REC CONNECT

PARKS & RECREATION

GET FIT!

Healthy Heart, Healthy You!

FEBRUARY 25, 2023

@THE COMMUNITY CENTER

THE HEART OF GILPIN COUNTY

FREE

ADMISSION FROM 10A-2P
FITNESS CLASS DEMOS
HEALTHY SNACKS

SPONSORED BY: FRIENDS OF GILPIN COUNTY COMMUNITY CENTER — Community Center — THE HEART OF GILPIN COUNTY

SCAN ME! FOR THE HEART FUND!

COMMUNITY CENTER | 250 NORTON DR. BLACK HAWK, CO 80422 | 303-582-1453

Staff Spotlight

Constance Reid

Contract Instructor Body Movement

" I first walked into the Community Center nearly two decades ago and I remember being very impressed at this wonderful facility…a real gem in the woods. I was fortunate to be hired working at the front desk which was a marvelous way to meet county folks.

I have participated in many classes…yoga, senior fit, Taekwando, Body Movement, Pickle Ball. I particularly enjoy the AquaFit club, working out on the machines in the cardio room and of course I teach the Body Movement Class. The Thursday Stitch Group is fun although I do not get there as often as I would like. I walk the track and I enjoy walking the trail outside with my two fur babies.

I like being part of the Center….being on the Annual Fair Committee (volunteers are always needed) initiating the Fabric and Fiber Contest and Show and helping out with the Fair. The Winter Arts Festival is always fun. Besides going to the Community Center I enjoy my fiber arts activities, painting, drumming, reading, gardening. Like most of us I enjoy the mountains hiking and spending time with the fur babies.

I am so grateful for the Community Center and all the opportunities it offers for meeting folks, staying active and having fun."

BODY MOVEMENT WITH CONSTANCE

WEDNESDAYS 5:30-6:45PM

CHESS CLUB

ALL AGES & SKILL LEVELS WELCOME

THURSDAYS
6:15PM TO 8PM
STARTING 2-24

DROP IN FEES APPLY

JOIN US FOR DIVE-IN

MOVIE NIGHT

AT THE COMMUNITY CENTER POOL

FRIDAY | FEBRUARY 24, 2023

5:45-7:30p
Call for Movie Details

Gilpin County Community Center | 250 Norton Drive Black Hawk | 303.582.1453
https://gilpincounty.colorado.gov | https://www.facebook.com/gilpincounty.org

Altitude
Martial Arts

ALL AGES TKD

Taekwondo

Individuals & Families Welcome

New Session Starts Feb 27 - April 12
Monday & Wednesday 6 pm - 7 pm

AGES 4-ADULT

for more info

www.AltitudeMA.com

register

BENEFITS FOR ALL AGES

- Self Defense
- Flexibility
- Healthy Lifestyle
- Self Confidence
- Relieve Stress
- Have Fun & Learn Cool Moves!

Session
$100 Adult 18+
$80 Child 4-17

Drop-in
$12 Adult / $10 Child
Min Enrollment: 3 Max: 40

Gilpin Community Center 250 Norton Dr. (Golden Gate & Norton Dr.) (303) 582 - 1453

JOIN US FOR DIVE-IN

MOVIE NIGHT

AT THE COMMUNITY CENTER POOL

Time: 5:45-7:30pm *doors will close at 6pm*
Call 303.582.1453 for Movie Details

DROP-IN RATES APPLY

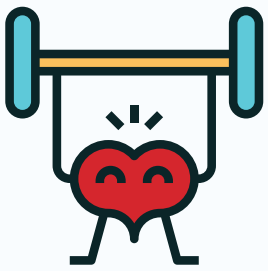
ON FRIDAY | JANUARY 20, 2023

ON FRIDAY | FEBRUARY 24, 2023

ON FRIDAY | MARCH 17, 2023

GILPIN COUNTY PARKS & RECREATION

250 NORTON DRIVE BLACK HAWK | 303.582.1453 | GILPINCOUNTY.COLORADO.GOV



GET FIT!

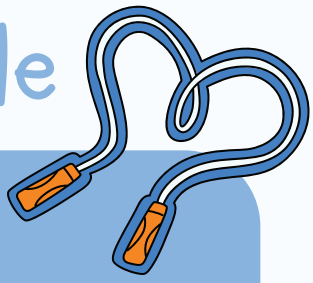
PARKS & RECREATION

Healthy Heart, Healthy You!

FEBRUARY 25, 2023

Get an EKG before and after you Jump Rope, walk a lap, or hula-hoop!
Create a Fitness Calendar to help you be a Healthier Happier YOU!
Visit With our Fitness Instructors and try a class for FREE, Gilpin Ambulance, Resilience 1220, Public Health, and Jefferson Center for Mental Health!

FREE Class Demos & Learning Sessions Schedule



10:00-10:30A ~ LINZA YOGA

10:30-11:00A ~ LINZA SENIOR FIT

11:00-11:30A ~ BODY MOVEMENT W/ CONSTANCE

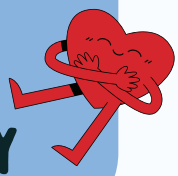
11:30A-12:00P ~ WHAT IS SELF CARE? JEFFERSON CENTER FOR MENTAL HEALTH

12:00P SNACKS WITH FG3C ~ HEART FUND TALK

12:30-1:00P ~ EAT HEALTHY WITH HOLISTIC HOMESTEAD

1:00-1:30P ~ ALTITUDE MARTIAL ARTS

1:30-2:00P ~ CREATE A FITNESS CALENDAR W/ EMILY



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CONFIDENT WOMEN IN THE GYM

W/ EMILY

NEW

MONDAYS

MARCH 6 - APRIL 3

5:30 - 6:15PM

$150

Helping women feel comfortable and confident in the gym setting. Learn how to properly lift weights, use machines, cables, cardio equipment and more. Receive a copy of all the workouts we complete to repeat on your own or use as a template to help you build future workouts.

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VETERAN FLY FISHING RIGGING & CASTING CLASS

Come learn how to rig and cast a fly rod with Erik from Basin + Bend!

FREE!

March 8th

5 pm - 8 pm

Sponsors:

basin + bend

GILPIN COUNTY EST. 1861 COLORADO

PB ABBATE RETURN TO BASE

Location:
Gilpin County Community Center
250 Norton Dr, Black Hawk, CO 80422

Scan QR code to register
or email DenverCO@PBAbbate.org

Parks & Recreation

WANTED

MOMS & SONS

3/11/2023

5:30-8:00PM

Bring your suit & towel!

Limited nerf guns and bullets. Please bring your own.

Notorious for Nerf Battles & having too much fun!

$30/Couple, $10/add. Child

Plus $10 After 3/7/23

Nerf Battle, Swim, Food, Crafts!

Register online or at the Community Center

Scan for registration

Scan for Scholarship!

Reward: Good Time & Memories

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