



Stay on top of the BUZZZ at the Bob Burger

Recreation Center!

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PICKLEBAL

Pickelball is best described as a hybrid of tennis and ping pong and is a low impact game. There will be a kick off meeting Monday April 8th at 1:30pm at the Bob L. Burger Recreation Center. We will go over what PickleBall is and set up organized play. Your SilverSneaker pass will work for payment or if you prefer use your Recreation Center Pass or pay a drop in fee at the front desk. Drop-in play begins April 11. For more information contact Renee Fabini, Recreation Specialist 303-665-9052 ext. 5

Drop-In Fees	Day	Time	Dates
\$2.75 Ages 55+ \$4.50 Under 55	M/Thurs	1:30-3:30 pm	4/11-7/29

ADULT TENNIS PROGRAM

The City of Lafayette and Hustle Sports, are offering a comprehensive tennis programs for adults. All participants must bring a racquet, water and a can of tennis balls to the first lesson. Class size will range from four to eight participants. Contact Steven Donahue at

Buzz At Bob's

303-547-7177 or visit www.hustlesports.com.

Location: LaMont Does Park

SPRING SESSION I

Code	Course	Age	R/NR	Days	Time	Dates
316375A	Adult Adv Beginner	16+	\$70/ \$80	-	6:10- 7:00pm	4/15- 5/1

SPRING SESSION II

Code	Course	Age	R/NR	Days	Time	Dates
316370B	Adult Beginner	16+	\$70/ \$80	M/W	6:10- 7:00pm	5/6- 5/22
316377B	Adult Adv Beginner	16+	\$70/ \$80	M/W	7:05- 7:55pm	5/6- 5/22

SUMMER SESSION I

Code	Course	Age	R/NR	Days	Time	Dates
336370A*	Adult Beginner	16+	\$70/ \$80	M/W	6:00- 6:50pm	6/3- 6/19
336375A*	Adult Adv Beginner	16+	\$70/ \$80	M/W	7:00- 7:50pm	6/3- 6/19

SUMMER SESSION II

Code	Course	Age	R/NR	Days	Time	Dates
336370B	Adult Beginner	16+	\$70/ \$80	M/W	6:00- 6:50pm	6/24- 7/10
336375B	Adult Adv Beginner	16+	\$70/ \$80	M/W	7:00- 7:50pm	6/24- 7/10

SUMMER SESSION III

Code	Course	Age	R/NR	Days	Time	Dates
336370C	Adult Beginner	16+	\$70/ \$80	M/W	6:00- 6:50pm	7/15- 7/31
336375C	Adult Adv Beginner	16+	\$70/ \$80	M/W	7:00- 7:50pm	7/15- 7/31

SUMMER SESSION IV

Code	Course	Age	R/NR	Days	Time	Dates
336370D	Adult Beginner	16+	\$70/ \$80	M/W	6:10- 7:00pm	8/12- 8/28
336375D	Adult Adv Beginner	16+	\$70/ \$80	M/W	7:05- 7:55pm	8/12- 8/28





SILVER SNEAKERS PROGRAMS



Stop by the Bob 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

Times: 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

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 2-3:30p

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

Times: 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

Times: Wed 11:00am-12:00pm







MORE FITNESS CHOICES

SENIOR SHAPING - 55 AND OVER

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. You may access the facility up to 15 minutes before class time.

Location: Recreation Center

Punch Card	R/NR	Day	Time
10	\$17.50/\$22.50	Mon/Wed	10:30am-12:30pm
classes		Tues/Thr	10:10am-12:10pm

FIT AND FABULOUS PROGRAMS

Have you wanted to start exercising again? The Fit and Fabulous Program is open to all adults who want to get active, get fit and have fun in smaller classes with more personalized instruction. All the Fit and Fabulous classes are designed to accommodate people of all abilities. If you've been reluctant to exercise in a big class, or you think you just can't do it, our classes are a great option! Ease back into exercise, maintain or gain the benefits exercise provides with Fit and Fabulous Fitness classes. These programs take place at the Senior Center.

AEROBICS & STRENGTH TRAINING

(Small semi private class)

Move to music you'll love in this non-impact chair based-class that is designed to increase cardiovascular health, muscular strength and flexibility. Handheld weights, elastic tubing with handles, and a ball will be used for resistance. A chair is used for seated and/or standing support.

