

Group SilverSneakers® Classes

Schedule is also online at:
evergreenrecreation.com

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM	Going Strong <i>(BPRC)</i> 8:00-9:00am Shirley Align & Flow <i>(WRC)</i> 8:00-9:00am Jess	Mat Pilates* <i>(BPRC)</i> 8:00-9:00am Kathy Strength & Stretch <i>(WRC)</i> 8:00-9:00am Jess	Going Strong <i>(BPRC)</i> 8:00-9:00am Shirley Cardio Dance Gold <i>(WRC)</i> 8:00-9:00am Claudia	Mat Pilates* <i>(BPRC)</i> 8:00-9:00am Kathy Align & Flow <i>(WRC)</i> 8:00-9:00am Jess Water Aerobics <i>(WRC)</i> 8:00-9:00am Marilyn	Going Strong <i>(BPRC)</i> 8:00-9:00am Shirley Strength & Stretch <i>(WRC)</i> 8:00-9:00am Jess		
8:15AM	TR-XTRA Gentle* <i>(WRC)</i> 8:15-9:00am Yesim Water Aerobics <i>(WRC)</i> 8:15-9:15am Patricia				Water Aerobics <i>(WRC)</i> 8:15-9:15am Joan		
8:30AM	Vortexercise <i>(BPRC)</i> 8:30-9:15am Joan	Vortexercise <i>(BPRC)</i> 8:30-9:15am Astrid	Vortexercise <i>(BPRC)</i> 8:30-9:15am Joan	Vortexercise <i>(BPRC)</i> 8:30-9:15am Astrid			
9:15AM	SilverSneakers® Classic <i>(WRC)</i> 9:15-10:15am Paige Mat Pilates* <i>(WRC)</i> 9:15-10:15am Kathy	BOOM – Move & Muscle <i>(WRC)</i> 9:15-10:15am Leslie	SilverSneakers® Classic <i>(WRC)</i> 9:15-10:15am Paige	TR-XTRA Gentle* <i>(WRC)</i> 9:00-9:45am Yesim BOOM – Move & Muscle <i>(WRC)</i> 9:15-10:15am Leslie	SilverSneakers® Classic <i>(WRC)</i> 9:15-10:15am Leslie Align & Flow <i>(WRC)</i> 9:15-10:15am Jess		
9:30AM	Water Walking <i>(BPRC)</i> 9:30-10:15am Joan	Stretch & Tone <i>(BPRC)</i> 9:30-10:15am Astrid	Water Walking <i>(BPRC)</i> 9:30-10:15am Joan	Stretch & Tone <i>(BPRC)</i> 9:30-10:15am Astrid			
10:30AM	SilverSneakers® Classic <i>(BPRC)</i> 10:30-11:30am Heather SilverSneakers® Classic <i>(WRC)</i> 10:30-11:30am Paige	Mindfulness & Meditation <i>(Miller House)</i> 10:30-11:30am Julie Starts 9/10/19)	SilverSneakers® Classic <i>(BPRC)</i> 10:30-11:30am Shirley SilverSneakers® Classic <i>(WRC)</i> 10:30-11:30am Yesim		SilverSneakers® Classic <i>(BPRC)</i> 10:30-11:30am Heather		
11:45AM					SilverSneakers® Yoga <i>(BPRC)</i> 11:45am-12:45pm Paige		
1:15PM	SilverSneakers® Yoga <i>(BPRC)</i> 1:15-2:15pm Nancy		SilverSneakers® Yoga <i>(BPRC)</i> 1:15-2:15pm Nancy				

Limited Space: Indoor Cycling/TRX Punch card holders 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 are included in a Tivity Prime SilverSneakers® Insurance Membership except where indicated with an *
- * Means a card swipe and a \$3 Co-Pay
- Instructors & classes are subject to change.

SilverSneakers® 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.

CARDIO DANCE GOLD - This is not your traditional dance class. This class is easy to follow and combines a mixture of fun rhythms and dance styles to bring your heart rate up. Come let yourself go and have some fun!

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). Drop In \$10 DR / \$13 NDR (punch card available). \$3 co-pay and card swipe for SilverSneakers® or Prime® Fitness participants. \$3 co-pay and card swipe for SilverSneakers® or Prime® Fitness participants.

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® 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 ½ hour workout designed to introduce you to TRX but also to gently move you through a workout using Suspension Training. Great for beginners and SilverSneakers®! \$3 co-pay and card swipe for SilverSneakers® or Prime® Fitness participants.

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

SilverSneakers® Fees

- 10 Visit Co-Pay Punch Card: \$30 – Good for one year and for individual use only
- 10 Visit SilverSneakers® Punch Card: \$80 DR / \$96 NDR – Good for all SilverSneakers® Fitness classes except water classes and classes marked with an *
- Class drop in: \$9 DR / \$11.25 NDR - Good for all SilverSneakers® Fitness classes except water classes and classes marked with an *