

SILVERSNEAKERS® AND FITNESS SCHEDULE DROP-IN CLASSES FOR MARCH, APRIL, MAY

All classes below are held at the East Senior Center
Splash is held at the East Boulder Community Center Pool

FEES: There is no cost for current SilverSneakers card holders for drop-in classes listed below. Members must be registered with Boulder Senior Services and swipe their SilverSneakers membership card for each daily visit. SilverSneakers® is a registered mark of Healthways, Inc.

All other participants may attend any drop-in classes listed below held at the East Senior Center by purchasing a Senior Services punch pass and/or making a drop-in payment. Punch passes are valid one year from date of purchase and are non-refundable.

Monday	Tuesday	Wednesday	Thursday	Friday
9 – 9:45 a.m. SilverSneakers Splash EBCC Pool <i>Laura</i>	7:30 – 8:15 a.m. Guts and Butts <i>Dora</i>	9 – 9:45 a.m. SilverSneakers Splash EBCC Pool <i>Laura</i>	7:30 – 8:15 a.m. Guts and Butts <i>Dora</i>	
8:30 – 9:30 a.m. Fit & Strong Intermediate <i>Sally</i>	8:30 – 9:15 a.m. Gentle NIA <i>Laura</i>	8:30 – 9:30 a.m. Fit & Strong Intermediate <i>Sally</i>	8:30 – 9:15 a.m. Music & Movement <i>Julie / Jennifer</i>	8:30 – 9:30 a.m. Fit & Strong Intermediate <i>Dora</i>
9:45 – 10:45 a.m. Fit & Strong Beginning <i>Jack</i>	9:30 – 10:15 a.m. Strength & Alignment <i>Linda</i>	9:45 – 10:45 a.m. Fit & Strong Beginning <i>Terry</i>	9:30 – 10:15 a.m. Strength & Alignment <i>Linda</i>	9:45 – 10:45 a.m. Fit & Strong Beginning <i>Dora</i>
11 – 11:45 a.m. SilverSneakers Classic <i>Jack</i>	10:30 – 11:15 a.m. SilverSneakers Yoga <i>Linda</i>	11 – 11:45 a.m. SilverSneakers Classic <i>Terry</i>	10:30 – 11:15 a.m. SilverSneakers Yoga <i>Linda</i>	11:45 – 12:30 SilverSneakers Classic <i>Chris</i>
	1 – 1:45 p.m. SilverSneakers Splash EBCC Pool <i>Chris</i>		1– 1:45 p.m. SilverSneakers Splash EBCC Pool <i>Chris</i>	
			1 – 2:30 p.m. Line Dancing <i>Judy</i>	

	Class Purchases	Encore Resident	City Resident	Encore Non- Resident	Non-Resident
Drop-in Fee	1 class	\$4	\$5	\$6	\$7
SENIOR SERVICES PUNCH PASS OPTIONS	10 punch	\$40	\$50	\$60	\$70
Valid one year From date of purchase	20 punch	\$80	\$100	\$120	\$140