



**SPRING  
2024**

# Drop-In Classes

## AT BECK RECREATION CENTER

### SILVERSNEAKERS CLASSIC

**Ages 50 & older**

This class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is used for seated exercises and standing support.

• Monday, 9:30-10:30 a.m.

### SPIN

**Ages 16 & older**

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

• Monday/Wednesday, 6-7 p.m.

### TAI CHI FOR BETTER BALANCE

**Ages 16 & older**

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

• Tuesday/Thursday, 11:30 a.m.-12:30 p.m.

### CARDIO REMIX

**Ages 16 & older**

Get ready for a 60-minute calorie torching, music-pumping, sweat infused Remixed Cardio workout, designed to burn fat and leave you feeling energized. You'll work up a sweat, tone your body and increase your stamina with a variety of moderate to high intensity movements. You'll also feel those muscles burn with an added dash of strength training mixed in.

• Tuesday/Thursday, 6-7 p.m.

### SILVERSNEAKERS CIRCUIT

**Ages 50 & older**

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with non-impact aerobics choreography. Often a chair is used for seated exercises or standing support.

• Wednesday, 9:30-10:30 a.m.

### STEP AND MOVE

**Ages 16 and older**

Is a great cardio workout that improves cardio endurance and burns calories. This class focuses on cardio endurance by starting with simple dance moves and then building them into more complex sequences, bringing you a great cardio workout.

• Thursday, 9:30-10:30 a.m.

### SILVERSNEAKERS CARDIO FIT

**Ages 50 & older**

Get up and go to a safe and heart-healthy aerobics class. This workout consists of low-impact choreographed movements to tone and sculpt your body and improve strength, balance, and core.

• Friday, 9:30-10:30 a.m.

### CHAIR YOGA

**Ages 50 and 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, 12:00 - 1:00 p.m.



**BECK RECREATION CENTER**

800 Telluride St., Aurora, CO 80011 | 303-739-6888

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

## WEIGHT ROOM ORIENTATIONS

### ***Ages 14 and older***

This is a complimentary information fitness orientation typically 30 minutes in length that will provide you with the basics of how to operate the weight machines and cardio equipment. You will learn how to start, stop, and change settings on cardio machines, change seat height and weight selection on machines. Call to make an appointment.

\*Please note: an orientation is not a personal training session.

- **Monday/Wednesday, 1-1:30 p.m.**



**BECK RECREATION CENTER**  
800 Telluride St., Aurora, CO 80011 | 303-739-6888