

Senior Center Health & Wellness

Health Awareness

Lifestyle Management

Wellness & Education

Health and Wellness 2015 *Register Now!*

*Don't have to be a Senior
Don't have to be a Member*

Call for an appointment
970-221-6644

Golf Fitness
Thursday January 8th
8:00am-noon
½ hour appointments

Massage
\$12/\$21/\$60

Reflexology
\$45

Reiki
\$45

Acupuncture
\$25

Rositter
\$45

Pilates

Thursdays
Starts January 8th 1:30p-2:30p
8 weeks \$80

Seniors on the Ball

Mondays & Wednesdays
Starts January 5th 8:00a-8:50a
4 weeks/8 classes \$28

Arthritis Exercise Program

Mondays & Wednesdays
Starts January 5th 9:00a-9:50a
4 weeks/8 classes \$28

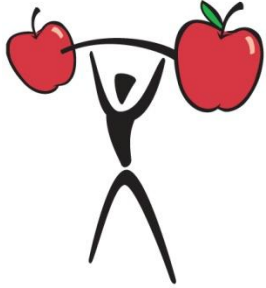
Living With Parkinson's

Wednesdays
Starts January 7th 1:00p-2:30p
4 weeks \$25

Strong Women/Strong Bones

Tuesdays & Thursdays
Starts January 6th 9:00a-10:00a





12 weeks/24 classes \$84

Tai Chi Chih

Tuesdays

Starts January 6th 1:00p-2:00pm

8 weeks \$80

Healthy Weighs

Weight management with a dietician

Mondays

Starts January 26th 5:30p-6:30p

6 weeks \$90

Life Reimagined

Step by step approach to help you
discover possibilities – no matter
your age!

Thursday, January 8th

9:00a-11:00a \$5

Call 970-221-6644 to register
or online at www.fcgov.com/recreator