

GENERAL ADMISSION CLASSES FOR OLDER ADULTS

January 2-May 23

Included in all facility passes and punch cards. These classes are ongoing for the winter 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.

EARLY BIRD MIX

Start your day off on the right foot! One hour of aerobics, with a combination of step, low impact or intervals. Some resistance training, abdominal training and flexibility are included.

FIT FOREVER

Do you want to get fit and stay fit? This low-impact class will help you improve your aerobic fitness and your strength.

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.

CARMODY RECREATION CENTER, 720.963.5360 Jan 2-May 23

Continuing Strength Training	Mon,Wed Tue,Thu	10:45-11:45 am 10:15-11:15 am
Early Bird Mix	Tue,Thu	6-6:55 am
Fit Forever	Mon,Wed,Thu,Fri	8-9 am
SilverSneakers® Cardio	Mon,Wed	11:45 am-12:45 pm
SilverSneakers® Classic	Mon,Wed,Fri Tue,Thu	10:45-11:45 am 1:30-2:30 pm
SilverSneakers® Splash	Tue,Thu	9:15-10:15 am
SilverSneakers® Yoga	Mon,Wed Fri	9:30-10:30 am 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 Jan 2-May 23

Fit Forever	Mon,Wed,Fri	9-10 am
SilverSneakers® Classic	Mon,Wed,Fri Mon,Wed,Fri	7:45-8:45 am 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 Jan 2-May 23

Fit Forever	Mon,Wed,Fri	9-10 am
Level 1 Cycling	Tue,Thu	noon-12:45 pm
SilverSneakers® Classic	Tue,Thu	10:45-11:45 am

LINK RECREATION CENTER, 303.987.5400 Jan 2-May 23

Fit Forever	Mon,Tue,Wed,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

BALANCE & STRENGTH FOR SENIORS

Information: 303.987.4807

All classes listed are by registration only.

SR. STRENGTH LEVEL 1

Build strong bones and muscles while exercising under the supervision of a trainer.

Ages: 62 and up

*Six-week session: \$39 Resident, \$55 Nonresident

Seven-week session: \$50 Resident, \$65 Nonresident

Free for Senior All-Access, SilverSneakers® and Silver&Fit® members

Activity #	Date	Day	Time	Loc
122109-01	Jan 5-Feb 18	Mon,Wed	9:30-10:30 am	CARM
122109-02	Feb 23-Apr 8	Mon,Wed	9:30-10:30 am	CARM
* 122109-03	Apr 13-May 20	Mon,Wed	9:30-10:30 am	CARM

COORDINATION AND BALANCE

This class will assist older adults by working on mobility and balance.

Participants will engage in progressive exercises that will challenge strength and improve stability.

Ages: 62 and up

*Six-week session: \$49 Resident, \$65 Nonresident

Seven-week session: \$59 Resident, \$75 Nonresident

Free for Senior All-Access, SilverSneakers® and Silver&Fit® members

Activity #	Date	Day	Time	Loc
122114-01	Jan 6-Feb 19	Tue,Thu	10:45-11:45 am	CARM
122114-02	Jan 6-Feb 19	Tue,Thu	1:30-2:30 pm	CARM
122114-03	Jan 6-Feb 19	Tue,Thu	2:30-3:30 pm	CWRC
122114-04	Feb 24-Apr 9	Tue,Thu	10:45-11:45 am	CARM
122114-05	Feb 24-Apr 9	Tue,Thu	1:30-2:30 pm	CARM
122114-06	Feb 24-Apr 9	Tue,Thu	2:30-3:30 pm	CWRC
* 122114-07	Apr 14-May 21	Tue,Thu	10:45-11:45 am	CARM
* 122114-08	Apr 14-May 21	Tue,Thu	1:30-2:30 pm	CARM
* 122114-09	Apr 14-May 21	Tue,Thu	2:30-3:30 pm	CWRC

N'BALANCE

This is an evidence-based program designed from the kinetic principles of FallProof, a balance program created by California State University at Fullerton. Participants will be assessed both before and after this progressive six-week program emphasizing key balance systems.

