



Estes Park Senior Center Fitness Classes

TRI FIT Class

Monday, Wednesday and Friday - 11:00 a.m. – 45 minutes

Tebow Room

Tri Fit brings exciting new concepts from the fitness industry that focus on strengthening, development of core or mid-section strength, balance, coordination and joint flexibility. Tri Fit combines exercise philosophies from Pilates, Yoga, Weight Training and Calisthenics. Students use free weights, balls and Thera-Bands which are provided during the class. Classes are supervised by Instructor Deb Holmes, owner and fitness professional at Med X of Estes. Classes are 45 minutes of standing and seated aerobics, strength training and stretching done to lively music with a professional instructor trained in exercise sciences.

TAI CHI Class

Thursday – 11:00 a.m. – 45 minutes

Tebow Room

Tai Chi classes are taught by Eric Adams, a martial arts instructor. Tai Chi class is approximately 45 minutes long. The class offers instruction in various forms of Tai Chi and Qi Gong exercises. Students concentrate on balance, relaxation and coordination through the practice of slow, meditative forms or movements which are done in sequence to quiet meditation music. The movements are primarily done while standing or the instructor can adapt some upper body movements to be done while seated.

ZUMBA® Class

Tuesday and Thursday - 9:00 a.m. – 1-hour

Tebow Room

It's time to have fun with your exercise routine! Certified instructor Connie Clark teaches this one-hour aerobic fitness class using Latin rhythms and easy-to-follow movements that create a dynamic low-impact fitness program. This class will offer you an exhilarating hour of energizing exercise and fun with friends. If you like salsa, merengue and other Latin music, this class will have you moving and exercising before you even know it. Anyone can do this fun and effective fitness class.

You may wish to wear loose or comfortable clothing
and supportive footwear is always encouraged.

Learn more about the Fit-Plus Pass on the back of this page

Get Fit - Stay Fit with a Fit-Plus Pass!

Do I need to sign up ahead?

NO - advance sign up is not required for Tri Fit or Tai Chi / please arrive 5-10 minutes early to get your card punched/ pay for the class and/or equipment ready

YES - advance sign up is required for ZUMBA®; a minimum of 5 people per class is required in order to offer each class. You may sign up in person or over the phone. You should arrive 10 minutes early to get your card punched /pay for the class.

Please check in at the main desk for all classes.

How much? Get discounts on these rates by using a Fit-Plus Pass!

Tai Chi and Tri Fit:

The drop-in or single class fee is \$2.00

If you use your Fit-Plus Pass, the member rate is only \$1.50 per class or one punch on your Pass.

ZUMBA®:

The drop-in rate or single class fee is \$5.00; if you use your Fit-Plus Pass, the rate is only \$3.00 per class or two punches on your Pass. For this class, the member rate for the Pass is available to members of EPSCC, Inc. and members of Med X of Estes.

What is the Fit-Plus Pass?

Fit-Plus Passes

- Purchased from desk volunteers/staff with cash or check payable to Town of Estes Park
- Passes have either 5 or 18 punches on them
 - 5 punches – EPSCC, Inc. member price \$7.50
 - 5 punches – non-member price \$10.00
 - 18 punches –EPSCC, Inc. member price \$27.00
 - 18 punches – non-member price \$36.00
- Fit-Plus Passes are kept in alphabetical card file at desk
- Desk volunteer or staff at main desk will punch your card at time you check in at desk
- Or, if you prefer, you may keep your pass with you - however if you forget your Pass, you pay the single class fee
- Pass is non-refundable and has no expiration date
- Pass may be shared in same family



Town of Estes Park - Estes Park Senior Center
220 4th Street Estes Park, Colorado 80517 (970) 586-2996
www.estes.org/seniorcenter