

EXERCISE

All classes are subject to cancellation or change. The safety of our patrons is our top priority. If you are sick, please do not come to the Senior Center. You must register for classes in advance either on-line at csseniorcenter.com or by calling 719-955-3400.

| Class Name | Description | Instructor | Date | Day | Time | Cost |
|--------------------------------|---|------------|-------------------|-----|-------------|------|
| 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. Please bring your own yoga equipment. | Jasperse | Jan. 3 - Feb. 17 | MTh | 9-10:15 | \$60 |
| | | | Feb. 28 - Apr. 14 | MTh | 9-10:15 | \$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 each time you leave class. | Borchers | Jan. 3 - Feb. 16 | MW | 10:30-11:30 | \$55 |
| | | | Feb. 28 - Apr. 13 | MW | 10:30-11:30 | \$55 |
| 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 | Jan. 3 - Feb. 17 | MTh | 3:30-4:45 | \$60 |
| | | | Feb. 28 - Apr. 14 | MTh | 3:30-4:45 | \$60 |
| 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 | Jan. 3-Feb. 16 | MW | 1-2 | \$60 |
| | | | Mar. 2- Apr. 13 | MW | 1-2 | \$60 |
| 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. Equipment of any kind will not be required nor provided, if you need any for the class please bring your own. | Crawford | Jan. 4-Feb. 15 | T | 8:30-9:30 | \$33 |
| | | | Mar. 1-Apr. 12 | T | 8:30-9:30 | \$33 |
| | | | Jan. 4-Feb. 15 | T | 9:30-10:30 | \$33 |
| | | | Mar. 1-Apr. 12 | T | 9:30-10:30 | \$33 |
| 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 osteoperosis while strengthening your muscles using resistance bands and small free weights. A great class for those looking to improve balance and standing endurance. | Frey | Jan. 4-Feb. 17 | TTh | 11-11:45 | \$50 |
| | | | Mar. 1-Apr. 14 | TTh | 11-11:45 | \$50 |
| 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 | Jan. 6-Feb. 17 | Th | 10-11 | \$33 |
| | | | Mar. 3-Apr. 14 | Th | 10-11 | \$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 | January 25 | T | 1:30-2:30 | FREE |
| | | | February 22 | T | 1:30-2:30 | FREE |
| | | | March 22 | T | 1:30-2:30 | FREE |
| | | | April 19 | T | 1:30-2:30 | FREE |
| Brain & Balance | Brains and Balance is a program designed for the unique needs of older adults who know the importance of staying mentally sharp and physically stable. This low intensity class is designed to incorporate specific balance exercises that help minimize the risk of falling and the age appropriate resistance and cardiovascular exercises will help improve cerebral blood flow which has been documented to improve cognition. They will utilize balance exercises to increase core strength, reduce fall risks and use techniques to train your brain to improve memory, reasoning and problem solving skills. | Frey | Jan. 7 - Feb. 18 | F | 9-10 | \$35 |
| | | | Mar. 4 - Apr.15 | F | 9-10 | \$35 |
| NEW! | | | | | | |
| Pelvic Floor & Core | Come in and have fun as we explore the importance of our pelvic floor muscles and attention to kegle exercises. This class will have a focus on the pelvic floor muscles and how to integrate them with the rest of our core exercises. This workout will have chair and floor exercises and may utilize bands and balls during the routine. | Wehmeier | Feb. 28 - Apr. 4 | M | 2-3 | \$35 |

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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. Class will not be held on Monday, May 31st in observance of Memorial Day. | Frey | Jan. 3 - Feb. 16 Feb.28 - Apr. 13 | MW MW | 8:45-9:30 8:45-9:30 | \$50 \$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. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants. | Frey | Jan. 3 - Feb. 16 Feb. 28 - Apr. 13 | MW MW | 11:30-12:30 11:30-12:30 | \$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. | Jaspere | Jan. 3 - Feb. 18 Feb. 28 - Apr. 15 | MWF MWF | 1030-11:15 10:30-11:15 | \$70 \$70 |
| 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. Class will not be held on Monday, May 31st in observance of Memorial Day. | Frey | Jan. 4 - Feb. 17 Mar. 1 - Apr. 14 | TTh TTh | 10-10:45 10-10:45 | \$50 \$50 |
| 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 | Jan. 4 - Feb. 17 Mar. 1 - Apr. 14 | TTh TTh | 9-9:45 9-9:45 | \$50 \$50 |

DANCE

| | | | | | | |
|----------------------------|---|---------|------------------|---|-----------|------|
| Night Club Two-Step | Nightclub two-step is a smooth, lovely country and Ballroom dance, used socially and competitively. | Hoffner | Jan. 5 - Feb. 16 | W | 1-1:45 | \$35 |
| Cha Cha | Fun, sharp and sassy, the cha cha is used commonly in the social dance setting and competitively as well. | Hoffner | Jan. 5 - Feb.16 | W | 1:45-2:30 | \$35 |
| Rumba | All levels welcome! The rumba is danced with a basic pattern of two quick side steps and a slow forward step. | Hoffner | Mar. 2 - Apr. 13 | W | 1-1:45 | \$35 |
| Salsa | The basics will be taught as well as fun social patterns. This is a great place to learn how to dance! | Hoffner | Mar. 2 - Apr.13 | W | 1:45-2:30 | \$35 |