



Broomfield Community Center January-May 2026 Fitness Schedule

12-15-year-olds may attend fitness classes with an adult 18+ and older at the instructor's discretion.

** Available at an additional fee

Registration is required for all classes at B-REx.com 1: Studio 1 2: Studio 2 CF: Crawford LS:Lakeshore

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m.	HITT/CIRCUIT 1&2: Colleen		HITT/CIRCUIT 1&2: Jessica P.		BOXING MIX 2: Jaala		
6 a.m.	JAZZERCISE **LS: Kari		JAZZERCISE **LS: Kari		JAZZERCISE **1: Marissa		
8:30 a.m.	Power Yoga 1: Jeannie		JAZZERCISE **1: Cheryl		Power Yoga 1: Sheri	JAZZERCISE **1: Cheryl	Yoga 1: Maggie
8:45 a.m.	Active Adult Yoga LS: Kimm	SilverSneakers LS: Cindy	Active Adult Yoga LS: Linda	SilverSneakers LS: Sandra	Active Adult Yoga LS: Julie	HITT/CIRCUIT 2: Sandra	
9 a.m.		HITT/CIRCUIT 2: Jessica M.		HITT/CIRCUIT 2: Greer			
9:30 a.m.	TRACK & CORE Track & 2: Colleen	JAZZERCISE 9:15 a.m. **1: Cheryl		JAZZERCISE 9:15 a.m. **1: Cheryl	TRACK & CORE Track & 2: Jessica		
10 a.m.	JAZZERCISE **1: Cheryl	Core & Stretch 2: Jessica M.	Yoga 9:30 a.m. 1: Julie	Line Dancing LS: Judy	JAZZERCISE **1: Cheryl	Barre 1: Sandra	BOXING MIX 2: Greer
10 a.m.	SilverSneakers Classic LS: Tracy	SilverSneakers Classic LS: Cindy	SilverSneakers Classic LS: Linda		SilverSneakers Classic LS: Julie		Pilates 10:15 a.m. 1: Maggie
10:45 a.m.		Serenity Yoga 1: Kelly T.		Serenity Yoga 1: Kelly T.	Core & Stretch 2: Jessica M.		
11:15 a.m.	ZUMBA 1: Keri		ZUMBA 1: Keri		Dance Jam 1: Greer	Dance Jam 1: Greer	ZUMBA 11:30 a.m. 1: Keri
12 p.m.	HITT/CIRCUIT 2: Julie	Barre Fusion 1: Trimbi	HITT/CIRCUIT 2: Sheri	Barre 1: Cindy C.	HITT/CIRCUIT 2: Jessica M.		
12:15 p.m.	Pilates 1: Maggie		Pilates 1: Wendy		Pilates 1: Gwen		
3 p.m.	Move It, Improve It **1: Nancy	Hula Fitness 1:15 p.m. 1: Darlene		Move It, Improve It **1: Nancy	Line Dancing 1:30 p.m. 1: Judy		
4:15 p.m.	Barre 1: Sandra	Barre 5:05 p.m. 1: Ria	Barre 1: Sandra	Barre 5:05 p.m. 1: Greer			
6 p.m.	JAZZERCISE 5:45 p.m. **1: Marissa	Gentle Yoga CF: Kathryn P.	JAZZERCISE 5:45 p.m. **1: Carrie	Gentle Yoga CF: Heidi			
7 p.m.		BOXING MIX 1&2: Ria		BOXING MIX 1&2: Greer			

CLASS DESCRIPTIONS

Barre Fusion: Barre Fusion develops strength, flexibility and endurance while burning calories. This workout will shape and elongate your muscles using props and combination of high intensity sequences of thigh, butt and core exercises at the barre as well as on the floor

Boxing Mix: This class will have you throwing jabs and combinations while mastering footwork and body position. Come prepared to work cardio, strength and core; leave the heart healthier, stronger and functionally fit.

Core & Stretch: Build core strength through exercises targeting your abdominal, back, hamstring and glute muscles followed by a full body stretch that will help reduce tension, soreness and improve range of motion.

Dance Jam: Come join the dance party! Learn new choreography to pop, hip hop, and classic party hits. Each month has new routines to challenge your mind and body. There are routines for all ages and skill sets, so try it out!

HIIT/Circuit: Work at your maximum potential through quick, intense bursts of exercise, followed by short active recovery periods. HIIT workouts build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn during and after the workout.

Hula Fitness: Check out a new type of workout. This is a low impact class using authentic hula steps and hand movements. Let the island music inspire you to move, smile and sweat. It's time for your inner hula dancer to shine.

Move It, Improve It: This research-based exercise program, taught by a certified therapist, uses the principles of Exercise for Brain Change and Multitask Training to fight the effects of Parkinson's Disease on posture, balance, coordination, voice, attention span, mood and fatigue. Laughter and fun are included in every class!

Pilates Matwork: Pilates offers a system of conditioning to develop lean, well-toned muscles, balance, strength and flexibility, improved posture and concentration, and an overall sense of well-being. When you finish a Pilates workout, you feel refreshed, invigorated, and energized.

SilverSneakers® - 50 Minutes: Classic: Exercises include work for all major and minor muscle groups addressing strength, flexibility, muscular endurance, balance, coordination, agility, speed & power. Circuit: A non-impact cardiovascular conditioning class presented in a circuit format with alternating resistance tool work and aerobic conditioning choreography.

Track & Core: Trying to improve your cardiovascular fitness? Need to build a stronger core? This class is for you! Focus on walking or running intervals on the track with core focused circuits in between laps.

Zumba®: A latin influenced dance style class that combines high energy moves and dance combinations that are designed to make your workout fun and make you feel great! No dance experience required.

Yoga (additional fee for non-annual pass holders) - 60 Minutes unless noted differently:

Serenity: Treat yourself to this yoga practice which focuses on providing a sense of calm, well being and renewal. Class starts seated in a chair and progresses into standing options with optional support of the chair. Serenity yoga is available to everyone regardless of the body's abilities. This class does not lay or sit on the floor.

Gentle: This class explores standing, seated and lying down poses in a gentle, unhurried way. Come as you are; self-acceptance is the first step. This class is appropriate for those working through injury, limited mobility, or who prefer a softer, gentler approach to yoga. A chair may be used in some classes.

Active Adult: This practice will integrate the strength, balance and flexibility of yoga along with breathing exercises to achieve harmony between body and mind, as well as stress relief. Each class will be a journey through a physical and mental balance that can be tailored to individual needs through modifications, including the use of a chair for support, if needed.

Yoga: In this class the basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated to promote balance through the nervous system and allow for a sense of peace and relaxation. This class is appropriate for all levels.

Power: Build strength and tone your whole body as you move through a variety of poses while connecting with your breath while increasing your heart rate. You will leave feeling powerful, strong and ready for anything. This is the most challenging yoga practice in our facilities.

Registration is required for group fitness classes. Go to B-REx.com to register.

Fitness Coordinator: Katie Richards~krichards@broomfield.org

Fitness Manager: Veronica Mueller~vmueller@broomfield.org