

CoSponsored Insurance Based Fitness Schedule

Season: Spring 2024



Schedule posted at www.evergreenrecreation.com and at the Rec Centers

Schedule Effective October 1

Version 1.0 - October 1, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM	SilverSneakers® Circuit via ZOOM or in person at WRC 9:30-10:30 AM PAIGE		SilverSneakers® Circuit via ZOOM or in person at WRC 9:30-10:30 AM PAIGE	SilverSneakers® Yoga via ZOOM or in person at WRC 9:30-10:30 AM PAIGE			
10:30 AM	Silver and Strong BPRC 10:30-11:30 AM SHIRLEY Mat Pilates WRC 10:45-11:45 AM KATHY	Zumba Gold BPRC 10:30-11:30 AM MARINA	Mat Pilates BPRC 10:30-11:30 AM KATHY	Silver and Strong BPRC 10:30-11:30 AM SHIRLEY			
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM					SilverSneakers® Yoga BPRC 1:00-2:00 PM Eliza Starting 10/4		
1:30 PM							
2:00 PM							

SPECIAL NOTES:	Locations & Contact:
1) All classes are included at no cost for participants in SilverSneakers®, Renew Active, and Silver & Fit insurance-based programs.	BPRC: 32003 Ellingwood Trail
2) Any non-insurance based participants can pay specially-reduced fitness drop-in fees or use a punch pass to attend these fitness classes.	Evergreen, CO 80439 ph: 720.880.1100
3) Instructors and classes are subject to change.	WRC: 5300 S. Olive Road Evergreen, CO 80439 ph: 720.880.1200
GROUP FITNESS CLASS DESCRIPTIONS	
Mat Pilates	
A series of stretching and strength exercises performed in a sequence to strengthen your core, (abdominals, back, hips, and glutes).	
SILVER AND STRONG	
Increases muscle strength and range of movement to improve daily living activities. A chair is provided for seated or standing support.	
SilverSneakers® Circuit	
The class consists of a warm-up followed by stretching. Then alternating light to moderate hand-held weights, resistance bands, and a SilverSneakers® ball with four rounds of cardio. Each segment lasts roughly five minutes in duration. Alternating sitting in the chair and standing roughly every five minutes. At the end of the class there is a final stretch	
SILVERSNEAKERS® YOGA	
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.	
Zumba® Gold	
Zumba Gold is a lower-intensity version of the typical Zumba class and was designed to meet the anatomical, physiological and psychological needs of seniors. Zumba Gold can provide a suitable option for older adults seeking alternative means of reaching their exercise goals.	