



Aims Physical Education & Recreation Center

2023 Spring/Summer Interim Session

The Aims Physical Education and Recreation Center (PERC) is open to everyone 18 and older during the interim break between semesters, May 15-27. Come try a free, 50-minute class at our facility led by our awesome instructors!

**ID required for entry into the facility.*

MONDAY
MAY 15 12 p.m.
Cardio Kickboxing with D'Ann

TUESDAY
MAY 16 5:30 p.m.
Pilates with Sandy

WEDNESDAY
MAY 17 5:45 a.m.
Weight Training with Jess

THURSDAY
MAY 18 12 p.m.
Pickleball Fun with Devin

SATURDAY
MAY 20 9 a.m.
Circuit Training with Javi

MONDAY
MAY 22 12 p.m.
Weight Training with Stephanie

TUESDAY
MAY 23 5:30 p.m.
Yoga with Sandy

WEDNESDAY
MAY 24 12 p.m.
Cross Training with Stephanie

THURSDAY
MAY 25 5:45 a.m.
Sunrise Cycle with Erika

SATURDAY
MAY 27 9 a.m.
Circuit Training with Javi

Cardio Kickboxing

Introduces aerobic kickboxing as an innovative new interval training aerobics workout that burns fat and increases cardiorespiratory endurance. This high intensity class will focus on basic kickboxing moves and technique through hi-low aerobics choreography and target striking. *This class is listed as PED 1026 in the catalog.*

Pilates

Focuses on Pilates mat work to increase core strength, overall muscle tone and flexibility with focused and precise floor work techniques. *This class is listed as PED 1041 in the catalog.*

Weight Training

Offers basic instruction and practice in weight training. Emphasizes weight training equipment orientation, correct lifting techniques, and basic program design. *This class is listed as PED 1002 in the catalog.*

Pickleball

Come checkout the fastest growing sport in America. This game combines elements of tennis, ping-pong, and badminton. *This class is offered through Continuing Education.*

Circuit Training

Emphasizes the development of cardiovascular endurance, muscular strength and endurance, flexibility and a healthy body composition to meet individual needs. *This class is listed as PED 1005 in the catalog.*

Yoga

Introduces the principles of alignment, breath work, and meditation through guided practice while focusing on demonstration of safety and stability within each pose. *This class is listed as PED 1043 in the catalog.*

Cross Training

Examines a number of different circuit training programs. Emphasizes the development of cardiovascular endurance, muscular strength and endurance, flexibility and a healthy body composition to meet individual needs. This class is listed as PED 1005 in the catalog.

Cycling

Focuses on improving cardiovascular fitness and enhancing muscular endurance. Designed specifically to enhance aerobic work capacity and improve pedaling skills. Each exercise session is choreographed to music and includes a complete workout with a warm-up, endurance and cool-down component. *This class is listed as PED 1028 in the catalog.*



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