Ages: 55 and up

*Six-week session: \$55 Resident, \$69 Nonresident

Seven-week session: \$65 Resident, \$79 Nonresident

20% off for Senior All-Access, SilverSneakers® and Silver&Fit® members

Activity #	Date	Day	Time	Loc
122107-01	Jan 5-Feb 16	Mon,Wed	1:30-2:30 pm	CARM
122107-02	Feb 23-Apr 8	Mon,Wed	1:30-2:30 pm	CARM
* 122107-03	Apr 13-May 20	Mon,Wed	1:30-2:30 pm	CARM

TOTAL CONTROL

Does your bladder dictate or limit your activities? This medically based total body workout strengthens the pelvic core. Total Control includes 60 minutes of exercise followed by 15 minutes of tips to improve your pelvic health and fitness. Increase your energy, inner power and confidence.

Ages: 62 and up

*Six-week session: \$55 Resident, \$69 Nonresident

Seven-week session: \$65 Resident, \$79 Nonresident

20% off for Senior All-Access, SilverSneakers® and Silver&Fit® members

Activity #	Date	Day	Time	Loc
122119-01	Jan 5-Feb 20	Mon,Fri	2-3:15 pm	CWRC
122119-02	Feb 23-Apr 10	Mon,Fri	2-3:15 pm	CWRC
* 122119-03	Apr 13-May 22	Mon,Fri	2-3:15 pm	CWRC



CancerFit programs are available at Carmody Recreation Center.

Please call for information:

720.963.5183

cancerfit.org

TRX FOR SENIORS

Similar in format to the traditional TRX class, TRX for Seniors emphasizes working at your own pace and ability. Modifications are utilized to be sure you get a safe, high quality workout. This pricing already includes a 20 percent senior discount.

Ages: 14 and up

*Six-week session: \$39 Resident, \$49 Nonresident

Seven-week session: \$45 Resident, \$55 Nonresident

Activity #	Date	Day	Time	Loc
122129-01	Jan 8-Feb 19	Thu	9-10 am	CARM
122129-02	Feb 26-Apr 9	Thu	9-10 am	CARM
* 122129-03	Apr 16-May 21	Thu	9-10 am	CARM

STAND STRONG

This four-week program helps you avoid falls by doing falls risk screenings, home safety checks, medication reviews and exercise demos.

Ages: 55 and up

Free

Activity #	Date	Day	Time	Loc
122113-01	Apr 23-May 13	Thu	1:30-2:30 pm	CARM



METABOLIC TESTING

now offered at Carmody Recreation Center

➔ **What is Metabolic Testing?**
Accurately identifies a person's ideal daily calorie intake and optimal exercise intensity.

➔ **How can Metabolic Testing help me?**
By accurately determining your daily caloric intake, you remove the guesswork with your weight management goals.

You will also find out the correct exercise intensity to help you achieve long lasting results.

➔ **For more information or to schedule an appointment call 720.963.5366.**



Personal Training

Fitness Assessment *PTFA00*

1 Individual Assessment: \$49 Resident, \$59 Nonresident
Review individual goals as well as assessments for body fat composition, blood pressure, strength and flexibility. Optional BIA included.

Personal Training Package A *PTB003*

3 Individual Sessions: \$105 Resident, \$129 Nonresident

Personal Training Package B *PTC010*

10 Individual Sessions: \$315 Resident, \$365 Nonresident

Group Training Packages

3 sessions: \$79 Resident, \$95 Nonresident *PTFR03*

10 sessions: \$245 Resident, \$305 Nonresident *PTFR10*

Group is two or more. Rates given are per person.

Individual BIA Test *PTFA03*

\$25 Resident, \$35 Nonresident

A BIA test measures body fat, cell hydration, basal metabolic rate and more. The results will help your trainer design the most effective program for your needs! BIAs are included in Packages A and B, as well as in group packages.

