Participating in regular physical activity is one powerful way you can reduce your risk of falling. To help you find ways to stay motivated, we have put together a list of programs being offered in-person and virtually. Please remember that activities are subject to change. It is always best to check with the location to confirm program details. If you are already exercising on a regular basis, keep it up! If it’s been awhile, it’s never too late to get moving! Remember to check with your doctor before starting to find which types of exercise are best for you. The list below is meant to be a starting point, not a complete list of all exercise options in Boulder County and is not an endorsement of any facility.

3rd Law Dance/Theater's Dance for Parkinson's Program | 720-263-1553
Free movement classes in English and Spanish for people living with Parkinson's or other mobility considerations. Dance improves mobility, endurance, balance and strength. No experience necessary.
Clases de movimiento gratuitas en inglés y español para personas con Parkinson u otras retos de movilidad. La danza mejora la movilidad, resistencia, equilibrio y fuerza. No se necesita experiencia. Visit/visite - 3rdlaw.org/ or contact danceforpd@3rdlaw.org

Body Dynamics, Inc | 303-440-5776
Online and in-person pilates and yoga classes. For more information - Pilates, Personal Training, Group Fitness - https://bodydynamics.net/ email info@bodydynamics.net

Boulder Community Health | 303-415-7000
Be Well Saturdays: Join BCH Community Outreach Coordinator and host Gina Simmering, RN and guests to hear a variety of tips on how to stay active, eat healthy and be well from BCH physicians and some of our wonderful community partners.
Be Well Saturdays - https://www.bch.org/our-services/primary-care/be-well-saturdays/?furl=bewell
BCH calendar of events - https://www.bch.org/community-events/

Boulder County Area Agency on Aging | 303-441-4583
Falls Prevention Week programming information is available at boco.org/FallsPrevention. For more information on programs call, 303-441-4583 or email us, infohealthyaging@bouldercounty.org

Boulder Open Space and Mountain Parks
Offering nature hikes and outdoor yoga classes for all ages, for more information visit - https://bouldercolorado.gov/osmp/nature-hikes

Boulder Parks and Recreation
Offering in person and virtual fitness programs for all ages, for more information visit - www.BPRfitness.org

City of Boulder Age Well Center | 303-441-3148
Offering in person and virtual programs for older adults 60+, for more information visit - https://bouldercolorado.gov/older-adults

El Centro Amistad | 303-443-9899
Clases de Yoga virtuales ofrecidas por Facebook, “Grupo de Ejercicio de AMISTAD” Cada miércoles a las 6 p.m.
Para más información info@elcentroamistad.org https://www.elcentroamistad.org/
Erie Active Adults, Erie Community Center | 303-926-2795
Multiple classes and workshops for older adults to help them take control of their health and remain active in both the community and home.
Check out programs like SilverSneakers - https://www.erieco.gov/823/SilverSneakers or Renew Active - https://www.erieco.gov/1640/Renew-Active
For information contact Cindy Hickman at chickman@erieco.gov.

Lafayette Bob L. Burger Recreation Center | 303-665-0469
Offering water aerobics, Silver Sneakers and hybrid Tai Chi classes.
For information visit City of Lafayette Fitness Page - https://www.lafayetteco.gov/2607/Fitness

Lafayette Senior Center | 303-665-9052
Offering Tai Chi 1 and Tai Chi Form both in person and hybrid.
For class schedule and information visit - https://www.lafayetteco.gov/265/Senior-Services

Longmont Recreation Center | 303-774-4800
Offering in person & virtual fitness classes.
Check the website for information: Adult Recreation Programs - https://www.longmontcolorado.gov/departments/departments-n-z/recreation-services/adult-recreation-programs

Longmont Senior Center | 303-651-8411
Offering a variety of in person and virtual programs. Classes include Feldenkrais and Tai Chi.
For more information visit Activities and Programs - https://www.longmontcolorado.gov/departments/departments-n-z/senior-services/activities-and-programs

Louisville Recreation & Senior Center | 303-335-4919
Offering in person & virtual fitness classes.
Check the website for information: Fitness Class Schedule - https://www.louisvilleco.gov/living-in-louisville/recreation-senior-center/programs-activities/fitness/fitness-class-schedule or contact Katie Tofte at 303-335-4919 or by email at ktofte@louisvilleco.gov

UC Health | 720-819-6855
Offering the Stepping On program which consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by a health professional and a peer leader. In addition, local guest experts provide information on exercise, vision, safety and medications. For current class schedule contact Stephanie Dunn at Stephanie.Dunn@uchealth.org

Vintage Moves | 303-817-8210
A variety of workshops are available including a seated exercise class are being offered virtually. Workshops are educational and practical in nature and focus on the individuals’ strengths and weaknesses. For more information visit - Vintage Moves - https://www.vintagemoves.co/ or contact Laura Olinger at laura@vintagemoves

YMCA of Northern Colorado
The YMCA of Northern Colorado offers a wide variety of exercise programs for active older adults, in person with some virtual offerings. All classes require advance registration through the website.
Active Older Adults Classes - https://www.ymcanoco.org/health-fitness/fitness-classes/active-older-adults
YMCA Boulder 303-442-2778
YMCA Lafayette 303-664-5455
YMCA Longmont 303-776-0370

TOWN OF SUPERIOR | 303-554-9005
For more information visit Parks, Recreation & Open Space - https://www.supiorcolorado.gov/departments/parks-recreation-open-space

NATIONAL RESOURCES
There are many exercise related articles and videos available online. Here are a few trusted sites you can check out to get started.
The National Institute on Aging
Exercise and Physical Activity - https://www.nia.nih.gov/health/exercise-physical-activity
En español - https://www.nia.nih.gov/espanol/ejercicio/general

The Arthritis Foundation
Health and Wellness - https://www.arthritis.org/health-wellness/
En español - http://espanol.arthritis.org/espanol/ejercicio/general/

National Center on Health, Physical Activity and Disability (NCHPAD)

Information & Assistance for Aging Well
303-441-4583
infohealthyaging@bouldercounty.org