

BECK

RECREATION CENTER

800 Telluride Street, Aurora, CO 80011
303.739.6888

ADULTS 18 & OLDER

Youth 12-15 must be accompanied by adult.

Schedules are subject to change, visit us online for the most up-to-date at AuroraGov.org/Recreation.

FREE ORIENTATION ON USE OF FITNESS EQUIPMENT

Learn how to effectively and safely use our fitness equipment. Let a certified trainer take the guess work out for you. This service is FREE and included with your admission fee.

PERSONAL TRAINING

Individual
30 min. \$28 • 60 min. \$40
Introductory Session:
1st time client fitness assessment: \$45/1hr
3 Pack (180 min) \$110
6 Pack (360 min) \$195

PLEASE CALL (720) 739-6888 TO REGISTER.
WEIGHT ROOM ORIENTATION ARE SCHEDULED BY APPOINTMENT ONLY.

MASSAGES

1st time client special (60 min.) - \$45
1st time client special (90 min.) - \$67.50
30 minutes - \$37
60 minutes - \$52
90 minutes - \$75

MASSAGE PACKAGES

3 one hour massages - \$141
5 one hour massages - \$225
3 90 minute massages - \$200
5 90 minute massages - \$330

By appointment only.

FRONT

MONDAY

CardioStrength	8:15-9:15 a.m.	Weight Room
CardioStrength	9:30-10:30 a.m.	Weight Room
SS Circuit	9:30-10:30 a.m.	Spruce Room
Spin	5:30-6:30 p.m.	Pinion Room
Cardio Boxing	5:30-6:30 p.m.	Studio
Super Core	6:45-7:15 p.m.	Studio

TUESDAY

Core Strength	8:15-9:15 a.m.	Studio
Chair Yoga	8:30-9:15 a.m.	Spruce Room
SS Classic	9:30-10:30 a.m.	Spruce Room
Tai Chi for Arthritis	9:30-10:30 a.m.	Studio
SS Classic	1:00-2:00 p.m.	Studio
Boot Camp	5:30-6:30 p.m.	Studio
Yoga Flow	6:35-7:35 p.m.	Studio

WEDNESDAY

CardioStrength	8:15-9:15 a.m.	Weight Room
Gentle Yoga	8:30-9:30 a.m.	Pinion Room
SS Circuit	9:30-10:30 a.m.	Spruce Room
Butts & Guts	5:30-6:30 p.m.	Studio
Power Cruz Spin	5:30-6:30 p.m.	Pinion Room
Yoga Flow	6:35-7:35 p.m.	Studio

THURSDAY

CardioStrength	8:30-9:30 a.m.	Weight Room
Chair Yoga	8:30-9:15 a.m.	Spruce Room
SS Classic	9:30-10:30 a.m.	Spruce Room
Tai Chi for Arthritis	9:30-10:30 a.m.	Studio
SS Classic	1:00-2:00 p.m.	Studio
Boot Camp	5:30-6:30 p.m.	Studio
Tabata Blast	6:35-7:35 p.m.	Studio

FRIDAY

CardioStrength	8:15-9:15 a.m.	Weight Room
CardioStrength	9:30-10:30 a.m.	Weight Room
SS CardioFit	9:30-10:30 a.m.	Spruce Room

SATURDAY

Gentle Yoga	8:15-9:15 a.m.	Studio
CardioStrength	9:15-10:15 a.m.	Weight Room

SUNDAY

Yoga Flow	8:15-9:15 a.m.	Studio
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Beck Recreation Center DROP-IN FITNESS CLASSES



HOURS

MONDAY - THURSDAY
5:30 a.m. - 9 p.m.

FRIDAY
5:30 a.m. - 7 p.m.

SATURDAY
6 a.m. - 6 p.m.

SUNDAY
8 a.m. - 5 p.m.

Silversneakers Coffee Social

2nd Thursday of every month at 10:30 a.m.

The Silversneakers program is not just about fitness, it's about making new friends for support, motivation, & socialization. Celebrate with us over coffee, snacks, & friendly conversation.

BACK

SPIN

Indoor cycling provides a fun and challenging cardiovascular workout for all ages & fitness levels. Experience a full ride of hills, sprints and endurance intervals with energizing music & motivational instruction.

SUPER CORE

Get chiseled, defined abs and strong core muscles with this 25 minute ab blasting class!

TABATA BLAST

The most intense and effective workout you will ever do! High intensity interval training is proven to boost metabolism and take you to the next level. Class finishes with focused core and back exercises. Appropriate for all fitness levels.

BOOT CAMP

Go easy or go strong, this power punched class has something for everyone. Circuits and intervals of the latest boot camp exercises. Intense and fun, you won't notice the time fly by!

BUTTS & GUTS

This class is 45 minutes filled with multiple variations of squats, lunges, planks, crunches, leg-lifts & other pilates-style strengthening moves intended to tone your glutes & abs.

CARDIO BOXING

This high-intensity interval training workout sculpts our body and burns calories. Your trainer will lead you through explosive boxing rounds where you'll deliver jab, cross hook and upper combinations, working your entire body.

TAI CHI FOR ARTHRITIS

Improve range of motion and balance with circular movement patterns repeated with a focus on grace, balance and controlled breathing.

YOGA FLOW

Take it to the next level. Some yoga experience is helpful, although not required. Open to everyone with the ability to move through standing, kneeling, and reclined positions unassisted.

SILVERSNEAKERS® CARDIOFIT

Get up and go with an aerobics class that's safe and heart-healthy. The workout includes low-impact movement, upper-body strength, abdominal conditioning, stretching and relaxation exercises.

SILVERSNEAKERS® CLASSIC

Move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Weights, tubing, and a SilverSneakers ball, and chair are used.

SILVERSNEAKERS® YOGA

Very gentle and basic yoga postures and stretches are done standing and sitting. No movements or poses are done on the floor.

CARDIOSTRENGTH

This all-in-one workout combines intervals of strength work on our weight machines with bursts of aerobic exercise. Get strong, burn fat and have fun!

CORE STRENGTH

Core training is about power, strength & stabilization. You'll work your back, butt, abs & obliques to build a rock solid core that helps ease lower back pain & prevent injury.

GENTLE YOGA

Intended to promote overall well-being by helping center the mind, improve posture & balance, increase flexibility, & build strength. Featuring practices from classical yoga, including conscious breathing, gentle yoga postures, relaxation, and mindful meditation.

POWER CRUZ SPIN

A combination of indoor cycling and off cycle workout using body weight exercises building strength, stability, and balance. Total calorie burn.

SILVERSNEAKERS® CIRCUIT

Upper-body strength work with weights, tubing, chair and a SilverSneakers ball is alternated with low-impact aerobic choreography.