



Stop by the Bob L. Burger Recreation Center to inquire about the SilverSneakers® program designed for people 65 years + who subscribe to specific health care plans. To see if your health plan offers SilverSneakers®, go to www.silversneakers.com and click on Health 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.

Lafayette Senior Services	Bob Burger Recreation Ctr
Tue/Thur 9:00-10:00 a.m.	Mon/Wed 8:00-9:00 am
Fri 8:30-9:30 a.m.	Tue/Thur 11:15 am-12:00 pm
	Fri 8:15-9:00 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 an relaxation exercises.

Lafayette Senior Services	Bob Burger Recreation Cntr
Mon 9:00-10:00 am	Tues/Thurs 8:00-9:00 a.m.

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 am-12:00 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
Space is limited - call 303-665-0469 to register
Mon 2:00-3:00 pm

SilverSneakers® Member Wellness Workshops

Presented by South Pointe Medical Center

FREE!! -- Registration Required

Please register for these workshops at the front desk of the Recreation Center or by calling 303-665-0469. South Pointe Medical Center is the first fully integrated physical medicine clinic in the region. Their providers include doctors in physical medicine, pain management, chiropractic, physical therapy, and naturopathic medicine, as well massage, acupuncture, pilates, and rehabilitation.

Growing Old Is Not For Sissies Thursday, Jan. 14, 2010 at 2:00 pm

Growing Old Is Not for Sissies is an insightful look into the common health problems facing the senior population, and a helpful approach to overcoming and preventing such problems. This lecture is presented by Dr. Rock and is based on the story of "Bill" (fake name), who was a patient of Dr. Garret Rock's. "Bill's" story of health helped inspire the highly entertaining book titled "Growing Old Is Not for Sissies". The purpose of this lecture is not only to educate, but to inspire seniors to continue striving for better health.

Six Essentials for a Healthy Life Thursday, February 11, 2010 at 2:00 pm

Follow the "Six Essentials of a Healthy Life" and you can count on always functioning at your best! This talk is presented by Dr. Garret Rock and discusses the importance and the basics of the six essentials of health; exercise, nutrition, sleep, posture, mental attitude, and health of the nervous system.

Pain-Free Arthritis Thursday, March 11, 2010 at 2:00 pm

Arthritis affects a large percent of the aging population. For some it creates nagging aches and pains, for others it can be debilitating. Learn the essentials of managing the pain associated with arthritis from Dr. Garret Rock from the South Pointe Medical Center.