

## **Thursday, January 9<sup>th</sup>**

### **Strength and Cardio – Buena Vista**

**7:00 am, 8:00 am**

Prevent, monitor, and reverse chronic epidemic diseases with Wellness U's Strength & Cardio classes.

\$45/Month, Registration is required. Call HRRMC Wellness U at 719.530.2057

HRRMC Wellness U Gym, HRRMC Buena Vista Health Center, 28374 County Road 317

### **Beginner Restorative Yoga**

**8:00 am**

This 45 minutes beginner restorative yoga class focuses on building strength and flexibility and emphasizes stillness and comfort.

\$45/Month, Registration is required. Call HRRMC Wellness U at 719.530.2057

HRRMC Wellness U Gym, Outpatient Pavilion, 1000 Rush Drive., Second Floor

### **Community Wellness Open Gym**

**9:00-11:00 pm**

Try a safe heart healthy cardio class to energize your active lifestyle.

Registration is required. Call HRRMC Wellness U at 719.530.2057

HRRMC Wellness U Gym, Outpatient Pavilion, 1000 Rush Drive., Second Floor

### **Silver Sneakers Strength & Balance**

**10:00-10:45 am**

Improve balance and muscle strength with Silver Sneakers Stability.

Registration is required. Call HRRMC Wellness U at 719.530.2057

HRRMC Wellness U Gym, Outpatient Pavilion, 1000 Rush Drive, Second Floor

### **Cancer Wellness Group**

**11:00 am**

HRRMC's Cancer Wellness Group is focused on providing health and exercise education to cancer patients at all levels of treatment and care as well as those in remission. Participants meet initially with staff for an orientation. Class format includes and initial health check in, 30 minutes of aerobic exercise on cardio machines and ending with group strength training. Class time also encourages socializing and resiliency training. Learning style education sessions also occur during classes.

\$45/Month, Registration is required. Call HRRMC Wellness U at 719.530.2057

HRRMC Wellness U Gym, Outpatient Pavilion, 1000 Rush Drive., Second Floor

\*Class is held at HRRMC's Outdoor Exercise Pavilion

### **Community Wellness Open Gym**

**1:00-3:00 pm**

Try a safe heart healthy cardio class to energize your active lifestyle.

Registration is required. Call HRRMC Wellness U at 719.530.2057

HRRMC Wellness U Gym, Outpatient Pavilion, 1000 Rush Drive., Second Floor

### **Friday, January 10<sup>th</sup>**

#### **Strength and Cardio**

**7:30-8:45 am, 9:00-10:15 am, 10:30-11:45 am**

Prevent, monitor, and reverse chronic epidemic diseases with Wellness U's Strength & Cardio classes.

\$60/Month, Registration is required. Call HRRMC Wellness U at 719.530.2057

HRRMC Wellness U Gym, Outpatient Pavilion, 1000 Rush Drive., Second Floor

### **Community Wellness Open Gym**

**1:00-3:00 pm**

Try a safe heart healthy cardio class to energize your active lifestyle.

Registration is required. Call HRRMC Wellness U at 719.530.2057

HRRMC Wellness U Gym, Outpatient Pavilion, 1000 Rush Drive., Second Floor

## **Monday, January 20<sup>th</sup>**

### **Strength and Cardio**

**7:30-8:45 am, 9:00-10:15 am, 10:30-11:45 am**

Prevent, monitor, and reverse chronic epidemic diseases with Wellness U's Strength & Cardio classes.

\$60/Month, Registration is required. Call HRRMC Wellness U at 719.530.2057

HRRMC Wellness U Gym, Outpatient Pavilion, 1000 Rush Drive., Second Floor

### **Community Wellness Open Gym**

**1:00-3:00 pm**

Try a safe heart healthy cardio class to energize your active lifestyle.

Registration is required. Call HRRMC Wellness U at 719.530.2057

HRRMC Wellness U Gym, Outpatient Pavilion, 1000 Rush Drive., Second Floor

## **Tuesday, January 21<sup>st</sup>**

### **Strength and Cardio – Buena Vista**

**7:00 am, 8:00 am**

Prevent, monitor, and reverse chronic epidemic diseases with Wellness U's Strength & Cardio classes.

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HRRMC Wellness U Gym, HRRMC Buena Vista Health Center, 28374 County Road 317

### **Beginner Restorative Yoga**

**8:00 am**

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\$45/Month, Registration is required. Call HRRMC Wellness U at 719.530.2057

HRRMC Wellness U Gym, Outpatient Pavilion, 1000 Rush Drive., Second Floor

### **Community Wellness Open Gym**

**9:00-11:00 pm**

Try a safe heart healthy cardio class to energize your active lifestyle.

Registration is required. Call HRRMC Wellness U at 719.530.2057

HRRMC Wellness U Gym, Outpatient Pavilion, 1000 Rush Drive., Second Floor

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**11:00 am**

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\$45/Month, Registration is required. Call HRRMC Wellness U at 719.530.2057

HRRMC Wellness U Gym, Outpatient Pavilion, 1000 Rush Drive., Second Floor

\*Class is held at HRRMC's Outdoor Exercise Pavilion

### **Community Wellness Open Gym**

**1:00-3:00 pm**

Try a safe heart healthy cardio class to energize your active lifestyle.

Registration is required. Call HRRMC Wellness U at 719.530.2057

HRRMC Wellness U Gym, Outpatient Pavilion, 1000 Rush Drive., Second Floor