Instructor: Sonia Puccio, ACE Certified Fitness Instructor

Location: Senior Center Min/Max 6/10

Code	R/N	Day	Time	Date	Dead- line		
339600-1	\$28/\$36	T/Thr	8:30-9:30am	4/2-4/25	3/27		
339600-2	\$28/\$36	T/Thr	8:30-9:30am	5/7-5/30	5/1		
339600-3	\$28/\$36	T/Thr	8:30-9:30am	6/4-6/27	5/29		
339600-4			8:30-9:30am	7/2-7/25*	6/26		
*No class 7/4 July 4th.							

ZUMBA GOLD (Small semi-private class)
Zumba® Gold is a

Zumba® Gold is a class designed for the mature active adult population and for those just beginning an exercise program. The music and movements have been tailored to address the specific needs of



a mature active population or those just beginning an exercise program. Zumba Gold uses exciting, passionate, Latin music and rhythm to create fun, and easy- to- follow moves. Zumba Gold improves endurance, builds cardiovascular health and works the muscles of the hips, legs and arms to improve balance, strength, and flexibility.

Instructor: Sonia Puccio, ACE Certified Zumba Gold

Certified Fitness Instructor

Location: Senior Center Min/Max 6/10

Code	R/N	Day	Time	Date	Dead- line
339601-1	\$28/\$36	M/Thr	9:30-10:30am	4/1-4/25	3/25
339601-2	\$25/\$33	M/Thr	9:30-10:30am	5/6-5/30*	4/29
339601-3	\$28/\$36	M/Thr	9:30-10:30am	6/3-6/27	5/28
339601-4	\$25/\$33	M/Thr	9:30-10:30am	7/1-7/25*	6/25

*No class 5/27 Memorial Day *No class 7/4 July 4th.

ZUMBA SENTAO (Small semi-private class)

Fit and Fabulous presents Zumba Sentao (to sit), a new exhilarating Zumba Fitness Class that uses a chair to offer a functional and effective workout for everyday movements and activities, promoting and improving balance, good posture and wellbeing. The addition of a chair allow the classes to feel comfortable and achievable for the beginner exerciser, creating a fun, friendly, total body workout experience! A great class for all abilities! Instructor: Sonia Puccio, ACE Certified Zumba Sentao

Certified Fitness Instructor

Location: Senior Center Min/Max 6/10

Code	R/N	Day	Time	Date	Dead- line
339602-1	\$14/\$18	Wed	9:00-10:00am	4/3-4/24	3/27
339602-2	\$14/\$18	Wed	9:00-10:00am	5/1-5/22	4/29
339602-3	\$14/\$18	Wed	9:00-10:00am	6/5-6/26	5/29
339602-4	\$14/\$18	Wed	9:00-10:00am	7/3-7/24	6/26





NORDIC WALKING

This is a great class for adults of all abilities. We use trekking poles to help you with core balance. Experience the connection between the upper and lower body as you increase cardio-respiratory fitness and muscular strength/endurance while increasing mobility in the upper extremities. A fun, outdoor class that explores local streets and trails. Instructor: Sonia Puccio, ACE Nordic Walking Instructor

Location: Senior Center Min/Max 6/10

Code	R/N	Day	Time	Date	Dead- line
339603-1	\$28/\$36	Tue	9:45-10:45am	4/2-4/23	3/26
339603-2	\$28/\$36	Tue	9:45-10:45am	5/7-5/28	4/30
339603-3	\$28/\$36	Tue	9:45-10:45am	6/4-6/25	5/28
339603-4	\$28/\$36	Tue	9:45-10:45am	7/2-7/23	6/25

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.

BETTER BALANCE I (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

Location:	Senior C	Min/N	10x 6/10)		
Code	R/N	Day	Time		Date	Dea

Code	R/N	Day	Time	Date	Dead- line
339604-1	\$28/\$36	Mon	2:00-3:00pm	4/1-4/22	3/25
339604-2	\$28/\$36	Mon	2:00-3:00pm	6/3-6/24	5/28

BETTER BALANCE II (Small semi-private class)

This class is a continuation of Better Balance I. This is a higher level class which requires completion of Better Balance I or instructor approval.

