



**APRIL  
2024**

## **SPECIALTY FITNESS** AT SOUTHEAST RECREATION CENTER

### **YOGA FLOW**

**Ages 16 and older**

Yoga Flow incorporates foundational yoga postures in a flowing style, connecting your breath to your movement. With emphasis on proper alignment, you will move mindfully while building strength, balance, and flexibility on the yoga mat. Open to all levels, with modifications provided when necessary.

**83244** Apr. 1-29

·Mondays 7-8 p.m.

·\$31 (\$25 Resident)

**79579** Apr. 2-30

·Tuesdays, 9-10 a.m.

·\$31 (\$25 Resident)

**79583** Apr. 6-27

·Saturdays, 9:15-10:15 a.m.

·\$25 (\$20 Resident)

### **FLOW AND YIN YOGA**

**Ages 16 and older**

This class starts with a flowing style of foundational yoga then transitions to a yin style of holding postures to target those connective tissues. With an emphasis alignment, you will mindfully build strength, balance, and flexibility.

**79504** Apr. 4-25

·Thursdays, 9-10 a.m.

·\$25 (\$20 Resident)

### **BARRE+**

**Ages 16 and older**

Don't worry, you don't need to wear a tutu! This is a fun hybrid class, a mixture of Barre fitness and Pilates, that improves balance and flexibility. In this class you'll burn calories and build lean muscle without high impact movements.

**79610** Apr. 4-25

·Thursdays, 10:15-11:15 a.m.

·\$25 (\$20 Resident)

### **ZUMBA**

**Ages 16 and older**

Fun and full body cardio and core workout experience that tones muscles and improves balance. Empowers and energizes you using simple dance steps.

**79499** Apr. 4-25

·Thursdays, 5:30-6:30 p.m.

·\$13 (\$10 Resident)

### **MAT PILATES**

**Ages 16 and older**

Low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

**79469** Apr. 4-25

·Thursdays, 7-8 p.m.

·\$25 (\$20 Resident)

## **FITNESS EVENTS**

### **SUN SALUTATION SERIES-PART 1**

**Ages 16 and older**

**83367** April 7

·Sunday, 9-10 a.m.

·\$7 (\$6 Resident)

### **FLAMENCO FLOW**

**Ages 16 and older**

**83579** April 13

·Saturday, noon-1 p.m.

·\$6 (\$5 Resident)

### **SPRING RENEWAL BRINGS DANCE DUO**

**Ages 16 and older**

**84748** April 16

·Tuesday, 12:15-1:15 p.m.

·\$6 (\$5 Resident)



**SOUTHEAST RECREATION CENTER**

25400 E Alexander Dr, Aurora, CO 80016 | 720-859-4949

# SOUTHEAST RECREATION CENTER **DROP-IN CLASSES\***

## SILVERSNEAKERS CLASSIC

### **Ages 50 & older**

This class focuses on strengthening muscles & increasing range of movement for daily life activities. Participants can use handheld weights, elastic tubing with handles & a SilverSneakers ball. Often a chair is used for seated exercises or standing support.

• **Mondays and Wednesdays, 1:30-2:30 p.m.**

## BOOTCAMP

### **Ages 16 & older**

Full body workout with a mix of exercises. This motivational class will challenge you to increase intensity and level of fitness. You will tighten, tone, build strength and endurance.

• **Mondays 6-6:45 p.m.**

## PiYo LIVE

### **Ages 16 & older**

Ideal for anyone and everyone, PiYo LIVE is the innovative yoga-influenced workout that builds strength, improves flexibility, and tones muscle. These low-impact, dynamic flowing sequences are meant to deliver real results! Get Ready to sweat, stretch and strengthen with PiYo LIVE.

• **Tuesdays, 5-6 p.m.**

## WERQ

### **Ages 16 & older**

WERQ is a fiercely fun dance fitness class, based on Pop, Rock, and Hip Hop music. The warm-up previews the dance steps in class, followed by heart-rate raising pre-choreographed dances and a cool down that combines yoga inspired static stretching and balance poses. Come enjoy some heart happy cardio.

• **Tuesdays, 6:30-7 p.m.**

## FUSION BELLY DANCE

### **Ages 16 & older**

Find self-love and release while blending different sounds and dance styles with the ancient art of Belly Dance. There will be choreographies and combinations that are inspired by fantasy re-creations of cabaret, folk and ATS style Belly Dance with moves from Hip Hop, Jazz, Flamenco, and contemporary styles. Come connect to your strength, love your body and get creative.

• **Tuesdays, 7:15-8:15 p.m.**

## REB3L STRENGTH

### **Ages 16 & older**

REB3L STRENGTH is choreographed toning routines set to powerful music. It creates sculpted bodies and builds physical strength using body weight and minimal equipment. Break out of your boring gym routine. Strong is sexy...redefined.

• **Wednesdays, 9:45-10:45 a.m.**

• **Fridays, 5:15-6:15 p.m.**

## P90X LIVE

### **Ages 16 & older**

P90X LIVE is a full-body, strength training format featuring three unique blocks of work: Lower Strength, Upper Strength, and X Core. P90X is suitable for all fitness levels from beginner to advanced and is fully modifiable for those with specific needs. The class offers a truly results-driven method that yields consistent improvement over time.

• **Wednesdays 5-6 p.m.**

## REB3L COMBO

### **Ages 16 & older**

Fusion of REB3L Groove and REB3L strength for a total body burn and tone workout. It creates sculpted bodies and builds physical strength using body weight and minimal equipment.

• **Wednesdays, 6:15-7:45 p.m.**

## CHAIR YOGA

### **Ages 16 & older**

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

• **Friday, 10:15-11:15 a.m.**

## ZUMBA GOLD

### **Ages 50 & older**

All the fun of ZUMBA in an easy to follow format lasting 45 – 50 minutes. This class will focus on co-ordination and balance as well as range of motion. Come ready to sweat and prepare to leave HAPPY!

• **Fridays, 12:15-1:00 p.m.**

## REB3L GROOVE

### **Ages 16 & older**

REB3L GROOVE fuses hard hitting chore-ography with HIIT mechanics and powerful music, resulting in a high intensity, boot-camp style dance fitness format. It is sexy...redefined. All fitness levels are welcome, no dance experience is needed. You will leave feeling inspired, motivated, strong and empowered.

• **Fridays 6:30-7:30 p.m.**



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