

BUCHANAN PARK (BPRC) & WULF (WRC) RECREATION CENTERS updated 8/22/22

Insurance Based Fitness Schedule

Schedule is also online at:
evergreenrecreation.com

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM							
8:15AM							
8:30AM							
9:15AM	SilverSneakers® Classic <i>(via Zoom & In Person at WRC)</i> 9:15-10:15am Paige	Zumba Gold (WRC) 9:15-10:15am Patricia	SilverSneakers® Classic <i>(via Zoom & In Person at WRC)</i> 9:15-10:15am Paige	SilverSneakers® Yoga <i>(via Zoom & In Person at WRC)</i> 9:30-10:30am Paige	Zumba Gold (WRC) 9:15-10:15am Marina		
9:30AM							
10:00AM	Silver and Strong (BPRC) 10:30-11:30am Shirley Mat Pilates (WRC) 10:30-11:30am Kathy	Zumba Gold (BPRC) 10:30-11:30am Marina	Mat Pilates (BPRC) 10:30-11:30am Kathy	Silver and Strong (BPRC) 10:30-11:30am Shirley			
11:15AM							
1:15PM							

COVID-19 Notice Due to current health crisis, insurance-based classes are currently being taught online via Zoom and at WRC. To register, contact Kendra Head at khead@eprd.co.

- All classes in **black type** included at no cost in SilverSneakers®, Renew Active, Silver & Fit and RecRX InsuranceBasedPrograms.
- Non insurance based members can pay regular fitness drop-in fees or use fitness punch card to attend insurance based fitness/aquatic classes.
- Instructors & classes are subject to change.

Insurance Based Program 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® CLASSIC — Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, resistance bands and a SilverSneakers® ball are offered for resistance. A chair is used for standing support.

SILVERSNEAKERS® YOGA - Will 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. Perhaps Zumba Gold will provide a suitable option for older adults seeking alternative means of reaching their exercise goals.



Buchanan Park Recreation Center
32003 Ellingwood Trail
Evergreen, CO 80439
720.880.1100

Evergreen Lake House
29612 Upper Bear Creek
Evergreen, CO 80439

Wulf Recreation Center
5300 S. Olive Road
Evergreen, CO 80439
720.880.1200

evergreenrecreation.com