



Fitness/Wellness * Drop-in Classes
Community Recreation Center
6842 Wadsworth Blvd. Arvada, CO 80003
303-425-9583

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:25 am Level 3	Wake Up and Workout	Seniorcise	Wake Up and Workout	Seniorcise	Wake Up and Workout
8:30-9:30 am Level 1-2		Beg/interm Line Dance		Beg/interm Line Dance	
9-10 am Level 1			SilverSneakers® Yoga		
9:35-10:30 am	SilverSneakers® Circuit			SilverSneakers® Circuit	SilverSneakers® Yoga
9:35-10:30 am Level 1	Therapeutic Tai Chi			Therapeutic Tai Chi	
9:40-10:20 am Level 2		Walk Live!		Walk Live!	
10:15- 11:10 am Level 1			SilverSneakers® Yoga		
10:45-11:40 am Level 1	SilverSneakers® Yoga	Arthritis Foundation Exercise Program		Arthritis Foundation Exercise Program	SilverSneakers® Classic
11:45 am- 12:40 pm	SilverSneakers® Classic				Core N' More
11:40- 12:25 pm Level 1			Zumba® Gold		
12:45-1:45 pm			New Pilates		
1-2pm Level 2	Line Dance 202			Line Dance 201	
1:30-2:30 pm					Parkinson's Fitness
2-3 pm Level 2	Line Dance 302			Line Dance 301	
Cardio/Weight					
8:30 am-2 pm	Weight Rm	Weight Rm	Weight Rm	Weight Rm	
4-6:30 pm	Weight Rm	Weight Rm	Weight Rm	Weight Rm	
9:30 am-2 pm					Weight Rm

Level 1 = Class is a seated format and very gentle and slow paced. Some chair supported standing work may be added for lower body strength. Special instructions given for alternative exercises using chair.

Level 2 = A shortened aerobic segment (20-30 minutes) is combined with gentle and basic strengthening work using weights, exercise tubing, and floor work. Appropriate for beginners who can tolerate standing exercise and have minimal or no physical limitations. A chair may be used for extra support if necessary.

Level 3 = Longer duration (30-35 minutes) and higher intensity low-impact aerobic dance with more advanced strength and conditioning work. Some exercise experience is recommended, for example: Core N' More, Wake up and Workout and Seniorcise.

Drop-In class descriptions:

Arthritis Foundation Exercise Program (AFEP): This class is done entirely in chairs with emphasis on increasing pain-free range of motion and overall strength and flexibility. Format designed and recommended by the National Arthritis Foundation. Level 1.

Circuit (SilverSneakers®) - Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position. Level 2.

Core N' More: Join Margaret for cardio and core exercises. Half the class is cardio and the other half is core exercises. Class format uses a mat. Level 3.

Classic (SilverSneakers®) 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. Level 1.

Line Dance with Jan – Beginning/Intermediate

Line Dance 202 (High Beginner/Improver), Carrie Bauer, Prerequisite: Line Dance 101 and 201, or prior experience (subject to instructor approval)

Line Dance 302 (High Intermediate/Advanced), Carrie Bauer, Prerequisite: extensive line dance experience (subject to instructor approval)

Line Dance 201 (Low Beginner), Carrie Bauer, Prerequisite: Line Dance 101 or prior experience (subject to instructor approval)

Line Dance 301 (Low Intermediate), Carrie Bauer, Prerequisite: Line Dance 101, 201, 202, or line dance experience beyond Beginner (subject to instructor approval).

NEW Pilates: This special conditioning program enhances muscle control, flexibility, agility, coordination, strength, and tone. Pilates helps to improve body alignment, breathing, and efficiency of movement. Each exercise is designed to stretch and strengthen the muscles involved, opening the joints, and releasing tension. It can even help to alleviate back pain. This class is geared toward 50+ adults or people looking for an introductory class. Exercises can be done on a mat.

Parkinson's Disease Exercise Class: This class incorporates exercises that target improving specific deficits with emphasis on strength, balance, and flexibility. The exercises are enhanced by including cognition, voice and fun. You, and your caregiver if needed, are invited to join the class. Questions, contact info@parkinsonsnetwork.org or check parkinsonsnetwork.org.

Seniorcise - 30-35+ minutes of easy-to-follow, high energy low impact aerobic dance created to improve cardiovascular fitness combines with strength, balance, toning and flexibility exercises for total body fitness. Level 3.

SilverSneakers®Yoga: Yoga stretch 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 final relaxation promotes stress reduction and mental clarity. Level 1.

Therapeutic Tai Chi for the Older Adult - This class is geared toward the older adult or those who are new to Tai Chi. Learn the basic moves, gain strength, and improve balance. Tai Chi can help to reduce the risk of falls. Level 1.

Wake Up & Workout – A more intense workout with 30-35 minutes of continuous low-impact aerobics followed by conditioning work with hand-held weights and exercise bands. Class ends with a final full-body stretch. Level 3.

Walk Live! Join Jan Robinson, certified Leslie Sansone Walk at Home leader, for a lively and fun walking based workout. Start with a warm up walk, build to an endurance pace, cool down and stretch. Lace up your shoes and join the walk party!

Zumba® Gold – Uses the same Latin music with exhilarating, easy-to-follow moves; and the same invigorating, party-like atmosphere as Zumba Fitness. Modified for the beginner and those starting exercise, this class is performed from a chair.