



Adult Strengthen, Stretch and Balance

Exercise Class

Wednesday 11:15-12:15

Friday 11:15-12:15



RSVP to stay for a nutritious

Volunteers of America

sponsored lunch @ 12:15

Gilpin Community Center 120 Norton Drive Black Hawk, CO

Dance Studio

This Fitness Class is designed for Mid & Mature Adults to enhance cardiovascular endurance, muscular strength, range of motion (flexibility) and balance. While much of the focus will be on strengthening, flexibility and improvement of functional capabilities, we will also work on coordination and body awareness to enhance quality of life.

Free to Gilpin County Seniors

55 and older

Call Mary Ellen for info 303-515-4292