Instructor: Julya Bridgewater, Certified Fall Prevention **Location: Senior Center** Min/Max 6/10

Code	R/N	Day	Time	Date	Dead- line
339605-1	\$28/\$36	Mon	2:00-3:00pm	4/29-5/20	4/22
339605-2	\$28/\$36	Mon	2:00-3:00pm	7/8-7/29	7/1

SMALL, SEMI-PRIVATE CLASSES

MIND & BODY EXERCISE

This class can help you relax so you enjoy a natural, balanced relationship with your mind and body. Practice relaxation techniques including deep breathing, visualization, meditation and gentle movement. Participants are taught traditional breathing drills designed to increase strength and flexibility and restore the body's

energy level. Instructor: Choo

Location: Senior Center



Min/Max 4/10

Code	R/N	Day	Time	Date	Dead- line
339606-1	\$21/\$27	Mon	3:00-3:45pm	4/8-4/29	4/1
339606-2	\$16/\$21	Mon	3:00-3:45pm	5/6-5/20*	4/29
339606-3	\$21/\$27	Mon	3:00-3:45pm	6/3-6/24	5/28
339606-4	\$21/\$27	Mon	3:00-3:45pm	7/1-7/22	6/24

*No class 5/27 Memorial Day.

TAI-CHI FOR HEALTH 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. Increase mobility, strength and balance, while lessening joint pain and stiffness. Tai-Chi also helps reduce blood pressure and improve cardiorespiratory fitness. Learn the basics, including breath, mental focus, postural awareness and correct mechanics of each move.

Instructor: Choo

Location: Senior Center Min/Max 4/10

Code	R/N	Day	Time	Date	Dead- line
339607-1	\$28/\$36	Mon	4:00-5:00pm	4/8-4/29	4/1
339607-2	\$25/\$33	Mon	4:00-5:00pm	5/6-5/20*	4/29
339607-3	\$28/\$36	Mon	4:00-5:00pm	6/3-6/24	5/28
339607-4	\$28/\$36	Mon	4:00-5:00pm	7/1-7/22	6/24

*No class 5/27 Memorial Day.





BIKE SAFETY CHECK DAY

<u>Dust off those bikes</u> and bring them down to Lafay-



ette Senior Services for a safety check by Joe's Bike Shop. A well-tuned and maintained bike is a great way to exercise safely. Meet in the front lobby of Josephine Commons, 455 N Burlington. Don't forget your bike. You can leave it in the rack outside.

Instructor: Joe's Bike Shop

Location: Josephine Commons Min/Max 5/12

Code	R/N	Day	Time	Date	Dead- line
339608-1	FREE	Fri	10:00am-12:00pm	5/31	5/24

BIKE TO STAY FIT!

Are you looking for something new to try? Exercise with low impact and strain on your body. Bike and Registration are required. Weather Permitting.

Meet at Lafayette Senior Services 103 S. Iowa Ave. Min/Max 5 /12

Code	R/N	Day	Time	Date	Dead- line
339609-1	FREE	Fri	10:00-11:30am	6/28	6/21
339609-2	FREE	Fri	10:00-11:30am	7/26	7/19

ADULT WELLNESS PROGRAMS

To schedule an appointment for these programs:

- •Call 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.

ACUPUNCTURE 40-minute, individual treatments

Lafayette Senior Services offers affordable acupuncture for adults. Acupuncture is an effective way to relieve stress, pain or address other health issues, like anxiety, depression, arthritis, back pain, digestive concerns, headaches, insomnia, and low energy.

Acupuncturist: Jane Butz, MAC.,

•Please arrive 15 minutes prior to appointment time.

Location: Senior Center

Code	R/N	Day	Time	Dates
POS	\$35/\$46	Tue	1:00-3:40pm	4/2-7/30
			last appt time 3:00pm	

TABLE MASSAGE FOR ADULTS

60-minute, individual treatments

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 Masseuse: Cornel Cazila, C.M.T.

- •Please arrive 15 minutes prior to appointment time.
- •You must be 18 or older.

Location: Senior Center

Code	R/N	Day	Time	Dates
POS	\$34/\$44	Thu	12:30-4:30pm last appt time 3:30pm	4/4-7/25
POS	\$34/\$44	Fri	12:30-3:30pm last appt time 2:30pm	4/5-7/26

TENDERFOOT CARE

45-minute, individual session

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

Offered by: Marianne Kuhn's, R.N. Registered Nurse
• Arrive 10 minutes prior to appointment time.

Location: Senior Center

Code	R/N	Day	Time	Dates
POS	\$30/\$36			4/17, 5/15, 6/19, 7/17
POS	\$30/\$36		· ·	4/19, 5/17, 6/21, 7/19

PAMPERING FOR MOTHERS!

This event will feature pampering in honor of Mother's Day! Enjoy relaxing activities and stressrelief tips. Each participant will bring home a free

spa gift. **Register by: 5/3** Instructor: Alicia Garcia

Location: Senior CenterMin/Max: 4/6CodeR/NDayTimeDate