Youth Training

10% off any package for youth under 16

Senior Membership Program Discount

SilverSneakers® | Senior All-Access | Silver&Fit®

20% off any first-time package purchase for members

Nutrition



Nutrition Consultation *PTNT00*

1.5 hour consultation: \$55 Resident, \$65 Nonresident

Nutrition Basic Package *PTNT01*

1 nutrition consultation + 2 training sessions

\$125 Resident, \$150 Nonresident

Wellness Coaching

1 Individual Session: \$49 Resident, \$59 Nonresident *PTWC*

3 Individual Sessions: \$105 Resident, \$129 Nonresident *PTWC3*

A wellness coach is a credentialed professional who works as a holistic partner in a client's journey to reach personal health and wellness goals. The focus can be on whatever the client would like, including but not limited to physical activity, healthy eating, weight loss or gain and stress management.

Metabolic Testing

Please see ad on page 38 for details.

\$129 Resident, \$155 Nonresident

Get started with a Personal Training or Nutrition package today!

It's as easy as 1-2-3

1. **Choose your package and/or trainer.**
Visit Lakewood.org/PersonalTrainers for profiles.
2. **Call to make your purchase: 720.963.5360.**
You will be asked a series of questions to help us assign the right trainer. All packages expire six months from date of purchase.
3. **A trainer will contact you within 24-48 hours.**
Our trainers are nationally certified and offer a variety of training concepts.

Contact Lila at 720.963.5366 with any specific questions.

free FALL RISK SCREENINGS!

The City of Lakewood and the Consortium for Older Adult Wellness are providing free fall risk screenings for Lakewood residents. Schedule an appointment for yourself, a family member or friend.



Special One Day Options!

9-11 a.m. on Wednesday, February 11 at CARM
1-3 p.m. on Tuesday, March 31 at LINK

To schedule a screening, contact Brennan Paige:
303.984.1845 • Brennan@Coaw.org



Lakewood
Recreation



Lakewood.org/
HealthyAging



LINK, LUNCH & LECTURE

Join us for one or all of these sessions. Space is limited and registration is required. For more information, please call 720.963.5362.

Ages: 55 and up

\$2 Resident, \$2 Nonresident

Free for Senior All-Access, SilverSneakers® and Silver&Fit® members

Activity #	Date	Day	Time	Loc
122303-01	Jan 23	Fri	12:30-2 pm	LINK
122303-02	Feb 20	Fri	12:30-2 pm	LINK
122303-03	Mar 20	Fri	12:30-2 pm	LINK
122303-04	Apr 17	Fri	12:30-2 pm	LINK

Health Tips for International Travel (January 23)

Learn common illness and necessary vaccinations for many regions around the world. Presenter: Melissa Rasmussen, Pharm.D., Clinical Pharmacist, Kaiser Permanente International Travel Clinic

Atrial Fibrillation (February 20)

Learn the signs, symptoms and treatment. Presenter: Lori-Ann Peterson RN, CCRN, MSN, FNP-C, Cardiovascular Nurse Practitioner

Sleep Disorders (March 20)

Learn about common sleep disorders, diagnoses and treatment. Presenter: a physician from St. Anthony's Hospital

The History of Lakewood (April 17)

Learn the history of Lakewood since incorporation in 1969, including West Colfax's decline and anticipated rise and the city's overall growth. Find out where it will go from here. Presenters: Robert and Kris Autobe

ADULT SOCIAL EVENT

Fun social event, dinner and entertainment.

Ages: 55 and up

\$8 Resident, \$8 Nonresident

Activity #	Date	Day	Time	Loc
122111-01	Apr 3	Fri	5-7 pm	LINK

NEW! LUNCH & LECTURE AT CLEMENTS CENTER

Join us for one or all of these sessions. Space is limited and registration is required. For more information, please call 303.987.4823.

