GENERAL ADMISSION CLASSES FOR OLDER ADULTS

September 8-December 30

Included in all facility passes and punch cards. These classes are ongoing for the fall season but are subject to change or cancellation. Please contact the recreation center where the class is held for the most up-to-date schedule.

CONTINUING STRENGTH TRAINING

This is for the participant who does not need entry-level instruction and has a good base of strength. Focus is on the use of free weights, bands, balls and other equipment. Sign up on a daily basis at the front desk.

FIT FOREVER

Aerobics: This low-impact class has the goal of improving cardio fitness and endurance; some strength and core work is included.

Intervals: This low-impact class uses intervals to spike the heart rate, helping participants lose weight while improving cardio fitness, strength and endurance.

Strength: This class helps participants increase muscle strength, improve posture, balance and flexibility.

SILVERSNEAKERS® CIRCUIT

Increase your cardiovascular and muscular endurance with a standing circuit workout. Resistance work is combined with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation.

SILVERSNEAKERS® CARDIO

Get up and go with an aerobics class for you—safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, as well as upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

SILVERSNEAKERS® CLASSIC

This class is designed to increase strength, range of movement, agility, balance and coordination and to improve participant's functional capacities, physical fitness level and sense of well-being.

SILVERSNEAKERS® SPLASH

This class uses the water's properties to enhance agility, range of motion and endurance.

SILVERSNEAKERS® YOGA

This class is designed to give participants the benefits of yoga, with breathing and flexibility work, using a chair for seated exercises as well as a balance tool for standing work.

STRENGTH ON THE BALL

Did you know exercising on a Theraball will increase your balance and core strength? The class will focus on aerobic and toning movements.

T'AI CHI FOR SENIORS

T'ai chi is a system of movements and positions believed to have been developed in 12th century China. Techniques aim to address the body and mind as an interconnected system and are traditionally believed to improve posture, balance, flexibility and strength.

ZUMBA GOLD®

Zumba Gold® is an easy-to-follow class that lets you move to the beat at your own speed. Zumba Gold® is done at a lower intensity than Zumba® but is still an invigorating, community-oriented dance-fitness class.

CARMODY RECREATION CENTER, 720.963.5360 September 8-December 30				
Continuing Strength Training	Mon,Wed	10:45-11:45 am		
	Tue,Thu	10:15-11:15 am		
Early Bird Mix	Tue,Thu	6-6:55 am		
Fit Forever: Aerobics	Wed,Thu, Fri	8-9 am		
Fit Forever: Intervals	Mon	8-9 am		
SilverSneakers® Cardio	Mon,Wed	11:45 am-12:45 pm		
SilverSneakers® Classic	Mon,Wed,Fri	10:45-11:45 am		
	Tue,Thu	1:30-2:30 pm		
SilverSneakers® Splash	Tue,Thu	9:15-10:15 am		
SilverSneakers® Yoga	Mon,Wed	9:30-10:30 am		
	Fri	1:30-2:30 pm		
Strength on the Ball	Tue,Thu	11 am-noon		
Stretch	Tue,Thu	7-7:55 am		
Zumba Gold®	Tue	8-9 am		

CHARLES WHITLOCK RECREATION CENTER, 303.987.4800 September 8-December 30				
Fit Forever: Aerobics	Mon,Wed,Fri	9-10 am		
Fit Forever: Strength	Tue,Thu	9:30-10:30 am		
SilverSneakers® Classic	Mon,Wed,Fri	7:45-8:45 am		
	Mon,Wed,Fri	10:15-11:15 am		
SilverSneakers® Circuit	Tue,Thu	8:15-9:15 am		
Tai Chi for Seniors	Thu	1-2 pm		
Zumba Gold®	Sat	11 am-noon		

GREEN MOUNTAIN RECREATION CENTER, 303.987.7830 September 8-December 30				
Fit Forever: Aerobics	Mon,Wed,Fri	9-10 am		
SilverSneakers® Classic	Tue,Thu	10:45-11:45 am		
Level 1 Cycling	Tue,Thu	noon-12:45 pm		

LINK RECREATION CENTER, 303.987.5400 September 8-December 30				
Fit Forever: Aerobics	Mon,Wed	8:15-9:15 am		
Fit Forever: Strength	Tue,Thu	8:15-9:15 am		
SilverSneakers® Classic	Mon,Wed	9:30-10:30 am		
SilverSneakers® Yoga	Tue,Thu	9:30-10:30 am		
Zumba Gold®	Fri	9-10 am		