



**Fitness Center 303-797-5850**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 a.m.	<b>Posture Stretch (Perri)</b>				<b>Posture Stretch (Perri)</b>	
9:00 a.m.						
9:30 a.m.		<b>SilverSneakers® Classic (Kendra)</b>		<b>SilverSneakers® Classic (Kendra)</b>	<b>Strength &amp; Stability (Patty B)</b>	<b>SilverSneakers® Classic (Kendra)</b>
10:30 a.m.	<b>SilverSneakers® Yoga (Catherine)</b>		<b>SilverSneakers® Yoga (Catherine)</b>		<b>Strength &amp; Stability II (Patty B)</b>	

**SilverSneakers® Classic**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**Posture/Stretch**

Gentle stretching and posture exercises to improve posture, breathing, and balance.

**SilverSneakers® Yoga**

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**Drums Alive Gold**

Combine movement with the powerful beat and rhythms of drumming for an amazing workout!

→ SilverSneakers is a registered mark of Healthways Health Support, Inc.