



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

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 Winter 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.

Beginning Yoga will introduce you to stretching, mobility and balance. Sequences and positions can be modified to fit all participants' abilities. So don't be afraid to take this class even if you have never tried yoga before.

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- 10:30-11 Dance- 11-12	EZ Fit- 5:30-6 Total Fit- 6:30-7:30
Tuesday	Beginning Yoga- 9:15-9:45 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	Beginning Yoga- 9:15-9:45 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 Challenge Fun- 8-8pm	EZ Fit- 5:30-6 Total Fit- 6:30-7:30
Saturday	Dance - 10-11	Sunday Football/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)].