



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.

Bob Burger Recreation Center Aerobics Studio

Mon/Wed 8:00-9:00 a.m.
Tue/Thur 11:15 a.m.-12:00 p.m.
Fri 8:30-9:15 am

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.

Bob Burger Recreation Center Aerobics Studio

Tues/Thurs 8:00-9:00 a.m.

Summer Events

History Walk of Waneka Lake

Take a walk with us and learn the history of the lake with author Andy Patten. View artifacts that were uncovered during the reconstruction of the boathouse as well as old photos. We will meet at the lake.

Date: May 20, Thursday

Time: 9:00-10:30 am

Rock Creek Trail Walk

Join us as we walk the Rock Creek Trail with Jeff Moline from Lafayette Open Space. Learn what animals and plants call this area home. We will meet at the trailhead located just southeast of Exempla Good Samaritan Hospital.

Date: July 12, Monday

Time: 9:00-10:30 am

Please call the Bob L. Burger Recreation Center at 303-665-0469 to sign up for this walk. If you need a ride, please specify when registering.

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 Monday of every month from 1:00-2:00 pm.

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 Burger Recreation Center Fitness Atrium

Mon 2:00-3:30 pm

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 Burger Recreation Center Gymnasium

Wed 11:00-11:45 am

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

Class days and times: Mon/Wed 10:30 am-12:30 pm
Tues/Thurs 10:10 am-12:10 am

Punchcard	R/NR
10 Classes	\$17.50/\$22.50