

Summer Fitness

Morning Power in The Park

Join Calisse for a full body workout in the fresh air at Piney Creek Hollow Park.

Wed 8-9 am \$25 D/\$30 ND
Class #:428 Session 1: June 5, 12 & 26
Session 2: July 10, 17, 24

Fresh Air Yoga

Enjoy Yoga in the beautiful outdoors at Piney Creek Hollow Park.

Fri 10:15-11:15 am \$32 D/\$37 ND
Class #:406 Session 1: June 7,15,21,28
Session 2: July 5,12,19,26

'Pound' in The Park

We are taking the fun outside. Join Amanda at Piney Creek Hollow for 'Pound'. Great music, high energy & awesome workout!

Fri June 21st -6:30-7:30 pm
Class #: 4358 \$10 (space is limited)

Mom & Daughter Empowerment Workshop^(12+ yrs)

This incredible workshop includes topics of self-esteem, body image, relationships, communication, emotional & physical health.

Sat June 29th-2-5pm \$35D/\$44ND
Class #: 4588 (mother & 1 daughter)

Youth Yoga^(10+ yrs)

This class will teach kids the basics of Yoga which provides many benefits to all ages. Also excellent training for young athletes.

Thurs 4:15-5:00 pm \$42 D/\$53ND
Class #: 441 (class meets 4 Thurs/mo)

Strong Girls^(13+ yrs)

Fun class for teenage girls to work with a female Certified Personal Trainer in a small group setting. Strength, cardio, flexibility, empowerment, nutrition & fun!

Thurs 4:15-5:15 pm \$45D/\$56ND
Class #: 440 (class meets 4 Thurs/mo)

Essential Oils

Whether you have headaches, stress, anxiety, allergies, ADHD, autoimmune diseases, chronic pain...Essential Oils will ease the symptoms. Make your own unique blend to take home.

Thurs 7:00-8:00 pm \$15
Class #: 480 (Session 1-6/20/Session 2-7/18)

Foam Rolling

Regularly using a foam roller has many great health benefits. Join Jo Ellen to learn how to properly use them for your personal needs.

Wed June 26th-8:00-9:00am
Class #: 4668 \$26
(includes 36" foam roller)

Senior Nature Walk & Pot Luck

We will meet at Trails to enjoy a 1.5 mile walk together in the fresh air followed by a yummy Pot Luck.

Fri June 21st-10:00-12:30 pm
Please sign up at the front desk if you would like to join us.

Zumba/Pound Luau in The Park

It's that time to have some fun with Honey & Amanda for 50 minutes of Zumba & 50 minutes of Pound. This time we are rockin' it outside at Piney Creek Hollow Park Hawaiian style!

Fri Aug 2nd -6:00-8:00 pm
Class #: 4558 \$14 (space is limited)



Additional Youth/Teen Programs

- Speed & Conditioning Clinics
- Youth Fitness
- Teen Boot Camp
- Kids Zumba

Please check our website for more



Arapahoe
Park & Recreation
District