

## SILVER SNEAKERS PROGRAMS

**SILVERSNEAKERS® CLASSIC**

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

**Location:** Bob L. Burger Recreation Center  
Group Fitness Studio

**Times:** Mon 8:15-9am, Tue/Thur 11:15am-12pm  
Fri 8:30-9:15am

**SILVERSNEAKERS® CIRCUIT**

Combine fun with 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 SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

**Location:** Bob L. Burger Recreation Center  
Group Fitness Studio

**Times:** 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

**Times:** Mon 2-3:30pm

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!

**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® YOGA**

SilverSneakers 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 seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Location:** Bob L. Burger Recreation Center  
Group Fitness Studio

**Thur 1:30-2:30pm**

**SILVERSNEAKERS® CARDIO**

Get Up & Go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-



body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

**Location:** Bob L. Burger Recreation Center  
Gymnasium

**Wed 11am-12pm**

### MORE FITNESS CHOICES



#### 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.

**Location:** Lafayette Recreation Center

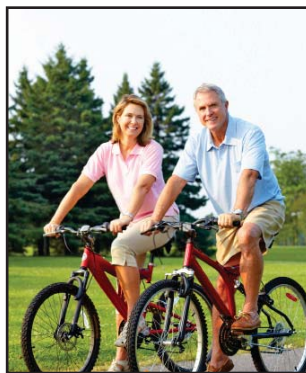
Day	Time	Punch Card R/NR
Mon/Wed	10:30-11:30am	10 classes \$17.50/\$22.50
Tue/Thu	10:10-11:10am	10 classes \$17.50/\$22.50

#### BIKE TO STAY FIT!

Are you looking for something new to try? Exercise with low impact and strain on your body. Meet at Lafayette Senior Services 103 S. Iowa Ave. Registration and bike are required. Weather permitting.

**Register by:** 8/19, 9/16

**Location:** Senior Center  
Min/Max 5 /12



Code	R/NR	Day	Time	Dates
349502-1	FREE	Fri	10:00-11:30am	8/23
349502-2	FREE	Fri	10:00-11:30am	9/20

### BETTER BALANCE PROGRAM

**REDUCE YOUR FALL RISK THROUGH BETTER BALANCE**  
Balance is one of the single most important things we need to carry us physically through life as we age. Balance classes will help you to view falls as controllable, set goals for increasing activity and make changes to reduce fall risks at home. Our balance program will help you regain and improve your balance.

#### SEPTEMBER 23-27 IS FALL PREVENTION WEEK THROUGHOUT BOULDER COUNTY!



Why not sign up for a balance class and for the special Lunch and Learn Program:  
**PROTEIN FOR STRENGTH ON SEPTEMBER 17.**

Information on our balance class can be found below. A lunch reservation is required for the Lunch and Learn. **Check the Nutrition section for information.**

#### BETTER BALANCE (Small-semi-private class)

Balance can be improved by helping your mind and body to work in harmony. Learn to balance better by practicing activities that help you with lower body strength, agility, and focus.

**Instructor:** Julya Bridgewater,

Certified Fall Prevention Instructor

**Register by:** 9/6, 10/4, 11/1

**Location:** Senior Center Min/Max 6/10

Code	R/NR	Day	Time	Dates
349500-1	\$23/\$30	Mon	2:00-3:00pm	9/16-9/30
349500-2	\$30/\$39	Mon	2:00-3:00pm	10/7-10/28*
349500-3	\$23/\$30	Mon	2:00-3:00pm	11/4-11/25**

\*Four week class \*\*No class 11/11 Veteran's Day



**WELLNESS PROGRAMS**

**60 MINUTE TABLE MASSAGE FOR ADULTS**

Lafayette Senior Services offers low cost massage for adults. Massage encourages well-being and optimum functioning by improving circulation. Relax and enjoy its many therapeutic benefits. Massage time includes your choice of relaxing or therapeutic massage, preparation time and education. **Offered by Lowell Aird, CMT - Certified Massage Therapist**

**To schedule an appointment:** Call or Lafayette Senior Services at 303-665-9052 ext.0 or stop by the front desk at the Senior Center. Payment is due when appointment is made. Please arrive 15 minutes prior to appointment time. You must be 21 or older.

**TABLE MASSAGE 60 MINUTES**

**Location: Senior Center**

**Min/Max: Limited by Availability of Appointment times**

Code	R/NR	Day	Time	Dates
POS	\$40/\$52	Tue	1:00-4:30pm (last appt. is 3:30pm)	8/6-11/26*
POS	\$40/\$52	Thu	1:00-4:30pm (last appt. is 3:30pm)	8/8-11/28**

\*No massage available on the following dates: 9/10 & 9/12 due to Facility Closure

\*\*No massage available on 11/28 due to Thanksgiving

**ACUPUNCTURE 40-minute, individual acupuncture treatment sessions**

Lafayette Senior Services offers affordable acupuncture appointments for adults. Acupuncture is an effective way to relieve stress and pain and address other health issues, like anxiety and depression, arthritis, back pain, digestive concerns, headaches, insomnia, and low energy. It's also a good way to strengthen your immune system and maintain an optimal sense of well-being. **Acupuncture provided by: Jane Butz, MAC., Licensed Acupuncturist**

**To schedule an appointment:** call Lafayette Senior Services at 303-665-9052 ext.0 or stop by the front desk at the Center. Payment is due when the appointment is made. Please arrive 15 minutes prior to your scheduled appointment time.

