

BUCHANAN PARK (BPRC) & WULF (WRC) RECREATION CENTERS updated 11/9/20

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® Circuit <i>(via Zoom)</i> 9:15-10:15am <i>Leslie</i>			SilverSneakers® Circuit <i>(via Zoom)</i> 9:15-10:15am <i>Leslie</i>		
9:30AM							
10:00AM	SilverSneakers® Classic <i>(via Zoom)</i> 10:30-11:30 am <i>Paige</i>						
11:15AM			SilverSneakers® Classic <i>(via Zoom)</i> 11:15-12:15am <i>Paige</i>				
1:15PM							

COVID-19 Notice : Due to current health crisis, insurance-based classes are currently being taught online via Zoom. 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

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. Aerobic - Aerobic step routines and stationary exercises with weights and tubes. Strength & Balance - Easier exercises, seated and standing, to increase strength and improve balance. Strength - Conditioning and stability ball exercises. Standing and floor work.

SILVER SENIORS - 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® CIRCUIT — Combine fun and fitness to increase cardiovascular and muscular endurance power with a standing circuit workout.

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