January Drop-in Fitness Schedule

East Boulder Community Center 5660 Sioux Drive 303-441-4400

CLASS	ROOM	DAY	TIME	INSTRUCTOR
Cycle Reebok	Aerobics	M/W	6-7am	Kathleen Weber
Muscle Toning	Aerobics	T Th	6:30-7:30am	Suzanne Kolano
*Jazzercise	Gym	T Th	7:30 - 8:30am	Jazzercise Staff
Cycle Reebok	Aerobics	M	8:30-9:30 am	Tammy
Step	Aerobics	W	8:00-9:00 am	Staff
*Jazzercise	Gym	T Th	9:00-10:00 am	Jazzercise Staff
Cycle/Sculpt	Aerobics	W	9-10am	Tammy Steele
Core Endurance	Aerobics	F	9-10am	Marti Harris
Cardio Sculpt	Aerobics	T Th	9-10am	Marti Harris
NIA	Dance	F	10:50-11:50 am	Karen Olsen
Quick Core Endurance	Aerobics	M	12:00-12:30	Marti Harris
Cycle Reebok (NEW!)	Aerobics	Th	12:00-1:00 pm	Christine Aloi
Drop-in Yoga	Dance	F	12-1 pm	Sharon Alexander
NIA	Dance	T/Th	12-1 pm	Michelle Considine/ Laurie Pemberton
Fitness For Life	Aerobics	T /Th	1:30-2:30 pm	Carmela
		EVENING AND WEEKEND CLASSES		
Muscle Toning	Aerobics	MW F	5-6 pm	Marti Harris / Cyd Brooks
Step/Sculpt	Gym	M W	5:30-6:30pm	Denise Hess
Step	Aerobics	T Th	5:30-6:30pm	Paige Albiniak
Cycle Reebok	Aerobics	M	6-7 p.m.	Heather/Christine
Nia	Aerobics	W	6-7 p.m.	Cyndy Lakowske
Xtreme Cycle	Aerobics	T	6:30-7:30pm	Tammy
Step	Aerobics	Sat	7:45-8:45am	Suzanne Kolano
Muscle Toning	Aerobics	Sat	9-10am	Cyd Brooks
NIA	Aerobics	Sat	10:30-11:30am	Karen Olsen
*Jazzercise Step	Aerobics	Sun	10-11am	Jazzercise Staff
NIA	Dance	Sun	10:30-11:30 am	Cyndy Lakowske
Drop-in Yoga	Dance	Sun	11:45am-1:00pm	Kyle Curley
NIA	Dance	Sun	5:30-6:30 pm	Michelle Considine

North Boulder Recreation Center 3170 Broadway 303-413-7260

CLASS		DAY	TIME	INSTRUCTOR
Cardio Sculpt	Bison/Sage	T/Th	6:00-7:00 am	Cyd/Tammy
Muscle Toning	Bison/Sage	M F	M 7:15-8:15/F 7-8am	Suzanne/Jennifer S.
Fitness For Life	Gym	M W F	7:30-8:30 am	Michelle(M)/ Tali (W/F)
*Jazzercise	Gym	M W F	9-10am	Jazzercise Staff
NIA	Bison/Sage	W	9:15-10:15am	Juliet Seskind
Fitness For Life	Gym	M W F	10:30-11:30 am	Jennifer Paddock
Drop-in Yoga	Yoga	W	10:55-11:55 am	Alicia Grayson
NIA	Bison/Sage	M/Th	10:55-11:55 am	Karen Olsen/ Juliet Seskind
NIA	Bison/Sage	W	10:55-11:55 am	Heather Nichols
Muscle Toning	Bison/Sage	M/T/Th	12:00-1:00pm	Carol (M)/ Jen S (TH) / Cyd (F)
Step/Sculpt	Bison/Sage	W	12:00-1:00pm	Jen Stanzel
Drop-in Yoga (Int)	Yoga	W	12:00-1:15 pm	Louann Harlow
Meditation & Breath	Yoga	W	1:15-1:30 pm	Louann Harlow
Core Endurance	Bison/Sage	F	12:-1:00pm	Cyd Brooks
Drop-in Yoga	Yoga	M Th F	12-1 pm	Shawna/ Angel/ Matt-Fri.(Int.)
NIA	Multi Purpose	F	10-11 am	Michelle Considine
Intermediate Pi-Yo	Yoga	T	12-1pm	Ella
		EVENING AND WEEKEND CLASSES		
Drop-In Yoga	Yoga	F	5:15-6:15pm	Uma/ Patrice/ Bryan/ Beth
NIA	Bison/Sage	M Th	5:30-6:30 pm	Laurie Pemberton/ Juliet Seskind
*Jazzercise	Gym	M W	5:45-6:45pm	Jazzercise Staff
Step	Bison/Sage	T	5:30-6:30	Carol DeBaca
Toning	Gym	T	5:30-6:30pm	Staff
NIA	Bison/Sage	T	6:35-7:35 pm	Karen Olsen
Muscle Toning	Bison/Sage	W	7:00-8:00 pm	Staff
Sports/Ski Condition	Gym	Th	5:30-6:30	Tammy
*Jazzercise	Gym	Sat	9:15-10:15am	Jazzercise Staff
NIA	Yoga	Sat	11:00-12:00pm	Juliet Seskind
Muscle Toning	Bison/Sage	Sun	11:00-12:00	Cyd
NIA	Yoga	Sun	12:00-1:00pm	Jackie Diner

South Boulder Recreation Center 1360 Gillaspie 303-441-3448

CLASS		DAY	TIME	INSTRUCTOR
NIA	Dance	M	10:55-11:55 am	Jackie Diner
Sports Conditioning	Gym	M W F	12-1pm	Tom Schlatter / Joe Wakefield
Muscle Toning	Gym	T/Th	8:30-9:30am	Tammy Steele/ Kristen Rupert
Drop-in Yoga	Dance	M T Th	12-1 pm	John (M) / Bryan (T)/ Caroline (Th)
NIA	Dance	W	12-1 pm	Michelle Considine
Step/Sculpt	Dance	M/W	4:30-5:30	**Staff**/Jaala
Drop-in Yoga	Dance	Th	6-7 am	Gina Terinoni
NIA	Dance	F	9:15-10:15 am	Heather Nichols
NIA	Dance	Sat	8-9am	Laurie Pemberton
Step/Sculpt	Dance	Sat	9:00-10:00	Jen S./Kristen
Drop-in Yoga	Dance	Sat	12-1 pm	Louis Carllino/Gina Terinoni

* Jazzercise participants may pay at front desk or pay Jazzercise directly. A discounted fee of $2.00 is available to City of Boulder annual pass holders. Punch cards are accepted. For information, call Mary Davis at 303-530-9154

Check for up-dates and changes at www.bouldercolorado.gov/parks-recreation