**Location: Senior Center**

**Min/Max: Limited by Availability of Appointment times**

Code	R/NR	Day	Time	Dates
POS	\$35/\$46	Tue	1:00-3:40pm (last appt. is 3:00pm)	8/6-11/26

\*No acupuncture on 9/10 due to building closure.

**TENDERFOOT CARE**

Includes preparation time, whirlpool foot bath, a foot and leg massage, corn & callus treatment, toenail cutting & filing.

**Offered by: Marianne Kuhn's, R.N.**

**To schedule an appointment for TenderFoot care:** call Lafayette Senior Services at 303-665-9052 ext.0 or stop by the front desk at the Center. Payment is due when appointment is made. Please arrive 10 minutes prior to appointment time.

**Location: Senior Center**

**Min/Max: Limited by Availability of Appointment times**

Code	R/NR	Day	Time	Dates
POS	\$30/\$39	Wed	1:30-4:30pm (last appt. is 3:45pm)	8/14, 9/18, 10/16, 11/13
POS	\$30/\$39	Fri	8:45am-3:30pm (last appt. is 2:45pm)	8/16, 9/20, 10/18, 11/15

Third Friday of the month and the Wednesday before in the same week.

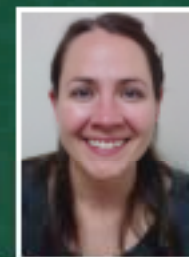


**What is CHIROPRACTIC?**

The removal of interference so your body can function and communicate as intended.

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# Adults

# 55 & Over /Dancing

## TAI-CHI FOR HEALTH (Small-semi-private class)

This class is an adaptation of Tai-Chi by Dr. Paul Lam. It's a low-impact, slow movement exercise that accommodates all mobility levels ranging from those with good balance to those limited to walkers and wheelchairs. The objectives are to increase mobility, strength and balance, while lessening joint pain and stiffness. Tai-Chi helps reduce blood pressure and improve cardio-respiratory fitness. Learn basics, including breath, mental focus, postural awareness and correct mechanics of each move.

**Instructor: Choo Perumainar**

**Register by: Register by: 8/9, 9/6, 10/4, 11/1**

**Location: Senior Center Min/Max 4/10**

Code	R/NR	Day	Time	Dates
349501-1	\$23/\$30	Mon	4:00-5:00pm	8/12-8/26
349501-2	\$23/\$30	Mon	4:00-5:00pm	9/16-9/30
349501-3	\$30/\$39	Mon	4:00-5:00pm	10/7-10/28*
349501-4	\$23/\$30	Mon	4:00-5:00pm	11/4-11/25**

\*Four week class \*\*No class 11/11 Veteran's Day

## LAFAYETTE COLLECTIBLES AND FLEA MARKET

Named the 12th-Best Flea Market in the Country  
by Good Housekeeping Magazine!

- 20,000 Square Feet with Over a Half a Million Items!
- Antiques, Collectibles, Secondhand Items, New Items, Furniture, Clothing, Lots More!
- Monday-Saturday: 10am - 6pm  
Sunday: 11am - 5pm



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Just East of S. Public Rd. • (303) 665-0433

## BALLROOM

Why should celebrities have all the fun? With the popularity of TV dance shows these days there is no better time to put on your dance shoes. In this class we will be learning the elegant Waltz, smooth Foxtrot, and the romantic Tango. Dancing can be a heart healthy workout. Come join the fun.

Code	R/NR	Day	Time	Date
348100-A	\$65/\$75 per couple	Wed	7-8 pm	9/18-10/9

## LATIN

Come experience the culture of Latin America through their lively dances. We will be learning the Tango, romantic Rumba, and Merengue. This is a fun way to work out with a partner.

Code	R/NR	Day	Time	Date
348101-A	\$65/\$75 per couple	Wed	8-9 pm	9/18-10/9

## SALSA

Salsa is fun, easy, and a great work out! This class will get you ready to get out on the dance floor with confidence truly a dance of the people. Dance to uplifting music in celebration of life.

Code	R/NR	Day	Time	Date
348102-A	\$65/\$75 per couple	Wed	7-8 pm	10/16-11/6

## SWING

Swing is an up-beat dance that has been popular for decades. It can be done to a wide variety of music including Big Band, Jazz, Contemporary, and Country. This is a fun class and great exercise.

Code	R/NR	Day	Time	Date
348103-A	\$65/\$75 per couple	Wed	8-9 pm	10/16-11/6

**ALL ABOVE LESSONS ARE LOCATED AT THE SENIOR CENTER, 103 S. IOWA AVE.**

