Wednesday, September 16
Strength and Cardio
7:30-8:45 a.m., 9-10:15 a.m., 10:30-11:45 a.m.
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

Cognitive Health Class
1:00 p.m.
An exercise and activity group that supports high functioning individuals. Serving Parkinson’s, Alzheimer’s, Dementia, & MS patients and their caretakers.
$45/Month, Registration is required. Call HRRMC Wellness U at 719.530.2057
HRRMC Wellness U Gym, Outpatient Pavilion, 1000 Rush Drive, Second Floor

Thursday, September 17
Silver Sneakers Boom Muscle
8-9 a.m., 9-10 a.m.
This 60-minute class includes both cardio and strength training exercises to build overall conditioning and muscle strength.
Registration is required. Call HRRMC Wellness U at 719.530.2057
HRRMC Wellness U Gym, Outpatient Pavilion, 1000 Rush Drive, Second Floor

Beginner Tai Chi
8:15-9:00 a.m.
Tai Chi promotes serenity through gentle, flowing movements; it is often described as meditation in motion. Open to HRRMC Staff and Community.
Registration is required. Call HRRMC Wellness U at 719.530.2057
HRRMC Wellness U Outdoor Exercise Studio

Silver Sneakers Stability
10-11 a.m.
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

Friday, September 18
Strength and Cardio
7:30-8:45 a.m., 9-10:15 a.m., 10:30-11:45 a.m.
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

Cognitive Health Class
1:00 p.m.
An exercise and activity group that supports high functioning individuals. Serving Parkinson’s, Alzheimer’s, Dementia, & MS patients and their caretakers.
$45/Month, Registration is required. Call HRRMC Wellness U at 719.530.2057
HRRMC Wellness U Gym, Outpatient Pavilion, 1000 Rush Drive, Second Floor

Monday, September 21
Strength and Cardio
7:30-8:45 a.m., 9-10:15 a.m., 10:30-11:45 a.m.
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

Tuesday, September 22
Silver Sneakers Boom Muscle
8-9 a.m., 9-10 a.m.
This 60-minute class includes both cardio and strength training exercises to build overall conditioning and muscle strength.
Registration is required. Call HRRMC Wellness U at 719.530.2057
HRRMC Wellness U Gym, Outpatient Pavilion, 1000 Rush Drive, Second Floor

Beginner Tai Chi
8:15-9:00 a.m.
Tai Chi promotes serenity through gentle, flowing movements; it is often described as meditation in motion. Open to HRRMC Staff and Community.
Registration is required. Call HRRMC Wellness U at 719.530.2057
HRRMC Wellness U Outdoor Exercise Studio
Silver Sneakers Stability
10-11 a.m.
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

General Announcements
Total Wellness Retreat
Sunday, October 25-29, 2020
Mount Princeton Hot Springs Resort
Only four spots remaining. Register now at hrrmc.com.

Wellness U All Access Membership
Commit to living well! Wellness U’s all access membership gives you the tools and support you need to start or continue your wellness Journey
$99/month
Registration is required. Call HRRMC Wellness U at 719.530.2057
HRRMC Wellness U Gym, Outpatient Pavilion, 1000 Rush Drive, Second Floor