



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.

80768 Jan. 22-29 **NEW CLASS TIME**

•Mondays 7-8 p.m.

74958 Jan. 2-30

•Tuesdays, 9-10 a.m.

•\$31 (\$25 Resident)

77760 Jan. 6-27

•Saturdays, 9:15-10:15 a.m.

•\$19 (\$15 Resident)

•**No Class Jan. 20**

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.

74929 Jan. 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.

74926 Jan. 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.

74932 Jan.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.

74954 Jan 4-25

•Thursdays, 7-8 p.m.

•\$25 (\$20 Resident)

FITNESS EVENTS

AYURVEDA WORKSHOP

Ages 16 and older

Join us for a day of self-discovery and learn ways to harmonize your mind, body, and spirit. This unique exploration of the ancient wisdom of Ayurveda, the science of life, will take you on a transformative journey to holistic well-being.

80710 Jan. 27

•Saturday, 11:45-1:15 p.m.

•\$13 (\$10 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.**

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 choreography 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.**

OPEN HOUSE CLASSES

FITNESS FUSION CLASSES

Ages 16 and older

Come experience the ultimate fitness fusion-an hour packed with variety, challenge, and motivation. In each hour long session, our instructors will guide you through four unique 15 minute classes. Whether you're a fitness enthusiast or just starting your journey, there's something for everyone in each power hour of fitness.

Power Hour #1 8-9 a.m.

• Belly Dance, Reb3l Strength, Zumba, SilverSneakers

Power Hour #2 10:30-11:30 a.m.

• Reb3l Groove, P90X, PiYo, Yoga

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80386 Jan. 20
Saturday, 9:15-10:15 a.m.



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