

Mandy Rife

If you think you can't - you're wrong! I know that because it's my story. From hefty to healthy, from fit to fitness instructor, with the help of an incredible personal trainer and lifestyle changes, I have experienced total transformation - and you can too! It is my goal to help you see yourself in a new light and motivate you to be successful in every day choices. You're never alone, and you have what it takes to achieve optimal fitness - it would be my honor to be a part of your journey.



Certifications:

ISSA - Certified Personal Trainer
CPR/AED, First Aid
Stage Cycling Power Instructor

Fitness Class Descriptions

SILVER SNEAKERS CLASSIC

Multi-level, equipment based, total body conditioning. Classes are designed to increase strength and flexibility. Participants move to the music through a variety of exercises for the upper and lower body, including skills for daily living activities.

SILVER SNEAKERS YOGA®

This class will move your whole body through a complete series of seated and standing Yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of motion.

INDOOR CYCLING

We are now offering indoor cycling classes and are super excited. (Cycle & Abs, Love to Cycle, Cycling Sprints, Cycle Tone, Cycling Only) These are just different types of cycling classes that the Fort Lupton rec Center is offering. Also often called SPINNING, is a form of exercise with classes focusing on endurance, strength, sprint intervals on a stationary bike. All fitness levels are welcome.

TABATA/TONE

Timed intervals that are so effective, yet so brutal, that you'll thank me while hating me! A method of interval training where you alternate 20 seconds on 10 seconds off. For all fitness levels.

Intervals/HIIT training

Is a total body workout, with strength and cardio conditioning that helps you blast fat and build lean muscle. Our mix of cardio, lower strength, upper strength and core will help you push you past your plateaus. All levels welcome.

STRONG

This 45 minute class's priority is to burn calories, build lean muscle and boost metabolism for long term results. All fitness levels are welcome.

BARRE

A fusion of yoga, Pilates, strength training and ballet... This pattern of exercise helps to improve strength, balance, flexibility, and posture.

Cycle N ROLL

A 30 minute cardio session on our brand new cycling stage bikes. This is a cardio workout, working on endurance and stamina, with hills and sprints and so much more. For the beginner to the intermediate and advanced clients. Using the foam rollers for deep stretch after the cardio workout.

BARBELL BLAST

This class will be using our awesome barbell system, where you can take weight off and add weight when needed. This is a full body weight training class. This class is for all fitness levels who are willing to lift some weight, barbells are limited so get to class early to insure you will get a barbell.

BUTTS & GUTS

Working those glutes to the core, with high intense abdominal exercises. Leg day just became my favorite day!! All fitness levels are welcomed!

YOGA

Our yoga classes focus on balance, strength, breathing and total body conditioning. Classes are designed to meet the needs of all levels and ages.

ZUMBA/Gold

Is a dance fitness program! Dance to great music, with great people and burn a ton of calories! Gold geared towards our seniors who love to dance, just a little slower pace.

MUSIC AND MOVEMENT FOR KIDS

We move, play, sing, and dance in a safe care free environment. Lead by our seasoned yoga instructor. New born to preschool age are all welcome.

GROUP PLAY FOR SCHOOL AGE KIDS

This class includes playful movement and partner activity, obstacles, and so much more. Ages 5-12 are welcomed.

HARD CORE CARDIO/CARDIO ONLY INDOOR/OUTDOOR

This class will definitely count as your cardio day! Using the treadmill, the stairs, jump rope, and the bikes, anything that is going to get your heart up and keep it at a steady state. If you hate to do cardio on your own, this is the class for you. All fitness levels are welcome.

Date: 2/29/20 - 3/1/20 (code: 14514)
Date: 3/14/20 - 3/15/20 (code: 14515)
Time: 8:00 am - 5:00 pm

Cost: \$10 (payable to instructor: Ed Stephenson)

Call the Recreation Center at 303.857.4200 x6160 to pre-register. If the student is under 10 years of age, a parent must attend all classes with the child.

HUNTER SAFETY