Stop by the Bob L. Burger Recreation Center to inquire about the SilverSneakers® program designed for people 65 years + who subscribe to specific healthcare plans. Once you become a SilverSneakers® member, sign up for a complimentary Fitness Orientation at the Recreation Center. We're here to help get you started!

SILVERSNEAKERS® I (MUSCULAR STRENGTH & RANGE OF MOVEMENT CONDITIONING)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity from 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.

Location: Bob L. Burger Recreation Center Aerobics Studio
Mon 8:15-9am Tue/Thur 11:15am-12pm
Fri 8:30-9:15am

SILVERSNEAKERS II® (CARDIO CIRCUIT)

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Location: Bob L. Burger Recreation Center Aerobics Studio
Tues/Thurs 8-9am

SILVERSNEAKERS® WEIGHT CIRCUIT

Weight Circuit provides personal training attention in a small group format with an instructor/trainer in the weight room. Learn how to safely work stationary and free-weight resistance, develop a progressive strength training program and track your progress on a personalized workout log.

Location: Bob L. Burger Recreation Center Fitness Atrium
Mon 2-3:30pm

SILVERSNEAKERS® YOGASTRETCH

YogaStretch 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.

Location: Bob L. Burger Recreation Center Aerobics Studio
Thur 1:30-2:30pm

SILVERSNEAKERS® CARDIOFIT

CardioFit is SilverSneakers newest group exercise class designed for active adults who desire a safe and effective low impact cardiovascular workout. A variety of easy-to-follow movements promote heart healthy, total body conditioning improvements to increase cardiovascular and muscular endurance. CardioFit is perfect for participants who are fit and active as well as those who are sedentary, unfamiliar with exercise and/or those who want a pain free, energizing activity. Hand-held weights or elastic tubing with handles are used for progressive resistance training and the SilverSneakers chair offers stability and/or support options for upper body strength exercises and abdominal conditioning from the floor.

Location: Bob L. Burger Recreation Center Gymnasium
Wed 11am-12pm

FREE Fitness Orientations

Join us for a guided tour through the Bob L. Burger Recreation Center. SilverSneakers® members will learn to use the equipment. Please register at the Bob L. Burger Recreation Center front desk. Orientations are the second and fourth Monday of every month from 1-2 pm.

SilverSneakers® Events

HOLIDAY POTLUCK PARTY

Tuesday December 18, 2012 10-11:30am

Come celebrate the holidays with us. Make new friends and meet instructors while we enjoy live entertainment, food and drink. Potluck will be at the Lafayette Library, 775 W. Baseline Rd. in the lower meeting room. Please call the Bob L. Burger Recreation Center at 303-665-0469 to sign up.
Please bring goodies to share, we will supply the drinks.

Senior Shaping -- 55 and up

It's never too late for fitness. Come try this exciting program specialized for older adults. This class will teach you the basic fundamentals of a cardiovascular and muscle toning workout. Come exercise and socialize to enhance everyday life. You will feel better both mentally and physically.

Senior Shaping is now a punchcard-based class. This card will allow participants to attend any class on any day they choose, up to 15 minutes before class time.

Day	Time	Punch Card R/NR
Mon/Wed	10:30-11:30am	10 classes $17.50/$22.50
Tue/Thu	10:10-11:10am	10 classes $17.50/$22.50