

# DROP IN FITNESS AT SIMMS

**RES. \$10  
NON-RES. \$12**

Don't want to commit to a 6 week class? Drop in to any one of our fitness classes Sep. 10-Oct. 21 for a one-time fee.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am		Bootv Barre		Bootv Barre	
8:45am		8:30-9:30 am		8:30-9:30 am	
9:00am					
9:15am					
9:30am					
9:45am					
10:00am					
10:15am					
10:30am					
10:45am					
11:00am		Silver Sneakers			
11:15am		11:05 am-12:05			
11:30am					
11:45am					
12:00pm					
12:15pm					
12:30pm					
12:45pm					
1:00pm	Silver Sneakers				
1:15pm	Yoga 1-2 pm				
1:30pm					
1:45pm					
2:00pm					
2:15pm					
2:30pm					
2:45pm					
3:00pm				Pre-Natal/Post	
3:15pm				Partum Yoga 3-4	
3:30pm				3-4 pm	
3:45pm					
4:00pm					
4:15pm					
4:30pm		PiYo			
4:45pm		4:30-5:30 pm			
5:00pm				Parent/Child	UJam
5:15pm	Cardio Crushers			Work Out	5-6 pm
5:30pm	5:15- 6:15 pm			5:10-6:10 pm	
5:45pm					
6:00pm		CircHIIT			
6:15pm		6-7 pm			
6:30pm					
6:45pm					
7:00pm					
7:15pm					
7:30pm				Restorative Yoza	
7:45pm	Restorative			7:30-8:30 pm	
8:00pm	7:45-8:45 pm				
8:15pm					
8:30pm					
8:45pm					

**FIRST COME, FIRST SERVED. LIMITED SPOTS AVAILABLE.**

**SEE GUEST SERVICES TO SIGN IN!**

**APEX SIMMS STREET RECREATION CENTER**  
 11706 W. 82nd Ave., Arvada, CO 80005  
 303-467-7120, apexprd.org  
 allim@apexprd.org



### **CircHIIT**

Experience a work out blast in a 1-minute high intensity interval circuit, set to upbeat motivating music.

### **Cross Fitness**

Cross train and challenge yourself with all types of fitness...Zumba, hip hop hustle/hip hop abs, aerobics, Pilates, light weight training, yoga, and more.

### **Boot Camp**

Build strength and fitness through a variety of intense group intervals.

### **Booty Barre**

A ballet, pilates and yoga infused class to focus on lower body and core strength.

### **The Challenge**

Motivate yourself by working out and competing in a group setting each week. Weekly end-of-session prizes included.

### **Cardio Crushers**

A dance routine-workout combination to challenge your body and mind!

### **Step Up**

A high energy step class, choreographed to today's hottest music.

### **Pickleball Fit**

Train for the sport movements that pickleball requires: strength, speed, agility, a strong core, endurance, and flexibility.

### **Nia**

This body-mind-spirit fitness practice fuses the energies of the dance arts, martial arts and healing arts with a large scoop of fun and soul-stirring music!

### **Restorative Yoga**

Restore physical and mental alignment through the centering of breath and body, gentle movements and stillness.

### **PIYo**

Muscle sculpting, core firming benefits of mat Pilates with strength and flexibility including flowing Yoga movements. This class includes intense exercises with faster music and flow but low impact.

### **Prenatal Postpartum Yoga**

Variations to traditional yoga, to benefit pre and post natal mothers.

### **Foam Roller Workshop**

Learn to use a foam roller to prevent injury, improve mobility and flexibility. Bring your own roller.

### **Parent/Child Fitness**

Ages 2 and up welcome. Workouts will be adapted individually. Aerobic and weight-bearing partner exercises, with fun obstacle course style training! Price is per couple.

### **Youth Fitness**

Get in shape, stay fit and have fun with a different workout each week! All levels welcome.

### **Silver Sneakers Classic**

Muscular strength and range of movement. Open to non-SilverSneakers participants. Beginning senior fitness levels.

### **SilverSneakers Yoga**

This class is designed to challenge you physically and mentally with a variety of simple and safe yoga exercises that you'll do at your own pace. Using a chair for support, you'll increase flexibility, build endurance and learn how to relax and think more clearly. Open to non-SilverSneakers participants. All senior fitness levels.

### **U-JAM Fitness**

U-JAM Fitness® unites world beats with urban flavor and takes you around the world from Hip-Hop to Bollywood, with an athletic cardio workout that tones your body & leaves you begging for more!