

EATON REC FITNESS CLASS DESCRIPTIONS

Effective Nov. 30th through February 28th, 2015

Office Closed Dec. 25th and Jan. 1st - Modified Fitness Schedule for Holidays

Please check our website or Eaton Rec Facebook page for updates! FREE FITNESS WEEK Dec. 15-20th

Aquacise: A full body workout using the resistance of water. *All levels.*

Body Sculpting: Strength training workout that combines weights with agility, flexibility and cardiovascular conditioning. Designed to reshape muscles while targeting your entire body, this class is perfect for beginning and intermediate students who want a sculpted lean physique. Advanced are welcome! *All levels.*

Brenda's BootCamp- Workouts will consist of a variety of exercises that will enhance your body and transform your muscles! Brenda will implement cardio kickboxing and tactix training too! Tactix training is the perfect blend of martial arts fitness, bootcamp intensity, practical self-defense, body weight exercises, metabolic conditioning and dynamic flexibility! *All levels.*

Cardio Strength: A fast paced cardio and strength training workout utilizing a variety of fitness equipment. *All levels/Intermediate*

FitRanX: Need to stay motivated? FitRanX is for you! FitRanX is a comprehensive and standardized ranking system used for gauging individuals fitness levels. Cardio, strength, and flexibility are targeted in this program. *All levels.*

Forever Fit: An active adults workout to help maintain strength, balance and flexibility. *All levels.*

Gentle Yoga: Relax and unwind at the end of your day in this gentle yoga class. Class designed to promote restful sleep, in addition to releasing tension and stress while gaining strength, balance and flexibility. *All levels.*

HITT: A fast paced cardio workout focusing on high intensity interval training. The benefits of HIIT include improved athletic capacity, metabolism and fat burning. *All levels/Intermediate.*

Kids/Family/Teen Yoga*: This class will get youth (and family members) moving and HAVING FUN in a safe environment. Kids will play games, practice yoga poses and breathing exercises. Participants will learn strategies to improve focus and receive 'tools' for stress management while cultivating self-esteem. Parents welcome to drop off children, or stay and participate! Yoga mats provided. *All levels.*

Sunrise Yoga: Start the day by restoring the body and refreshing the mind. Yoga poses are combined with breathing in a gentle flow. *All levels.*

Yoga: Release tension and stress while gaining strength, balance and flexibility. *All levels.*

Zumba: A cardio and body sculpting workout incorporating calorie burning dance steps with high energy music. *All levels.*

Open Workout: Use the cardio and fitness equipment at your own pace. *All levels.*

Prices:

- Fitness Class - \$5 Drop in
- Open Workout - \$1 Drop in
- Punch Card Fee – Punch cards are valid for 20 classes and expire within 6 months of purchase.
 - \$60 (Adults 18 & older)
 - \$50 (60 years and older or high school, or college students with a valid ID).
- Please visit our website, or 'Like' our Facebook Page for updates, special workshops and events!
- * Indicates class that may be held as a special workshop, or weekend class.

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<http://www.eatonco.org/recreation-department.htm>