

CO-SPONSOR INSURANCE BASED FITNESS CLASSES

Buchanan Park (BPRC) & Wulf (WRC) Recreation Centers

Season: WINTER 2023



Schedule posted at www.evergreenrecreation.com and at the Rec Centers

Schedule Effective December 1

Version 2 - December 1, 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	<i>Closed on December 25th - Open 12-4 pm on Jan. 1st</i>						
9:30 AM	SilverSneakers® Circuit via ZOOM or in person at WRC 9:30-10:30 AM PAIGE	Zumba Gold WRC 9:15-10:15 AM PATRICIA	SilverSneakers® Circuit via ZOOM or in person at WRC 9:30-10:30 AM PAIGE	SilverSneakers® Yoga via ZOOM or in person at WRC 9:30-10:30 AM PAIGE			
10:00 AM							
10:30 AM	Silver and Strong BPRC 10:30-11:30 AM SHIRLEY	Zumba Gold BPRC 10:30-11:30 AM MARINA	Mat Pilates BPRC 10:30-11:30 AM KATHY	Silver and Strong BPRC 10:30-11:30 AM SHIRLEY			
11:00 AM	Mat Pilates WRC 10:45-11:45 AM KATHY						
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM				Senior Nia BPRC 1:00-2:00 PM ROUX	SilverSneakers® Yoga BPRC 1:00-2:00 PM ELIZA <i>Coming in January</i>		
1:30 PM							
2:00 PM							

SPECIAL NOTES:

- 1) All classes are included at no cost for participants in SilverSneakers®, Renew Active, and Silver & Fit insurance-based programs.
- 2) Any non-insurance based participants can pay specially-reduced fitness drop-in fees or use a punch pass to attend these fitness classes.
- 3) Instructors and classes are subject to change.

Locations & Contact:

BPRC:
32003 Ellingwood
Trail
Evergreen, CO
80439
ph: 720.880.1100

WRC:
5300 S. Olive Road
Evergreen, CO
80439
ph: 720.880.1200

Supervisor:

Nancy Cooper / Recreation Supervisor - Programs and
Guest Services
ncooper@eprd.co
720.880.1226

GROUP FITNESS CLASS DESCRIPTIONS

Mat Pilates

A series of stretching and strength exercises performed in a sequence to strengthen your core, (abdominals, back, hips, and glutes).

SILVER AND STRONG

Increases muscle strength and range of movement to improve daily living activities. A chair is provided for seated or standing support.

SilverSneakers® Circuit

The class consists of a warm-up followed by stretching. Then alternating light to moderate hand-held weights, resistance bands, and a SilverSneakers® ball with four rounds of cardio. Each segment lasts roughly five minutes in duration. Alternating sitting in the chair and standing roughly every five minutes. At the end of the class there is a final stretch session.

SILVERSNEAKERS® YOGA

Move your whole body through a complete series of seated and standing yoga poses. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Zumba® Gold

Zumba Gold is a lower-intensity version of the typical Zumba class and was designed to meet the anatomical, physiological and psychological needs of seniors. Zumba Gold can provide a suitable option for older adults seeking alternative means of reaching their exercise goals.

Senior Nia:

Nia workouts combine 52 simple moves with dance arts, martial arts, and healing arts to energize and enliven well-being in 60 minutes - body, mind, emotion, and spirit. Nia is non-impact, practiced barefoot, and adaptable to individual needs and abilities.