

# PHYSICAL ACTIVITY RESOURCE GUIDE

fall 2023

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/](http://3rdlaw.org/) or contact [danceforpd@3rdlaw.org](mailto:danceforpd@3rdlaw.org)

## Boulder Ramblers Walking Group

Our community members host walks, hikes, and urban adventures every week throughout the year. Check our calendar to find what's coming up. We focus on urban hiking: exploring the quiet streets, multi-use paths, and trail systems east of the foothills (with some adventures in the higher elevations within Boulder city limits).

[www.meetup.com/boulderramblers/](http://www.meetup.com/boulderramblers/)

## 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](http://www.bch.org/our-services/primary-care/be-well-saturdays/?furl=bewell) - [www.bch.org/our-services/primary-care/be-well-saturdays/?furl=bewell](http://www.bch.org/our-services/primary-care/be-well-saturdays/?furl=bewell)  
[BCH calendar of events](http://www.bch.org/community-events/) - [www.bch.org/community-events/](http://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](http://boco.org/FallsPrevention).

For more information on programs call, 303-441-4583 or email us, [infohealthyaging@bouldercounty.org](mailto: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](http://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](mailto:info@elcentroamistad.org)  
<https://www.elcentroamistad.org/>



Boulder County Partners for Falls Prevention



Information & Assistance for Aging Well  
**303-441-4583**  
[infohealthyaging@bouldercounty.org](mailto:infohealthyaging@bouldercounty.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) - <https://www.erieco.gov/823/SilverSneakers> or [Renew Active](https://www.erieco.gov/1640/Renew-Active) - <https://www.erieco.gov/1640/Renew-Active>

For information contact Cindy Hickman at [chickman@erieco.gov](mailto: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) - <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) - <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 T'ai Chi. For more information visit [Activities and Programs](https://www.longmontcolorado.gov/departments/departments-n-z/senior-services/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) - <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](mailto:ktofte@louisvilleco.gov)

**TOWN OF SUPERIOR** | 303-554-9005

For more information visit [Parks, Recreation & Open Space](https://www.superiorcolorado.gov/departments/parks-recreation-open-space) - <https://www.superiorcolorado.gov/departments/parks-recreation-open-space>

**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](mailto: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/) - <https://www.vintagemoves.co/> or contact Laura Olinger at [laura@vintagemoves](mailto: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) - <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

**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) - <https://www.nia.nih.gov/health/exercise-physical-activity>  
[En español](https://www.nia.nih.gov/espanol/ejercicio) - <https://www.nia.nih.gov/espanol/ejercicio>

**The Arthritis Foundation**

[Health and Wellness](https://www.arthritis.org/health-wellness/) - <https://www.arthritis.org/health-wellness/>  
[En español](http://espanol.arthritis.org/espanol/ejercicio/ejercicio-general/) - <http://espanol.arthritis.org/espanol/ejercicio/ejercicio-general/>

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

[Inclusive Home Workouts: NCHPAD - Building Healthy Inclusive Communities](https://www.nchpad.org/1754/6911/Inclusive~Home~Workouts) - <https://www.nchpad.org/1754/6911/Inclusive~Home~Workouts>

[En español: Ejercicios para ayudar a prevenir caídas: MedlinePlus enciclopedia médica](https://medlineplus.gov/spanish/ency/patientinstructions/000493.htm) - <https://medlineplus.gov/spanish/ency/patientinstructions/000493.htm>



Information & Assistance for Aging Well  
**303-441-4583**  
[infohealthyaging@bouldercounty.org](mailto:infohealthyaging@bouldercounty.org)