



# Evergreen Park & Recreation District Fitness/Indoor Cycling Class Schedule

## WINTER

### Wulf Recreation Center updated 01/05/19

Questions? Call Susan Wescott Fitness Specialist – 720-880-1112

**PLAY-SCHOOL OPEN**  
Tuesday & Friday 9:00AM-12:00PM

#### MONDAY

9:15-10:30AM  
5:30-6:30PM

INDOOR CYCLING/TRX  
INDOOR CYCLING

Cycling Room  
Cycling Room

YESIM  
KATHLEEN

#### TUESDAY

9:15-10:15AM  
10:30-11:30AM

HATHA YOGA  
MINDFULNESS & MEDITATION

MILLER HOUSE  
MILLER HOUSE

KELLY  
JULIE

#### WEDNESDAY

8:00-9:00AM  
9:15-10:15AM

TRX  
TRX

Cycling Room  
Cycling Room

YESIM  
YESIM

#### THURSDAY

9:15-10:15AM

YIN YOGA

MILLER HOUSE

KELLY

#### FRIDAY

7:30-8:30AM

INDOOR CYCLING

Cycling Room

COURTNEY

CLASS DESCRIPTIONS ON REVERSE SIDE

### Fitness Class Prices

	<b>Adult</b>	<b>Senior</b>
<b>Fitness Classes</b>	\$11 DR / \$14 NDR	\$10 DR / \$13 NDR
<b>Unlimited Pass</b>	\$105 DR / \$121 ND	\$95 DR / \$114 NDR
<b>10 Punch Card</b>	\$100 DR / \$120 NDR	\$90 DR / \$108 NDR

**PLEASE NOTE:** Youth 13-15 years of age are permitted to attend Fitness and Indoor Cycling ONLY if a paid adult over 18 attends the class with them.

⇒ **WULF** Indoor Cycling Punch/TRX card holders may call in the day before after 7pm (Monday – Friday), 5pm (Saturday and Sunday) for all classes held the next day!

- Day of class drop-ins are **WELCOME!**
- **To reserve a bike or TRX call @ WULF: (720) 880-1200 – reservations must be made with a live person!**
- Paid bikes/TRX with no shows will be resold 5 minutes into class to waiting participants. Reserved bikes from punch cards will **NOT** be credited back if cancelled within the 2-hour cancellation policy.
- If you are waiting, you must be present, ready to pay and take the open bike.

**All indoor cycling classes designed to get the heart pumping and the legs spinning. Classes will include Su**

⇒ The drop in or punch card fees for Fitness/Indoor Cycling classes **DO NOT** include facility admission.

⇒ Punch cards cannot be shared.

### Hatha Yoga

Hatha Yoga is a general category that includes most yoga styles. It is an old system that includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation.

**Mindfulness and Meditation** – Come explore a variety of mindfulness meditation techniques as well as moving meditation. Find out for yourself the amazing physical and mental benefits of a meditation practice. A mindfulness practice can reduce stress, depression and anxiety. It can improve attention, mental clarity, pain management and overall health. This class is a great way to calm your mind and sharpen your focus.

### TRX Suspension Training

The All Fitness Levels TRX Suspension Training class is a 60-minute class including both a warm up and a stretch cool-down at the end. This class is open to both "newbies" and those familiar with suspension training. Attendees always have the choice to modify or "intensify" the exercises to better suit their fitness needs.

### TR-XTRA Gentle

Never tried TRX before? This is a ½ hour workout designed to introduce you to TRX but also to gently move you through a workout using Suspension Training.

### Yin Yoga

Yin Yoga is a slow-paced style of yoga with postures, or asanas, that are held for longer periods of time - for beginners, it may range from 45 seconds to two minutes; more advanced practitioners may stay in one posture for five minutes. All levels welcome!