



### MISSION STATEMENT

**Sēb's Recreation Center (SRC)** is dedicated to empowering individuals with special needs and unique challenges through Community Outreach, Health and Wellness, Recreation and Education that promote learning opportunities designed to strengthen and develop lives.

### LOCATION, CONTACT INFORMATION & HOURS

**Sēb's Recreation Center**  
1710 S. Buckley Rd. Unit 9  
Aurora, CO 80017  
(303)353- 9822

[www.sebsrec.org](http://www.sebsrec.org)

Find us on Facebook:  
Seb's Recreation Center

Mon – Fri: 8 am to 8 pm  
Sat: 8 am to 5 pm  
Sun: 11 am to 5 pm

*Providing services for all, catering to individuals with special needs, their families, friends, and caregivers.*

## SRC Fitness/Activities Spring Schedule

**Total Fit** is designed to give you the total body workout. The class starts with a warm-up as we stretch the total body. You will be using free weights, machine weights, cardio machines and body weight. The class will end with a light stretch as a cool-down.

**Bodyweight Fitness** is designed to get you stronger by using your own body weight. You will be doing a number of exercises that work on balance, range of motion, endurance and cardio. No weights will be used. The class will end with a light stretch as a cool-down.

**EZ Fit** is designed for all beginners or those resuming fitness. The class will start with stretching and range of motion exercises. You will be using light weights along with body weight exercises. You will also learn breathing techniques for lifting weights and exercising. The class will end with a light stretch as a cool-down.

**Chair Fitness** is designed as a light 30-minute workout for the upper body. The class starts with a light upper body stretch and range of motion exercises. You will be using free weights, machine weights and body weight from a seated position. The class will end with a light stretch as a cool-down.

**Tai Chi** is an ancient Chinese tradition that today is practiced as a graceful form of exercise. This class involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

<u>Day</u>	<u>Morning</u>	<u>Evening</u>
Monday	Total Fit- 9-10 EZ Fit- 10:30A-11 Dance- 11-12	EZ Fit- 5:30-6 Total Fit- 6:30-7:30
Tuesday	Bodyweight Fit- 10-11 Chair Fitness- 11:30-12 Bingo- 11-1	Bodyweight Fit 6-7 Chair Fitness 7-7:30 Bingo 6-7
Wednesday	Total Fit- 9-10 EZ Fit- 10:30-11 Drawing- 11-12	EZ Fit- 5:30-6 Total Fit- 6:30-7:30 Drawing-6-7
Thursday	Bodyweight Fit 10-11 Tai Chi- 11-12 Chair Fitness- 11:30-12 Arts & Crafts- 12-1	Bodyweight Fit 6-7 Chair fitness- 7-7:30 Arts & Crafts- 5:30-7:30
Friday	Total Fit- 9-10 EZ Fit- 10:30-11 Total Fit- 6:30-7:30 Challenge Fun- 8-8pm	EZ Fit- 5:30-6 Total Fit- 6:30-7:30
Saturday	Dance - 10-11	Sunday Movies - 11-5

SRC is designated as a 501(c)(3) private, non-profit, tax-exempt organization established in accordance with the United States Internal Revenue code [26 U.S.C. 501 (c)].