











Class Name	Description	Instructor	Date	Day	Time	Cost
<b>Hike For Life</b> 	Hike for Life exists to nurture community, inspire exploration and preserve the great outdoors. Join us for monthly guided group hikes designed to be educationally-enhanced, environmentally-aware, and safety-conscious. Carpool or meet at the trailhead. Directions to trailheads are available at the front desk. <b>Jan. 9: Yucca Loop Trail; Feb. 13: Fox Run Park; March 13: Edna Mae Bennet Trail; April 10: Ute Valley Park.</b>	McClintock	January 9 February 13 March 13 April 10	W W W W	12-4 12-4 12-4 12-4	\$15 \$15 \$15 \$15
<b>The Joy of Yoga</b> 	In this basic beginner class we will learn the basic yoga poses and how to practice them correctly and safely. We will explore proper breathing, relaxation and the basic structure of a yoga class. Come experience the joy of yoga.	Jasperse	Jan. 2-Feb. 13 Feb. 27-April 10	W W	9:15-10:15 9:15-10:15	\$30 \$30
<b>Drums Alive</b> 	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. Drums Alive® choreography is designed to burn fat, improve physical and mental fitness, and above all, be fun!	Swantek	Jan. 2-Feb. 13 Feb. 27-April 10	W W	9:15-10:15 9:15-10:15	\$30 \$30
<b>Vinyasa Yoga</b> 	Flow with your breath from posture to posture beginning with centering and warm-up, a standing flowing sequence to tone and strengthen, followed by seated postures. End with deep relaxation. Build more awareness, strength, and flexibility. No experience necessary - gentle enough for beginners with variations for those who are more advanced.	Jasperse	Jan. 3-Feb. 18 Feb. 25-April 11	MTh MTh	8:15-9:30 8:15-9:30	\$60 \$60
<b>Pilates</b> 	Strengthen deep muscles of the abdomen, hips and spine. Improve flexibility, balance, and mobility while working to build bone density. This is an intermediate level class.	French	Jan. 3-Feb. 18 Feb. 25-April 11	MTh MTh	3-4 3-4	\$60 \$60
<b>Gentle Yoga</b> 	We will explore the benefits of yoga practice within a positive, supportive environment. Begin seated in a chair and then transition to standing beside a chair for support during standing postures. Your range of motion, physical, strength, stamina, and mental acuity will improve with a focus on adapted yoga postures and proper breathing. We end class with seated postures on the floor and a short relaxation. Open to all students of varying physical abilities.	Jasperse	Jan. 3-Feb. 14 Feb. 25-April 11	MTh MTh	3:30-4:45 3:30-4:45	\$60 \$60
<b>Taiji Fit</b> 	TaijiFit is a mind/body workout that combines the best of traditional Tai Chi with modern Western fitness. There are no set routines to memorize-just follow the lead of the instructor. This class is designed to improve overall fitness emphasizing balance, mobility, stability and timing of movement. No prior exercise is required.	Crawford	Jan. 3-Feb. 14 Feb. 28-April 11	Th Th	9-10 9-10	\$30 \$30
<b>Water Aerobics: Just My Speed</b>	Class is held at Memorial Recreation Center -280 S Union Blvd, Colorado Springs, CO 80910. You do not need to be a member of the YMCA to take this class. Just My Speed is a class focusing on keeping your spirit, mind and body healthy by reaching your cardiovascular and muscle strengthening goals all in the water. <b>Participation in this class does not give you access to use the facility or pool outside of this class time. Class payment is only for the water Aerobics class. Scan your patron card at the front desk when arriving. Sign up for the class at the Senior Center not Memorial Recreation Center.</b>	Foote	Jan. 8-Feb. 28 March 5-April 25	TTh TTh	10:15-11:15 10:15-11:15	\$60 \$60
<b>Nia</b> 	Nia is a low-impact style of movement that reduces stress and brings peace and healing to the mind, body and spirit. It is a fusion of martial arts, dance, and healing arts blended with beautiful music to inspire you at any fitness level and keep you coming back for more! This class has a drop-in option.	Stahl	Jan. 3-Feb. 19 Feb. 26-April 11	TTh TTh	10:30-11:30 10:30-11:30	\$60 \$60
<b>Sit &amp; Fit</b>	The class is conducted sitting in a chair or holding onto a chair. The class combats osteoporosis and improves balance, flexibility, and endurance. Resistance bands are used to strengthen muscles.	Ortiz	Jan. 3-Feb. 19 Feb. 26-April 11	TTh TTh	11:15-12 11:15-12	\$50 \$50
<b>Zumba</b> 	Zumba® mixes low and high-intensity moves for an interval-style, calorie-burning dance fitness party. It is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility.	Lord	Jan. 3-Feb. 19 Feb. 26-April 11	TTh TTh	1-2 1-2	\$55 \$55
<b>Power Moves</b> 	Power Moves provides community exercise, enrichment, education, and empowerment for everyone to get better and stay better. This program provides a supportive exercise environment to optimize brain recovery and repair. We utilize exercise as medicine to increase quality of life so that you can get better and stay better.	McNamara	Jan. 3-Feb. 19 Feb. 26-April 11	TTh TTh	2-3 2-3	\$60 \$60

