



Senior Offerings

REGISTER TODAY

Community Center Prices for Active Adults

Prices are for people who are 62 and up and include full use of the Community Center.

Daily Admission: \$4.00
20 Visit Punch Card: \$65.00
Annual Membership: \$89.00



Young At Heart Lunches

Lunches are served on Mondays, Wednesdays, and Fridays at 12:00pm at the Gunnison Community Center in the Palisades Room. **All ages welcome!!**

Adults 60 & over- \$4.00
Adults 59 & under- \$5.00
Children 7-12 years-\$4.00
Children 6 & under- Free



Pickleball

Come participate in this fun and growing sport here in the Gunnison Valley. Pickleball is a sport similar to badminton and tennis. It is played on a court with similar dimensions to a badminton court, with a wooden paddle. This is a great program for exercise, fun, and hand eye coordination. This is for beginners and folks looking to try their hand at Pickleball. Day games are held Mondays, Wednesdays, and Fridays from 9-10am. Evening games are held Saturdays from 5-6pm.

Day—1/4/10-3/5/10: \$18/\$19

****No class on 1/18, 2/25****

Evening—1/15/10-2/26/10: \$15/\$16

Aqua Fit

Just getting started or need a gentler water aerobics class? Aqua Fit is a great place to begin. This moderately paced class will focus on increasing your strength, flexibility, and improve your full range of motion. This class is taught in shallow and warm (88 degrees) water. Seniors are welcomed! Instructor will be Madelyn Curry.

Cost: \$40 members, \$42 non-members

*****One day class trial costs \$8.00*****

Dates: Session 1 – Jan. 13 – Feb. 17

Session 2 – Feb. 24 – March 31

Senior Walking

Every weekday the gym is reserved for walking from 10am-12pm.

Free walking is on Mon., Wed., and Fri. 10am-12pm.

****If you are not walking on a "Free Day" a membership or a drop-in fee of \$4.00 for seniors and \$6.00 for adults is needed.**



Senior Fitness Class

Participants will work on improving flexibility, range of motion, muscular strength, and cardiovascular fitness. This is a low impact class with the goal of improving personal health as it relates to day to day activities. Classes held on Tuesdays and Thursdays from 9:30-10:30am.

1/12/10 - 2/25/10 \$25/\$26

REGISTER On-line Today: www.gunnisonrec.com or visit the Gunnison Community Center - 200 E Spencer Ave, Gunnison - 641-8060