \$3.75)

Date	Day	Time	Loc
Jun 14-Jul 21	M/W	12pm-1pm	PMC



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