

EXERCISE

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Class Name	Description	Instructor	Date	Day	Time	Cost
TaijiFit	TaijiFit is a mind/body workout that combines the best of traditional Tai Chi with modern Western fitness. This class is designed to improve overall fitness emphasizing balance, mobility, stability and timing of movement. No prior exercise is required.	Crawford	Aug. 24-Oct. 5	T	8:30-9:30	\$33
			Oct. 19-Nov. 30	T	8:30-9:30	\$33
		NEW	Aug. 24-Oct. 5	T	9:30-10:30	\$33
			Oct. 19-Nov. 30	T	9:30-10:30	\$33
Yoga Flow	Flow with your breath from posture to posture beginning with centering and warm-up, a standing sequence to tone and strengthen, followed by seated postures and ending with deep relaxation. Build more awareness, strength and flexibility. No experience necessary, gentle enough for beginners with variations for those who are more advanced. No drop ins and registration required.	Jasperse	Aug. 23-Oct. 11 Oct. 18-Dec. 6	MTh MTh	9-10:15 9-10:15	\$60 \$60
Zumba	Zumba® class mixes low and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility. You will gain a serious dose of awesome in each class!	Borchers	Aug. 23-Oct. 11 Oct. 27-Dec. 13	MW MW	10:30-11:30 10:30-11:30	\$55 \$55
Feldenkrais	Awareness through movement introduces the Feldenkrais method, which offers highly specific and gentle movement sequences to develop awareness, flexibility, coordination, and balance. Verbally guided lessons include movement while lying on the floor, sitting, or standing. This class has a drop-in option.	Sager	Aug. 23-Oct. 11 Oct. 18-Dec. 1	MW MW	1-2 1-2	\$60 \$60
Gentle Yoga	We will explore the benefits of yoga practice within a positive, supportive environment. We begin seated in a chair for warm-up, transitioning to standing postures using the chair support if needed. Range of motion, physical strength, stamina and mental acuity will improve with a focus on adapted yoga postures and proper breathing. We end classes with seated postures on the floor and a short relaxation. Open to all students of varying abilities.	Jasperse	Aug. 23-Oct. 11 Oct. 18-Dec. 6	MTh MTh	3:30-4:45 3:30-4:45	\$60 \$60
Sit & Fit	This class is conducted mostly sitting in a chair with a few exercises standing while holding onto a chair. Join us and combat osteoporosis while strengthening your muscles using resistance bands and small free weights. A great class for those looking to improve balance and standing endurance.	Frey	Aug. 24-Oct. 7 Oct. 19-Dec. 7	TTh TTh	11-11:45 11-11:45	\$50 \$50
Cardio Drumming	This unique drumming class is different from every other workout you have tried. It captures the essence of movement and rhythm utilizing drum sticks and a stability ball. Cardio Drumming choreography is designed to burn fat, improve physical, mental fitness, and above all, be fun! You will need your own drumsticks. No class on Wednesday, September 8th & October 6th.	Duran	Aug. 25-Oct. 15 Oct. 20-Dec. 1	W W	9:15-10:15 9:15-10:15	\$33 \$33
Pilates	Develop strength from the inside out with Pilates! Strengthen deep muscles of the abdomen, hips and spine. Improve flexibility, balance, and mobility while working to build bone density. Participants will have the option to work seated in a chair or on the floor on a mat.	Mariska	Sept. 2-Oct. 14 Oct. 21-Dec 9	Th Th	10-11 10-11	\$33 \$33
Fly Swatter Volleyball	Are you ready for some FUN?! Try sitting in a chair and using a fly swatter to volley a balloon over a net. Volleyball rules apply. Compete with one another in a fun and friendly atmosphere! First team to reach 15 points WINS!	Staff	Sept. 21 Oct. 19 Nov. 23 Dec. 21	T T T T	1:30-2:30 1:30-2:30 1:30-2:30 1:30-2:30	FREE FREE FREE FREE

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SILVERSNEAKERS CLASSES

Classes are free for SilverSneakers members, but they must register for the class. Non-SilverSneakers members must pay for the class at registration. Space is limited.

Class Name	Description	Instructor	Date	Day	Time	Cost
SilverSneakers Open Gym	All aspects of fitness are addressed in this class: aerobic exercise for the cardiovascular system, strength training using light weights, resistance tubes, and optional mat work, followed by stretching for flexibility.	Frey	Aug. 23-Oct. 11 Oct. 27-Dec. 13	MWF MW	9:15-10 8:45-9:30	\$70 \$50
SilverSneakers Classic	Move to the music through exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance training. A chair is used for support. This class is suitable for beginning to intermediate skill levels.	Jasperse	Aug. 23-Oct. 11 Oct. 18-Dec. 3	MWF MWF	10:30-11:15 10:30-11:15	\$70 \$70
SilverSneakers Stability	To help you become stronger and improve balance, this class teaches specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention; a standing endurance of 30 minutes is needed.	Frey	Aug. 24-Oct. 7 Oct. 28-Dec. 16	TTh TTh	9-9:45 9-9:45	\$50 \$50
SilverSneakers Classic	Move to the music through exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance training. A chair is used for support. This class is suitable for beginning to intermediate skill levels.	Frey	Aug. 24-Oct. 7 Oct. 19-Dec. 7	TTh TTh	10-10:45 10-10:45	\$50 \$50
SilverSneakers Yoga	Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.	Jasperse	Aug. 27-Oct. 8 Oct. 22-Dec. 3	F WF	9:30-10:15 9:30-10:15	\$30 \$50
Silver Sneakers Circuit	This workout offers standing, low-impact choreography combined with standing full body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.	Frey	Aug. 23-Oct. 11 Oct. 27-Dec. 13	MW MW	11:45-12:45 11:30-12:30	\$50 \$50

DANCE

West Coast Swing	Country two-step is simple to learn and FUN to master! Danced socially at all country dance venues, we use the two-step as a great gateway dance for dancers to dip their toe into the world of partner dancing. No class the week of Thanksgiving.	Hoffner	Oct. 20-Dec. 8	W	1-1:45	\$35
Waltz	Waltz is a smooth dance, performed to a 3/4 tempo song. Used in Ballroom, Country, and other traditional dancing; Waltz is danced socially and competitively, and here we can accommodate for all levels and abilities. No class the week of Thanksgiving.	Hoffner	Oct. 20- Dec. 8	W	1:45-2:30	\$35