

# November Fitness

All of these amazing classes will be taught by one of our Certified Personal Trainers. There is a minimum of 4 participants and a maximum of 6 participants. Fitness Floor Orientations will also be provided by one of our Certified Personal Trainers. To register, please visit our website [trailsrecreationcenter.org](http://trailsrecreationcenter.org)

## Mat Pilates with Brook

Mondays, Nov. 2, 9, 16 8:00-9am

Are you getting all the benefits you could be getting from your workouts? Here are some of the many benefits of a regular Pilates practice:

Stronger Core/Better posture & alignment/Improved flexibility, balance & coordination/Reduced stress & back pain/Improved muscular strength, endurance & tone/Increased body awareness

**\$34.40 Dist/\$43 Ndist**

## Find Your Fitness with Nancy

Wed. Nov. 4, 11, 18 7:30-8:30am

This small group class is designed to help insure you are working out at the right intensity for YOU. The class will help you feel better, burn more calories, increase cardio endurance & gain muscular strength. All of this can be accomplished while having fun All fitness levels are welcome.

**\$34.40 Dist/\$43 Ndist**

## Breathe/Relax/Meditate with Sharon

Wed. Nov. 4, 11, 18 6:30-7:30 pm

This class will begin with breathing awareness which will then incorporate gentle yoga movements. We will continue with relaxation & end with meditation. This format will give you both physical & mental benefits. Dress comfortably, bring a yoga mat, yoga blocks & a firm cotton or wool blanket for support of the spine & head.

**\$34.40 Dist/\$43 Ndist**

## Just Results with Amey

Fri. Nov. 6, 13, 20 11:30am-12:30pm

Join me for a total body, heart pumping, aerobic and strength conditioning workout. This interval based class combines full-body strength training with cardio bursts designed to tone your body, improve your endurance and clear your mind as you head into the weekend.

**\$34.40 Dist/\$43 Ndist**

## Fitness Floor Orientation

The orientation will provide you with a general overview of the new Technogym circuit equipment and several cardiovascular pieces of equipment. We will limit the number of participants to 4 patrons to ensure everyone's safety.

(The minimum is 2 participants.)

<b>Monday</b>	<b>Nov. 9th</b>	<b>1:00 pm</b>
<b>Wednesday</b>	<b>Nov. 11th</b>	<b>11:15 am</b>
<b>Tuesday</b>	<b>Nov. 17th</b>	<b>12:30 pm</b>
<b>Thursday</b>	<b>Nov. 19th</b>	<b>3:30 pm</b>
<b>Wednesday</b>	<b>Dec. 9th</b>	<b>10:30 am</b>
<b>Friday</b>	<b>Dec. 18th</b>	<b>1:30 pm</b>

**\$8 Dist/\$10 Ndist**



[trailsrecreationcenter.org](http://trailsrecreationcenter.org)

The Trails  
Recreation Center

Arapahoe  
Park & Recreation  
District