GILPIN COUNTY

REC CONNECT

WE'RE HIRING!

JOIN OUR PARKS & RECREATION TEAM!

GUEST SERVICES REPRESENTATIVE
SWIM INSTRUCTOR
LIFEGUARD
RECREATION GENERALIST
SPORTS OFFICIALS

FOR MORE INFO AND TO APPLY VISIT
HTTPS://WWW.GILPINCOUNTY.ORG
/CMS/ONE.ASPX?PAGEID=11072346

SCROLL FOR MORE INFO ON CLASSES & PROGRAMS!

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

THE 2021 GILPIN COUNTY "OLD FASHIONED" FAIR

Independent Contractor Fitness & Clubs Schedule

Schedule is Subject to Change. Prices May Vary.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED		CLOSED		CLOSED		
	Hatha Yoga 9:30am-10:30am				Hatha Yoga 9:30am-10:30am	Fitness Yoga/Core 9:15am-10:15am (Starting 6/26/21)
	Pickleball Club 9:30am-11:30am		Pickleball Club 9:30am-11:30am			Pickleball Club 9:30am-11:30am
	Aquafit Club 9:30am-10:30am		Aquafit Club 9:30am-10:30am		Aquafit Club 9:30am-10:30am	Asana Practice/Stretching 9:30am-10:45am (4 week session 6/19/21)
	Senior Fit 11am-12pm				Senior Fit 11am-12pm	
	Cardio Dance 12:15pm-1pm		Raise the Barre 12:15pm-1pm		Fit 360 12:15pm-1pm	
	Aquafit Club 4:30pm-5:30pm		Aquafit Club 4:30pm-5:30pm		Aquafit Club 4:30pm-5:30pm	
	Asana Stretching 5:30pm-6:45pm		Asana Stretching 5:30pm-6:45pm			
	Taekwondo Club 6:30pm-7:30pm		Taekwondo Club 6:30pm-7:30pm			

Community Center 250 Norton Dr. Black Hawk, CO | 303.582.1453 | www.gilpincounty.org

FITNESS CLASSES WITH BECKIE DIMAURO

STARTS WED. 7/7/21

GILPIN COUNTY COMMUNITY CENTER

ALL CLASSES: 12:15 - 1:00 PM

FEE: $10/CLASS OR $90/10 PUNCH CARD

AGES: 14+

CARDIO DANCE | MONDAY

DANCE ENGAGES MUSCLES YOU DID'NT EVEN KNOW YOU HAD, THERE'S LITERALLY NOWHERE ON YOUR BODY THAT IT WON'T IGNITE. THIS FAT-BURNING, CALORIE TORCHING WORKOUT NOT ONLY HAS AMAZING PHYSICAL BENEFITS IT HAS POSITIVE EFFECTS ON THE BRAIN!
CARDIO DANCE COMBINES TWO OF THE MOST POWERFUL MOOD ENHANCERS: PHYSICAL MOVEMENT AND THE SOUND OF MUSIC.COME JOIN US FOR THIS TO EASY TO FOLLOW BLAST OF A WORKOUT!

RAISE THE BARRE | WEDNESDAY

EXERCISES ARE HIGH INTENSITY YET LOW IMPACT. CHOREOGRAPHED TO FUN AND MOTIVATING MUSIC AND EMPHASIZE TONING THE LEGS AND BUTT, AS WELL AS STRENGTHENING THE CORE.

FIT360 | FRIDAY

THIS CLASS COMBINES ALL OF YOUR FAVORITE ASPECTS OF FITNESS AND PUTS THEM INTO ONE SOLID WORKOUT! DESIGNED TO HELP SHED THAT EXCESS FAT WHILE BUILDING STRENGTH AND ENDURANCE. CLASS INCLUDES CARDIO MOVES AND FULL BODY STRENGTHENING EXERCISES! ALL DONE TO FUN, MOTIVATING MUSIC! LOOKING FOR FAST RESULTS? THIS ONE IS FOR YOU!

PERSONAL TRAINING

LOCATION: GILPIN COUNTY COMMUNITY CENTER

DATE(S): CALL TO SCHEDULE 303-582-1453

FEE: $60/HOUR

AGES: 14+

Fire Fit
Optimal Wellness

Yoga With Linza

Hatha/Yin
Drop-In Class
Mondays & Fridays
9:30-10:30a
$7/class or $5/seniors 60+

Yoga with Linda

Fitness Yoga/Core
Drop-In Class
Saturdays
9:15-10:15a
$8/class or $5/seniors 60+

Yoga With Constance

Asana Stretching
Drop-In Class
Mondays & Wednesdays
5:30-6:45p
$9/class or $5/seniors 60+

YOGA CLASSES

at the Gilpin County Community Center

American Red Cross

LIFEGUARD TRAINING

American Red Cross Certification

This 3 Day Blended Training Includes CPR, AED, First Aid and Lifeguarding

Friday, Aug 6th
4-8pm

Saturday, Aug 7th
9am-5pm

Sunday, Aug 8th
9am-5pm

Ages: 15+

Fee: $50/person

Online and in-person class. Must complete online portion prior to in-person class. Must be able to swim 300m non-stop, tread water for 2 min, and retrieve brick from the bottom of the pool.

Register at the Community Center or Online
Already Lifeguard Certified? Apply Online
Questions? Contact Tabatha Oline toline@gilpincounty.org

Gilpin County
Parks & Recreation
2021 Fall
Youth
SOCCER
AGES 5-13
Early Registraion July 15 - 31
$50 for first participant | $45 per sibling
Late Resitration August 1 - 15
$65 for first participant | $60 per sibling
Coaches NEEDED!
Coaches kids play free!
Practices will be held twice weekly and scheduled by the coaches after early registration.
Games will be played weekly on Saturday mornings beginning August 22nd!
HURRY!
Practice Starts Soon!
ONLINE REGISTRATION AT
https://gilpincountyrec.maxgalaxy.net/BrowseLeagues.aspx
MORE INFO CALL Steve Koehler (303) 582-1453
Made with PosterMyWall.com

AQUA-FIT FRIENDS

STUDENT LED WATER EXERCISE!
DROP-IN RATES APPLY

MON/WED/FRI
9:30-10:30AM
&
4:30-5:30PM

Gilpin County Community Center
250 Norton Dr. | 303.582.1453 | gilpincounty.org

PICKLEBALL

Monday
Wednesday
Saturday

9:30AM-11:30AM

MARTIAL ARTS CLUB

Monday & Wednesday

6:30PM-7:30PM

Drop-in fees apply

NOW ACCEPTING!!

Silver&Fit®
FITNESS LOCATION

SILVERSNEAKERS
OFFERED HERE

heck out SilverSneakers classes.

SilverSneakers®

SilverSneakers.com

Renew Active
by UnitedHealthcare

Available here.

Stay fit.
Stay focused.
Stay you.

We are excited to be participating in Renew Active™, the gold standard in Medicare fitness programs for body and mind.