



**MARCH
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.

83246 Mar. 4-25

·Mondays 7-8 p.m.

·\$25 (\$20 Resident)

78627 Mar. 5-26

·Tuesdays, 9-10 a.m.

·\$25 (\$20 Resident)

78616 Mar. 2-30

·Saturdays, 9:15-10:15 a.m.

·\$31 (\$25 Resident)

YOGA FOR BRAIN LONGEVITY

Ages 40 and older

Join the movement towards healthy aging and Alzheimer's prevention, led by a Brain Longevity Specialist. This 6-week program incorporates yoga exercises with a strong focus on memory and cognitive functioning, breath regulation, and the positive impact of social interactions and spirituality.

78432 Mar. 5-Apr. 9

·Tuesdays, 10:15-11:15 a.m.

·\$38 (\$30 Resident)

TRAINING FOR SPRING TRIATHLON

Ages 16 and older

Looking to step out of your comfort zone? This training program is designed to prepare you for the Sprint Triathlon. Sign up includes registration for the Sprint Triathlon on April 27.

78660 Mar. 7-28

·Wednesdays, 6:00-7:00 p.m.

·\$250 (\$200 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.

78628 Mar. 7-28

·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.

78629 Mar. 7-28

·Thursdays, 10:15-11:15 a.m.

·\$25 (\$20 Resident)

RUN CLUB

Ages 16 and older

Runners of all different abilities and backgrounds are welcome. This program will focus on improving running endurance through group runs and increasing running efficiency with runner specific strength and mobility exercises.

79325 Mar. 7-28

·Thursdays, 6:15-7:15 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.

78630 Mar. 7-28

·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.

78631 Mar. 7-28

·Thursdays, 7-8 p.m.

·\$25 (\$20 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.**

FITNESS EVENTS

ST. PATTY'S FAMILY DRUMFIT

Ages 8 and older

Experience an upBEAT challenging cardio experience combining a circuit of dance and drumming fitness fun! Age minimum is 8 years old. Youth under 16 must be accompanied by an adult participant.

83197 March 15
• **Friday, 1:15-2:15 p.m.**
• \$6 (\$5 Resident)



SOUTHEAST RECREATION CENTER

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