



**Youth Activity and Community Center**  
**Cheyenne Community Recreation & Events**  
**Dave Romero Park, 1317 Parsley Boulevard**  
**November 2019 - May 2020**

**November 18 through December 27 is FREE to the public.**

**Community Room Schedule**

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM					
9:00 AM	Chair Yoga	Chair Aerobics	Chair Yoga	Chair Aerobics	
10:00 AM					
11:00 AM					
12:15 PM	Zumba Gold	Tai Chi *	Zumba Gold	Tai Chi *	Stretch & Flex
1:00 PM					
2:00 PM		Hot Tea & Games		Hot Tea & Games	
3:00 PM					
4:00 PM					
5:30 PM	20/20 Barre & Mat Pilates	Tai Chi *	Yoga	Tai Chi *	

**Gymnasium Schedule**

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	Latchkey Program*				
9:00 AM	Pickleball Drop-In	Pickleball*	Pickleball Drop-In	Pickleball*	
10:00 AM	First 8	8:30a-10:30a	First 8	8:30a-10:30a	
11:00 AM		Walk-n-Stretch		Walk-n-Stretch	
12:00 PM	Senior Open Basketball		Senior Open Basketball		Wheel Day (ages 3-5)**
1:00 PM					
2:00 PM					
3:00 PM	Latchkey Program*				
4:00 PM	Latchkey Program*				
5:00 PM	Latchkey Program*				
6:00 PM	Tae Kwon Do*	Cheerleading*	Tae Kwon Do*	Cheerleading*	

*Purchase a Punch Card at the Kiwanis Community House to attend the above scheduled activities.*

*Go to [CheyenneRec.org](http://CheyenneRec.org) to learn more about Recreation programs, workshops, and events.*

*\* Registration required for this Program \*\* Bring Your Own Wheels (no electronic wheels)*

*Facility will be closed for Latchkey Full Days (February 14, and March 30) and City-recognized holidays.*

*Saturdays & Sundays are closed for rentals and special Recreation Division programs.*

***The City now accepts Tivity Health (Medicare, Humana and Bankers Life Insurance) to attend classes free if you qualify.***

## Class Descriptions

**Chair Aerobics** - This 40 minute aerobic exercise is a safe and effective low-impact workout performed while sitting in a chair or even standing behind the chair. It provides a cardiovascular workout for participants who cannot stand for a prolonged amount of time or who may be new to exercise, while significantly reducing the risk of injury or a fall.

**Chair Yoga** - 40 minutes. Yoga is a physical, mental, and spiritual discipline. While stretching is certainly involved, yoga is also about creating balance in the body through developing both strength and flexibility. This is done through the performance of poses or postures, each of which has specific physical benefits. Movement can be performed in the chair or behind the chair.

**Zumba Gold** - A 30 minute, easy-to-follow class FUN workout for anyone, any age, and with any ability. Using Latin styles of music and dance, Zumba Gold class members are able to perform traditional Zumba dance moves done at a lower intensity. It's just as much fun as regular Zumba classes, just not as fast! Zumba strives to improve balance, strength, flexibility, and aerobic fitness.

**Stretch & Flex** - This 40 minute class provides flexibility and increase range of motion for the entire body. The instructor will focus on all major muscle groups with a variety of different types of stretch techniques. The goal is for your body to feel better, prevent injury, and increase range of motion. Great for people involved in sports that do a lot of twisting, running, etc. **Bring your own mat.**

**20/20 Barre & Mat Pilates** - 20 minutes of Barre technique and 20 minutes of Pilates. Barre is a low impact class of strength movements to firm muscles. After each series of exercises, muscles are stretched to create long, lean muscles. Bring socks to allow your feet to slide along the floor while in movement. Pilates builds strength and endurance in the abdominals, hips, and back. The instructor will emphasize spinal and pelvic alignment, breathing to relieve stress and to allow adequate oxygen flow to muscles, developing a strong core or center (toning abdominals while strengthening the back), and improving coordination and balance. **Don't forget your mat.**

**Yoga** - Learn and master Yoga positions and poses to promote balance and strength, physically, and mentally. For all levels and runs an hour. **Bring you own mat.**

**Hot Tea & Games** - Spend an hour with friends or making friends while drinking hot tea (or not) and enjoying a game of preference.

**Wheel Day** - 45 minutes of fun time for 3-5 year olds to bring a wheeled bike, big wheel, etc. in the YACC gymnasium. Move and meet new friends. Please no electronic wheels.

**Walk-n-Stretch** - Walk indoors during those cold days. Mats will be available for stretching. Or, just come to stretch. Please use walking etiquette (will be posted). Please no children under the age of 12.

**Senior Open Basketball** - 60+ Open basketball. Rules will be posted.

**Pickleball Drop-in** practice and games. First 8 accepted. Rules will be posted.

### Punch Card Options:

5 visits = \$12.50

10 Visits = \$22.50

20 Visits = \$40.00

Purchase at the Kiwanis Community House, 4603 Lions Park Drive, 7:30am-4:30pm

***The City now accepts Tivity Health (Medicare, Humana and Bankers Life Insurance) to attend classes free if you qualify. Please call (307) 773-1044 to see if your Medicare, Humana or Bankers Life insurance qualifies.***

***The mission of the Recreation Division is to enrich the quality of life through providing cost-effective opportunities for recreational activities, focusing on life-long wellness through exceptional programs, activities, and events for all ages in the community.***