

If you need to reach the Gerofit program, please contact:

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## Gerofit In-Person Exercise Program

CU Anschutz Health &  
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12348 E Montview Blvd  
Aurora, CO 80045  
(303) 724-9030



Rocky Mountain Region VA  
Medical Center

## Gerofit In-Person Exercise Program



## **The Gerofit In-Person exercise program**

The Gerofit Program is a free supervised exercise program for Veterans age 65 years and older.

### **The Gerofit In-Person exercise program:**

- Helps and encourages you to be physically active
- Shows you how to reduce the risk of falls
- Improves your ability to move and be active

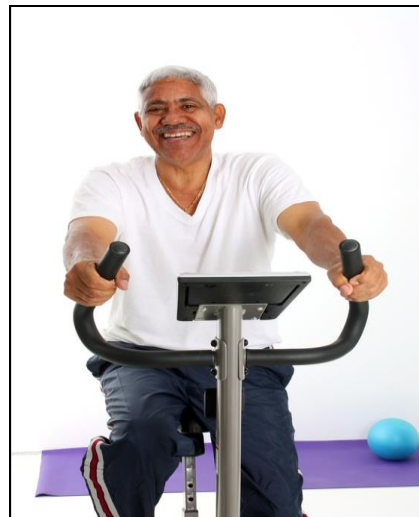
### **Gerofit In-Person exercise sessions are offered:**

- Monday/Wednesday/Friday
  - 12:00pm-3:00pm

## **Where Is Gerofit Located?**

Gerofit In-Person exercise program is held at the CU Anschutz Health and Wellness Center.

- Gerofit does not offer transportation
- There is no travel pay.
- There is free parking.



## **Gerofit In-Person exercise class offerings include:**

- Aerobic exercise
- Balance training
- Core strength
- Flexibility
- Posture correction
- Shoulder health
- Strength training

## **Why Join Gerofit In-Person exercise?**

Joining Gerofit In-Person exercise can improve your overall health and well-being.

- Have fun exercising.
- Meet friends and fellow Veterans.
- Boost your weight loss and energy!

**Why wait? Ask your provider about Gerofit today!**

\*\*\*Please note, any Gerofit appointments will not appear as scheduled appointments within the VA system\*\*\*