

ACTIVE ADULT CENTER

Fitness & Dance Classes

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 - 9:30AM Prospect Hall		AM Fitness Kelli		AM Fitness Kelli		
9:00 - 10:00AM Ketner Room	Flex & Flow Yoga Kathy T.		Flex & Flow Yoga Kathy T.		Flex & Flow Yoga Kathy T.	Flex & Flow Yoga Kelly H.
9:45 - 10:45AM Prospect Hall	SilverSneakers Yoga Deborah	Tai Chi Kelli	SilverSneakers Yoga Deborah	TaijiFit Kelli	SilverSneakers Yoga Karen K.	
10:15 - 11:15AM Ketner Room	Stretching for Better Health Kathy T.		Stretching for Better Health Kathy T.		Stretching for Better Health Kathy T.	
11:00AM - 12:00PM Prospect Hall	Zumba Teresa B.	SilverSneakers Classic Kelli		SilverSneakers Classic Kelli	Ballroom Blast Lena	
11:30AM - 12:30PM Ketner Room		Balance 'n Motion Stephanie U.		Balance 'n Motion Stephanie U.		
1:00 - 2:00PM Prospect Hall		PWR Moves Stephanie				
2:00 - 3:00PM Prospect Hall	Line Dancing Intermediate Sybille		Line Dancing Beginner Sybille			

Schedule is also online at:
www.rootedinfun.com/Fitness

Fitness & Dance Class Descriptions

AM FITNESS - Low-impact class that includes strengthening and stretching on mats or in chairs. Start at your own pace and have fun with it!

BALANCE 'N MOTION- Instructed by a licensed physical therapist and athletic trainer, this class works on building strength, improving balance and increasing range of motion to keep you moving safely throughout your day-to-day activities. Great for those with weakness, arthritis, diabetes, movement disorders, musculoskeletal dysfunction, or have fallen, had a stroke or hip or joint surgery. Chairs are provided for seated or standing support.

BALLROOM BLAST - Taught in a line dance format with a variety of dances including waltz, tango, foxtrot, cha cha, rumba, mambo & polka! No partner needed.

BEGINNING ZUMBA - Zumba is a Latin dance based cardio class that will have you wondering where the time went. Beginning Zumba is a slower paced class with music at a lower volume than traditional classes.

PWR! MOVES - A Parkinson exercise revolution to help you get better and stay better with exercise. PWR! (Parkinson Wellness Recovery) Moves is a Parkinson's Disease-specific skill training program designed to maintain or restore skills that deteriorate and interfere with everyday movements. Class is led by PWR! Moves Certified Instructor, Stephanie Uszacki. Getting down on and up from the floor (with assistance from a chair) and standing at a chair back independently are required skills for this class. Caregivers are welcome to attend and assist.

FLEX & FLOW YOGA - Practice gentle and slow moving yoga stretches, breathing, and relaxation techniques to help loosen still joints, improve flexibility, and strengthen core muscles. Class may include mat work, resistance bands, light weights, and body bar flex based on class interests.



Updated: 8/3/18

Active Adult Center
6363 W 35th Ave
Wheat Ridge, CO 80033

(303) 205-7500

www.rootedinfun.com

STRETCHING FOR BETTER HEALTH - Increase flexibility, improve cardiovascular health and build strength with stretching and strengthening exercises. Hand weights, bands and balls are incorporated to keep workouts fun and interesting. Relaxation exercises are also practiced. Open to people of all activity and fitness levels. Chairs are provided for seated or standing support.

***SILVERSNEAKERS™ CLASSIC** - Increases muscle strength and range of movement to improve daily living activities. Chairs are provided for seated or standing support.

***SILVERSNEAKERS™ YOGA** - A blend of yoga styles taught from seated and standing positions to increase balance and flexibility. Chairs are provided for seated or standing support.

TAI CHI - THE ART OF LONGEVITY - Tai Chi's slow, graceful and gentle movements increase flexibility, and improve balance, endurance, memory and coordination. It also promotes relaxation.

***TAIJIFIT™** - Not just an exercise - it's an experience! Great music, great energy, and great people. It combines the best elements of fitness, meditation, and the ancient martial art of Taiji (Tai Chi). Feel for yourself the mind/body connector we call FLOW. Mindfulness in motion!

WESTERN LINE DANCING - Time for some boot scootin', toe tappin' fun! Class is taught in both a beginner and intermediate format, so anyone can join any time! Easy-to-learn steps to the most popular country line dances will have you movin' in no time!

**Also offered at Wheat Ridge Rec Center*

Drop-in Fee

\$3.50 per visit

Free for SilverSneakers members!

**GET 20% OFF
DROP-IN FEES WITH
AN EXERCARD!**

10 Visits: \$28 WR (\$33 non-residents)

20 Visits: \$56 WR (\$61 non-residents)

Proof of residency required for WR rates