

The Family FunPlex is proud to introduce...



The Family FunPlex is now part of SilverSneakers®! This fitness program is designed for Medicare participants with select health insurance plans. Stop by the FunPlex front desk to check SilverSneakers® eligibility. The program includes facility amenities and group fitness classes as well as unlimited access for daily admission to the FunPlex. SilverSneakers® group exercise classes offer you the best opportunity to stay on track toward your health and fitness goals. Our signature classes are designed specifically for older adults and taught by specially trained, certified instructors.

Find out more by calling 970.350.9401.

SILVERSNEAKERS® ORIENTATION

A facility orientation will be held for SilverSneakers® participants the 1st and 3rd week of the month.

Tuesday, Sept 6 from 9-10:30am
Tuesday, Oct 4 from 9-10:30am
Tuesday, Nov 8 from 9-10:30am

Cost is free for SilverSneakers® participants and \$7 for all others.

Registration Deadline is the Monday prior.

SILVERSNEAKERS® SILVERSPASH®

Activate your aqua urge for variety! SilverSplash® offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Session I Aug 29-Sept 28 (Registration Deadline is Aug 25)
Monday/Wednesday from 7-8am

Session II Oct 3-Nov 2 (Registration Deadline is Sept 29)
Monday/Wednesday from 7-8am

SILVERSNEAKERS® MUSCULAR STRENGTH & RANGE OF MOVEMENT

Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement, and activity for 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.

Session I Aug 30-Sept 29 (Registration Deadline is Aug 25)
Tuesday/Thursday from 9:45-10:45am

Session II Oct 4-Nov 3 (Registration Deadline is Sept 29)
Tuesday/Thursday from 9:45-10:45am

All classes are **FREE** for SilverSneakers® participants, non-members: \$27 res. & \$37 non-res.

SILVERSNEAKERS® YOGA STRETCH

Yoga Stretch 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 final relaxation will promote stress reduction and mental clarity.

Session I Aug 29-Sept 28 (Registration Deadline is Aug 25)
Monday/Wednesday from 7:30-8:30am

Session II Oct 3-Nov 2 (Registration Deadline is Sept 29)
Monday/Wednesday from 7:30-8:30am