Ages: 55 and up

\$2 Resident, \$2 Nonresident

Free for Senior All-Access, SilverSneakers® and Silver&Fit® members

Activity #	Date	Day	Time	Loc
580430-01	Jan 9	Fri	11 am-12:30 pm	CCC
580430-02	Feb 13	Fri	11 am-12:30 pm	CCC
580430-03	Mar 13	Fri	11 am-12:30 pm	CCC
580430-04	Apr 10	Fri	11 am-12:30 pm	CCC

Identity Theft and Fraud protection (January 9)

Presented by Eleanor Jefferson with AARP

Atrial Fibrillation (February 13)

Learn the signs, symptoms and treatment. Presenter: Lori-Ann Peterson RN, CCRN, MSN, FNP-C, Cardiovascular Nurse Practitioner

Sleep Disorders (March 13)

Learn about common sleep disorders, diagnoses and treatment. Presenter: a physician from St. Anthony's Hospital

A Library's Place in a Community (April 10)

Discover the endless possibilities offered through Jefferson County Public Libraries for lifelong learning through a vibrant and highly engaging presentation. Library resources and services are showcased, including home delivery and outreach services. Presenter: Cecilia LaFrance

Has it been a long time since you exercised?

Have you had a recent medical change?

Do you need more socialization in your life?

Our **Community Wellness Advisor** can help direct you to the wellness opportunities offered through the City of Lakewood.

- Fitness classes and personal training
- Arts and crafts
- Cultural events
- Outdoor adventures
- Clement Community Center for older adults
- Volunteer opportunities

Call Sharon Lubieniecki
at 720.963.5362 to set up
your appointment today!



Lakewood
Recreation

Senior Memberships



1



The Healthways SilverSneakers® Fitness Program is specifically designed to encourage eligible members to increase their level of activity and motivate them to continue to be active. If you are Medicare eligible, check with your health-care provider to see if your plan qualifies you.

2



This fitness and wellness program is designed for adults ages 62 and up.
Annual pass \$280 • 3-month pass \$130
Annual pass for 2 people in a household \$500
Membership can be paid in monthly installments

3



Silver&Fit® is designed specifically to help older adults achieve better health through regular exercise and health education. Silver&Fit® is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated. If you are Medicare eligible, check with your health-care provider to see if your plan qualifies you. (Does not include Silver&Fit Affinity™)

We are pleased to offer 3 options for membership.

BENEFITS of ALL 3

- **FREE** admission to all 4 recreation centers
- **FREE** general admission classes designed for you, no matter your fitness level.
- **FREE** admission to most aqua fitness classes.
- **20 percent discount** on BodyPump™ and all registration fitness classes.

Come and learn all about the membership benefits at a free orientation. Also find out about Lakewood's older adult fitness and wellness classes and events. Sign up at any recreation center.

Free Orientations • Registration is required.

Activity #	Date	Day	Time	Location
122110-01	Jan 6	Tue	3-4 pm	CARM
122110-02	Jan 20	Tue	3-4 pm	CARM
122110-03	Feb 3	Tue	3-4 pm	CARM
122110-04	Mar 3	Tue	3-4 pm	CARM
122110-05	Apr 7	Tue	3-4 pm	CARM
122110-06	May 5	Tue	3-4 pm	CARM
122110-07	Jan 7	Wed	11 am-noon	CWRC
122110-08	Jan 21	Wed	11 am-noon	CWRC
122110-09	Feb 4	Wed	11 am-noon	CWRC
122110-10	Mar 4	Wed	11 am-noon	CWRC
122110-11	Apr 1	Wed	11 am-noon	CWRC
122110-12	May 6	Wed	11 am-noon	CWRC
122110-13	Jan 9	Fri	1-2 pm	GMRC
122110-15	Mar 6	Fri	1-2 pm	GMRC
122110-17	May 8	Fri	1-2 pm	GMRC
122110-14	Feb 4	Wed	4-5 pm	LINK
122110-16	Apr 1	Wed	4-5 pm	LINK



Info: Polly Zimmerman, 303.987.4807