

CoSponsored Insurance Based Fitness Schedule

Season: Winter 2025



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

Schedule Effective January 1

Version 1.0- January 1, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM	SilverSneakers® Circuit via ZOOM or in person at WRC 9:30-10:30 AM PAIGE		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			
10:30 AM	Silver and Strong BPRC 10:30-11:30 AM SHIRLEY Mat Pilates WRC 10:45-11:45 AM KATHY	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	Stretch & Strength BPRC 10:30-11:30 AM MARINA <i>Starting Jan 3</i>		
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM					Silver Sneakers Yoga (Chair) BPRC 1-2 PM ELIZA		
1:30 PM							
2:00 PM							

SPECIAL NOTES:	Locations & Contact:
1) All classes are included at no cost for participants in SilverSneakers®, Renew Active, and Silver & Fit insurance-based programs.	BPRC: 32003 Ellingwood Trail Evergreen, CO 80439 ph: 720.880.1100
2) Any non-insurance based participants can pay specially-reduced fitness drop-in fees or use a punch pass to attend these fitness classes.	WRC: 5300 S. Olive Road Evergreen, CO 80439 ph: 720.880.1200
3) Instructors and classes are subject to change.	

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

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.

Stretch & Strength

This gentle, senior-focused class is designed to improve strength, flexibility, and balance through low-impact exercises tailored to all fitness levels. Guided by a skilled instructor, participants will engage in movements that target key muscle groups, improve joint mobility, and enhance overall body coordination. With a combination of seated and standing exercises, the class provides a safe and supportive environment for those looking to stay active, prevent injury, and boost confidence in their daily movements. Modifications are offered throughout, ensuring each participant can move at their own pace. No prior experience needed – just bring a positive attitude and a willingness to move!