

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

1. No advance sign up required for Tri Fit or Tai Chi / please arrive 5-10 minutes early to get your card punched and/or equipment ready
2. **Drop In or Single class fee** = \$2.00 – pay desk volunteer/staff
3. **Fit-Plus Passes** – purchase from desk volunteers/staff
 - o cash or check payable to Town of Estes Park
 - o 5 visits – Senior Center Inc. member price \$7.50 (\$1.50 per class)
 - o 5 visits – non-member price \$10.00 (\$2.00 per class)
 - o 18 visits – Senior Center Inc. member price \$27 (\$1.50 per class)
 - o 18 visits – non-member price \$36 (\$2.00 per class)
4. Fit-Plus Passes will be kept in alphabetical card file at desk; the Desk Volunteer or SC staff at main desk will punch your card at time you check in at desk and sign daily log notebook. (Or, if you prefer, you may keep your pass with you) - However if you forget your pass, you would pay the single class fee of \$2.00
6. Pass is non-refundable and has no expiration date; pass may be shared in same family

TRI FIT CLASS DESCRIPTION

Monday, Wednesday and Friday - 11:00 am

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 MedX 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 DESCRIPTION

Thursday – 11:00 am

Tai Chi classes are taught by Leo Weber, a martial arts instructor. Tai Chi class is approximately 30-45 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.



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