 Workouts require ability to get up and down from the floor.  **Drop-In option**

Class Name	Description	Instructor	Date	Day	Time	Cost
<b>Moving for Better Balance</b>	This is an evidence-based fall prevention program that uses the principles and movements of Tai Chi to help older adults improve their balance and increase their confidence completing everyday activities without the fear of falling. Fees are paid for by a grant from the Area Agency on Aging for participants 60+.	Crawford	Jan. 15-April 11	TTh	2-3	FREE
<b>Chair Yoga</b> ⇒	The benefits of a Vinyasa flow class while seated in a chair or standing beside a chair for support during standing postures. Your range of motion, physical strength, stamina, and mental acuity will improve with a focus on adapted yoga postures and proper breathing. Open to all of varying physical abilities. This class has a drop-in option.	Jasperse	Jan. 4-Feb. 15 Feb. 26-April 12	TF TF	8:15-9:15 8:15-9:15	\$55 \$55
<b>Fly Swatter Volleyball</b>	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 15 February 20 March 19 April 16	T W T T	1:30-2:30 1:30-2:30 1:30-2:30 1:30-2:30	FREE FREE FREE FREE
<b>Feldenkrais</b> ⇒	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. <b>This class has a drop-in option. NO CLASSES April 1-10 (MW). Make up classes will be April 15-24 (MW).</b>	Sager	Jan. 2-Feb. 15 Feb. 25-April 24	MW MW	1-2 1-2	\$60 \$60
<b>Building Strong Bones: Yoga for Osteoporosis</b> ⇒	Yoga poses pull and stretch the bones from many different angles increasing bone mass and stimulating the formation of healthy bone structure that is able to resist greater amounts of pressure. In this workshop, we will move through various yoga poses known to encourage bone growth and discover how yoga can assist us in moving through life with ease!	Jasperse	April 15-April 18	MWTh	9-10:30	\$20
<b>Group Personal Training</b> ⇒	The class will be capped at six people. A small class size will allow lots of personal attention from the personal trainer. Our trainer, Karen, will utilize different exercise methods to help you move with ease, get stronger, and help you achieve any other goals you may have. Grab a friend and sign up.	Bradshaw	April 15-April 24	MW	9-10	\$80



## SILVERSNEAKERS CLASSES

**SilverSneakers members do not need to register or pay for these classes. Non-SilverSneakers members must pay the class registration fee or drop-in fee of \$10 per class. Space is limited. EVERYONE MUST PICK UP A TOKEN AT THE FRONT DESK TO PARTICIPATE.**



<b>SilverSneakers Open Gym</b> ⇒	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.	Bradshaw	Jan. 2-Feb. 15 Feb. 25-April 12	MWF MWF	9:15-10 9:15-10	\$70 \$70
<b>SilverSneakers Classic</b> ⇒	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. <b>This class is suitable for beginning to intermediate skill levels.</b>	Bradshaw	Jan. 2-Feb. 15 Feb. 25-April 12	MWF MWF	10:15-11 10:15-11	\$70 \$70
<b>SilverSneakers Circuit</b> ⇒	This workout offers standing, low-impact choreography combined with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support.	Bradshaw	Jan. 2-Feb. 13 Feb. 25-April 10	MW MW	11:15-12 11:15-12	\$50 \$50
<b>SilverSneaker Boom Muscle</b> ⇒	SilverSneaker Boom Muscle is a higher-intensity strength class. This class incorporates athletic exercises that boost overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.	Kennedy	Jan. 4-Feb. 15 March 1-April 12	F F	11:15-12 11:15-12	\$30 \$30

## DANCE CLASSES

<b>Line Dance I</b>	For the true beginner or for those with limited abilities, this class will teach the beginning steps and patterns of line dancing.	Weis	Jan. 4-Feb. 15 March 1- April 12	F F	9-10:30 9-10:30	\$35 \$35
<b>Line Dance II</b> ⇒	Continue to refine the dances learned in Line Dance I and expand into a few new dances.	Weis	Jan. 8-Feb. 19 March 5-April 16	T T	9-10:30 9-10:30	\$35 \$35
<b>Country Two Step I</b> ⇒	All the basics of traditional country two-step will be taught. New basics taught for those that have taken this class before.	Bryan	Jan. 9-Feb. 6	W	1-1:45	\$30
<b>Cha Cha I</b> ⇒	The basics of cha cha will be taught with extra variations for those that have taken this class before.	Bryan	Jan. 9-Feb. 6	W	1:45-2:30	\$30
<b>Cha Cha 2</b> ⇒	This is a continuation of the basic cha cha class with new variations included.	Bryan	Feb. 20-March 20	W	1:45-2:30	\$30
<b>Country Two Step 2</b> ⇒	This is a continuation of the Country Two Step I class.	Bryan	Feb. 20-March 20	W	1-1:45	\$30
<b>Country Two Step 3</b>	This is a continuation of the classes offered with slightly more complex patterns taught.	Bryan	March 27-April 24	W	1-1:45	\$25
<b>Cha Cha 3</b>	This is a continuation of the class with slightly more complex patterns taught.	Bryan	March 27-April 24	W	1:45-2:30	\$25

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