

FREE FOR ALL BOULDER HOUSING
PARTNERS(BHP) RESIDENTS

**EXERCISE CLASSES
DELIVERED TO YOUR
SMARTPHONE, COMPUTER
OR TABLET ON ZOOM**



WEEKLY SCHEDULE

FREE!

FREE!

MWF 9-10am Vintage Moves Virtual movement classes. Simple steps and sequences, participate up on your feet or seated.

T 2:30-3:15pm "In a Chair" class exclusively for BHP residents.

Working on strength & flexibility, class is both energizing AND relaxing!

T 4:30-5pm Quick Reboot- stress relief! Just try it!

T 12:30-1:00pm/ Th 2:30-3pm

"In a Chair" Class

DETAILS: WWW.VINTAGEMOVES.CO

REGISTER: LAURA@VINTAGEMOVES.CO

