

Classes

Senior Fun and Fitness

Need a little more structure and challenge to your workout? How about a variety of activities where you determine the intensity? Check out this great fitness class. Edie Trowbridge provides you with the opportunity to get into the best shape ever.

Classes are held on Tuesday and Thursday mornings from 9:00 a.m. to 10:00 a.m. The cost is \$16 for 6-week session on Tuesdays and \$16 for a 6-week session on Thursdays. Or pay the drop in fee of \$3 per class. Call the front desk at 970-475-1125 for more information.

Senior Oil Painting

Brush up on your painting skills with us! Classes are held Thursday mornings from 9:00 a.m. to 11:00 a.m. The cost is \$24 for a 12-week session. Call the front desk at 970-475-1125 for more information.

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