

# BUCHANAN PARK (BPRC) & WULF (WRC) RECREATION CENTERS updated 1/10/20

## Insurance Based Fitness/Aquatic Schedule

Schedule is also online at:  
[evergreenrecreation.com](http://evergreenrecreation.com)

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM	<b>Going Strong</b> <i>(BPRC)</i> 8:00-9:00am Shirley  <b>Align &amp; Flow</b> <i>(WRC)</i> 8:00-9:00am Jess	<b>Mat Pilates</b> <i>(BPRC)</i> 8:00-9:00am Kathy  <b>Strength &amp; Stretch</b> <i>(WRC)</i> 8:00-9:00am Jess	<b>Going Strong</b> <i>(BPRC)</i> 8:00-9:00am Shirley	<b>Mat Pilates</b> <i>(BPRC)</i> 8:00-9:00am Kathy  <b>Align &amp; Flow</b> <i>(WRC)</i> 8:00-9:00am Jess  <b>Water Aerobics</b> <i>(WRC)</i> 8:00-9:00am Marilyn	<b>Going Strong</b> <i>(BPRC)</i> 8:00-9:00am Shirley  <b>Strength &amp; Stretch</b> <i>(WRC)</i> 8:00-9:00am Jess		
8:15AM	<b>TR-XTRA Gentle</b> <i>(WRC)</i> 8:15-9:00am Yesim  <b>Water Aerobics</b> <i>(WRC)</i> 8:15-9:15am Patricia				<b>Water Aerobics</b> <i>(WRC)</i> 8:15-9:15am Joan		
8:30AM	<b>Vortexercise</b> <i>(BPRC)</i> 8:30-9:15am Joan	<b>Vortexercise</b> <i>(BPRC)</i> 8:30-9:15am Astrid	<b>Vortexercise</b> <i>(BPRC)</i> 8:30-9:15am Joan	<b>Vortexercise</b> <i>(BPRC)</i> 8:30-9:15am Astrid			
9:15AM	<b>SilverSneakers® Classic</b> <i>(WRC)</i> 9:15-10:15am Paige  <b>Mat Pilates</b> <i>(WRC)</i> 9:15-10:15am Kathy	<b>SilverSneakers® BOOM – Move &amp; Muscle®</b> <i>(WRC)</i> 9:15-10:15am Leslie	<b>SilverSneakers® Classic</b> <i>(WRC)</i> 9:15-10:15am Paige	<b>SilverSneakers® BOOM – Move &amp; Muscle®</b> <i>(WRC)</i> 9:15-10:15am Leslie	<b>SilverSneakers® Circuit</b> <i>(WRC)</i> 9:15-10:15am Leslie  <b>Align &amp; Flow</b> <i>(WRC)</i> 9:15-10:15am Jess		
9:30AM	<b>Water Walking</b> <i>(BPRC)</i> 9:30-10:15am Joan	<b>Stretch &amp; Tone</b> <i>(BPRC)</i> 9:30-10:15am Astrid	<b>Water Walking</b> <i>(BPRC)</i> 9:30-10:15am Joan	<b>Stretch &amp; Tone</b> <i>(BPRC)</i> 9:30-10:15am Astrid			
10:30AM	<b>SilverSneakers® Classic</b> <i>(BPRC)</i> 10:30-11:30am Heather  <b>SilverSneakers® Classic</b> <i>(WRC)</i> 10:30-11:30am Paige	<b>Mindfulness &amp; Meditation</b> <i>(Miller House)</i> 10:30-11:30am Julie	<b>SilverSneakers® Classic</b> <i>(BPRC)</i> 10:30-11:30am Shirley  <b>SilverSneakers® Classic</b> <i>(WRC)</i> 10:30-11:30am Yesim		<b>SilverSneakers® Classic</b> <i>(BPRC)</i> 10:30-11:30am Heather		
11:45AM					<b>SilverSneakers® Yoga</b> <i>(BPRC)</i> 11:45am-12:45pm Paige		
1:15PM	<b>SilverSneakers® Yoga</b> <i>(BPRC)</i> 1:15-2:15pm Nancy		<b>SilverSneakers® Yoga</b> <i>(BPRC)</i> 1:15-2:15pm Nancy				

**Limited Space:** TR-XTRA Gentle class participants may call in the day before after 7 PM (Mon - Fri), 5 PM (Sat and Sun) for all classes held the next day! Day of class drop-ins welcome!

- All classes in **black type** included at no cost in SilverSneakers®, Renew Active, Silver & Fit and RecRX InsuranceBasedPrograms.
- All classes in **blue type** for insurance based members require a \$3.00DR/\$3.75NDR Drop In Fee or a \$10.00DR/\$13.00NDR Monthly Charge for unlimited classes
- 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

**ALIGN & FLOW** - Create length, space and awareness in your muscles and joints through a balanced flow. This class will involve standing poses and mat work.

**AQUA STRETCH & TONE** - This zero-impact, low-intensity class improves flexibility and range of motion. It's also designed to aid in injury rehabilitation and alleviates issues associated with arthritis.

**GOING STRONG** - All classes are safe and appropriate for (fully mobile) seniors. Class varies by day. Monday: Aerobic - Aerobic step routines and stationary exercises with weights and tubes. Wednesday: Strength & Balance - Easier exercises, seated and standing, to increase strength and improve balance. Friday: Strength - Conditioning and stability ball exercises. Standing and floor work.

**MAT PILATES** - A series of stretching and strength exercises performed in a sequence to strengthen your core (abs, back, hips, and glutes).

**MINDFULNESS AND MEDITATION** - Come explore a variety of mindfulness meditation techniques as well as moving meditation. Find out for yourself the amazing physical and mental benefits of a meditation practice. A mindfulness practice can reduce stress, depression and anxiety. It can improve attention, mental clarity, pain management and overall health. This class is a great way to calm your mind and sharpen your focus.

**SILVERSNEAKERS® BOOM MOVE IT** - A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.

**SILVERSNEAKERS® BOOM MUSCLE** - Up your game in this strength-training class that consists of a series of exercises inspired by your favorite activities like golf, tennis and hiking.

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

**SILVERSNEAKERS® CIRCUIT** - Combine fun and fitness to increase cardiovascular and muscular endurance power with a standing circuit workout.

**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. Condition your heart & strengthen your muscles using tubes, big & small balls & weights. We do use a chair but most work is done standing.

**STRENGTH & STRETCH** - Using light to moderate weights, bands and our own body weight challenge your body to stay strong! This class will also incorporate yoga that stretches the body as your strength builds.

**TR-XTRA GENTLE** - Never tried TRX before? This is a 1/2 hour workout designed to introduce you to TRX but also to gently move you through a workout using Suspension Training.

**VORTEXERCISE** - Classes conducted in the vortex against water current, intensity varies while improving endurance, strength and cardiovascular fitness.

**WATER AEROBICS** - Classes offer a variety of workout and intensity levels, incorporating both zero- and moderate-impact, to increase flexibility, range of motion and muscle strength.

**WATER WALKING** - This low- to moderate-impact and intensity class offered in the vortex improves fitness, balance and cardiovascular strength.



**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](http://evergreenrecreation.com)

## Insurance-Based Program Fees

- Any SilverSneakers trademarked fitness class will be limited to 30 participants. No cost to attend for insurance based program members.
- All other insurance based fitness/aquatic programs have a reduced fee of \$3/DR or \$3.75/NDR. For unlimited classes, an insurance based member can pay a monthly fee of \$10/DR or \$13/NDR. A credit card must be kept on file. Charges will incur on the first of each month.