

Adult Programs



DROP-IN FITNESS CLASSES

Use your annual pass, punch card, or pay the daily visit fee. No sign-up required, unless otherwise noted. **Ages 15+**. Check with your doctor prior to starting a fitness program. Schedules are subject to change. Pick up the latest copy of both our Group Cycle and Group Fitness Classes at the front desk or online at www.cityoflafayette.com/recreation. **JOIN US TODAY!**

► **BABY & ME YOGA** Learn yoga techniques to strengthen and rejuvenate your core specifically designed to increase that special bond with your baby. Bring a blanket for baby.

► **BEGINNING YOGA** Hatha style. Introduction to gentle stretching and holding both standing and sitting poses as well as using breathing with movement.

► **CORE PLUS** An upbeat class that combines the slow controlled breathing and stretching of yoga with the core tightening and strengthening of Pilates.

► **BODYCOMBAT™** This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, Tai Chi and Muay Thai.

► **BODYPUMP™** Challenge all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music and your choice of weight inspire you to get the results you want! Due to limited equipment, reservations are required and taken up to 2 days in advance at the Front Desk or by phone at 303-665-0469.

► **BUTTS & GUTS** Hit your target zones with 45-minutes of core strengthening, buns and thighs toning FUN! This class is setup in cardio/strengthening intervals.

► **DEEP WATER AEROBICS** Excellent conditioning, muscle toning, flexibility and fat burning. The water environment provides great resistance and a low-impact workout.

► **FLEX AND STRETCH** 30-minute class helps tone and shape core muscles along with deep stretches for flexibility.

► **FLOW AND SCULPT** A total body workout, these classes are set to energize, tone and sculpt every major muscle group while honoring a Yoga Flow practice. This class pushes your strength and flexibility to new heights using free weights and body weight to intensify each pose. Ending each class with a restorative and relaxing ending to calm the nervous system and body.

► **GENTLE YOGA** Hatha style. The slow movement is directly connected to breath and presence. Move through the day in a way that engages the mind and body.

► **GROUP CYCLING** Each instructor will motivate you to keep moving and increase your cardiovascular and aerobic capacity. Even beginners can tailor the workout. Reserve a bike up to 2 days in advance at the Front Desk or by phone at 303-665-0469.

► **HIGH-INTENSITY WATER AEROBICS** This class includes more intense cardio drills, muscle toning and flexibility and is a great way to increase aerobic capacity.

► **INTRO TO STEP** While the choreography is kept simple and repetitive, intervals and modifications help build the intensity of this fun workout.





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► **POWER YOGA** In this class, the relationship between breath and movement is explored at an elevated pace. Participants will be guided through a sequence of familiar postures with increased body awareness, range of motion, flexibility and strength. While new, more advanced asanas or postures are introduced, fundamentals of alignment and breathing principles will always be refreshed and revisited.

► **PRENATAL YOGA** Designed to help expectant mothers stay in shape with a moderate flow workout focusing on postures and breathing techniques.

► **RELAXING YOGA** Integral yoga poses emphasizing deep relaxation and long held poses while promoting healthier joints and injury prevention.

► **RIGOROUS YOGA** Powerful flowing yoga poses that increasingly challenge your strength, stamina & flexibility.

► **RISE AND SHINE YOGA** Gentle, guided movements to blend strength, balance and overall flexibility that will leave you feeling relaxed and re-energized.

► **RIVER WALKING** Walking with and against the current in the Lazy River is an excellent way to tone your muscles and increase stamina.

► **SHALLOW WATER AQUA AEROBICS CLASS** Low-impact class using water's natural resistance for minimal stress on the joints to promote fitness/toning and increase energy.

► **SLOW FLOW YOGA** Wind down from stressors. Work out aches & pains and rejuvenate yourself for the weekend.

► **STEP** This challenging class offers a fun and varied cardiovascular workout that can be modified to suit the fitness level of each individual participant.

► **TRX GROUP SUSPENSION TRAINING** Delivers a fast, effective total-body workout leveraging bodyweight to perform hundreds of exercises. Due to limited equipment, reservations are required taken up to 2 days in advance at the Front Desk or by phone at 303-665-0469.

► **TRX RIP TRAINING** A three dimensional, functional training tool that uses elastic resistance to train and rehabilitate bodies for how we move in every day life.

► **YOGA/PILATES/STRENGTH** This class offers basic exercises stemming from a variety of disciplines such as Yoga, Pilates, Strength Training, and Meditation.



**DITCH THE WORKOUT...
JOIN THE PARTY!**

Easy to do, effective and totally exhilarating, Zumba gets your energy levels soaring! Classes are ongoing and newcomers are welcome to join in at anytime.

WEDNESDAYS 10:30-11:30AM
TUES & THURS 6:40-7:40PM
SUNDAYS 3:30-4:30PM

YOUR FIRST CLASS IS FREE!
Drop-In Classes: **\$8**
10 Visit Punch Card: **\$50**
passes valid for 6 months

LES MILLS
LAUNCH WEEKS
OCT 15TH & JAN 14TH
BODYPUMP™ BODYCOMBAT™



POWER SMASH