




















Class Name	Description	Instructor	Date	Day	Time	Cost
Hike for Life	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. May 15: Black Forest Section 16; June 12: Paint Mines; July 10 Lazy Land; August 14: Red Rocks Campground.		May 15 June 12 July 10 Aug 14	W W W W	12-2	\$15 \$15 \$15 \$15
 Run/Walk/Stir	A fun neighborhood opportunity to socialize and build community while we run/walk on Shooks Run Trail. Every Wednesday May-July at 5:30. Free and open to the community. Start/end run/walk at Shooks Run Trailhead near Stir Coffee and Cocktails. Meet behind the Ent building. Receive a free T-shirt after you participate in five runs/walks! After the run/walk enjoy discounts on food and drink at Stir. No registration required.	Staff	May 1-July 31	W	Walks Start at 5:30pm	FREE
  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 relaxation. No experience necessary, gentle enough for beginners with variations for those who are more advanced This class has a drop-in option.	Jasperse	April 29-June 13 June 24-August 12	MTh MTh	8:15-9:30 8:15-9:30	\$60 \$60
  Jazz Dance Fitness	Join in this new basic jazz dance exercise class. Class will consist of jazz steps and low impact dancing movements all to upbeat music. Focus of instruction will be on fitness, flexibility and, most importantly, fun! This class has a drop-in option.	French	April 29-June 10 June 24-August 12	M M	1:30-2:30 1:30-2:30	\$30 \$30
  Pilates	Strengthen deep muscles of the abdomen, hips and spine. Improve flexibility, balance, and mobility while working to build bone density. Please note this is an intermediate level class. This class has a drop-in option.	French	April 29-June 13 June 24-August 12	MTh MTh	3-4 3-4	\$60 \$60
  Gentle Yoga	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. This class has a drop-in option.	Jasperse	April 29-June 13 June 24-August 12	MTh MTh	3:30-4:45 3:30-4:45	\$60 \$60
 Chair Yoga	This class offers the benefits of a yoga flow class while staying seated in a chair or standing beside a chair for support. Range of motion, physical strength and stamina will improve with a focus on adapted yoga postures and proper breathing. We end class with a short relaxation. Open to all students of varying abilities. This class has a drop-in option.	Jasperse	April 30-June 14 June 25-August 9	TF TF	8:15-9:15 8:15-9:15	\$55 \$55
Water Aerobics: Just My Speed	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 in the water. 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.		April 30-June 20 June 25-August 20	TTh TTh	10:15-11:15 10:15-11:15	\$60 \$60
 Nia	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	April 30-June 13 June 25-August 8	TTh TTh	10:30-11:30 10:30-11:30	\$60 \$60
Sit & Tone	The majority of this class is conducted sitting in a chair plus balance exercises while holding on to a chair. This class helps combat osteoporosis, improve flexibility, endurance and cardio. We use stretch bands to tone those muscles and nerf balls to aid in flexibility stretches.	Ortiz	April 30-June 13 June 25-August 15	TTh TTh	11-11:45 11-11:45	\$50 \$50
 Zumba	Zumba® 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. This class has a drop-in option.	Lord	April 30-June 13 June 25-August 8	TTh TTh	1-2 1-2	\$55 \$55

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

Class Name	Description	Instructor	Date	Day	Time	Cost
Yoga Flow for Beginners 	In this beginning level class we will learn all about basic yoga poses and how to practice correctly and safely. We'll explore proper breathing, relaxation and the structure of a yoga class. Come experience the joy of yoga!	Jasperse	May 1-June 12	W	9:15-10:15	\$30
			June 26-August 7	W	9:15-10:15	\$30
Drums Alive 	This unique drumming class is different from every other workout you have tried before. It captures the essence of movement and rhythm utilizing drum sticks and a stability ball. Drums Alive® choreography is designed to improve physical and mental fitness, and above all...be fun! No class on May 8th and June 5th. This class has a drop-in option.	Swantek	May 1-June 26	W	9:15-10:15	\$30
			July 3-August 14	W	9:15-10:15	\$30
TaijiFit 	TaijiFit is a mind/body workout that combines the best of traditional Tai Chi with modern Western fitness and is considered the number one new mind/body workout in North America. 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. This class has a drop-in option.	Crawford	May 2-June 13	Th	9-10	\$30
			June 27-August 8	Th	9-10	\$30
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	May 21	T	1:30-2:30	FREE
			June 19	W	1:30-2:30	
			July 16	T	1:30-2:30	
			August 20	T	1:30-2:30	






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.

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. This class has a drop-in option.	Bradshaw	April 29-June 14	MWF	9:15-10	\$70
			June 24-August 9	MWF	9:15-10	\$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. This class has a drop-in option.	Bradshaw	April 29-June 14	MWF	10:15-11	\$70
			June 24-August 9	MWF	10:15-11	\$70
SilverSneakers Circuit 	This workout offers standing, low-impact choreography combined with standing full-body strength work with weights, elastic tubing and a SilverSneakers ball. A chair is available for support. This class has a drop-in option.	Bradshaw	April 29-June 12	MW	11:15-12	\$50
			June 24-August 7	MW	11:15-12	\$50
SilverSneakers Stability 	Stability is designed to help you become stronger and improve balance. The movements taught in class focus on 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 and is suitable for nearly every fitness level. This class has a drop-in option.	Ritchie	April 30-June 11	T	1:30-2:30	\$30
			June 25-August 13	T	1:30-2:30	\$30

NEW

DANCE CLASSES

Line Dance II 	Continue to refine the dances learned in Line Dance I and expand into a few new dances. This class has a drop-in option.	Weis	April 30-June 11	T	9-10:30	\$35
			June 25-August 6	T	9-10:30	\$35
Waltz I 	Waltz is a smooth dance, performed to 3/4 tempo music. Used in Ballroom, Country, and other traditional dancing, Waltz is danced socially and competitively. We can accommodate all levels and abilities. Just bring your smile, you do not have to bring a partner! This class has a drop-in option.	Hoffner	May 1-June 12	W	12:45-1:30	\$35
West Coast Swing I 	One of the most requested and popular dances, West Coast Swing tends to become a passion for dancers world-wide! A bit tricky to learn (at first) the dance is unique in its connection and creativity. Just bring your smile, you don't have to bring a partner! This class has a drop-in option.	Hoffner	May 1-June 12	W	1:30-2:15	\$35
Line Dance I	For the true beginner or for those with limited abilities, this class will teach the beginning steps and patterns of line dancing.	Weis	May 3-June 14	F	9-10:30	\$35
			June 28-August 9	F	9-10:30	\$35
Waltz II 	Waltz is a smooth dance, performed to 3/4 tempo music. Used in Ballroom, Country, and other traditional dancing, Waltz is danced socially and competitively. We can accommodate all levels and abilities. Just bring your smile, you do not have to bring a partner! This class has a drop-in option.	Hoffner	June 26-August 7	W	1-1:45	\$35
West Coast Swing II 	One of the most requested and popular dances, West Coast Swing tends to become a passion for dancers world-wide! A bit tricky to learn (at first) the dance is unique in its connection and creativity. Just bring your smile, you don't have to bring a partner! This class has a drop-in option.	Hoffner	June 26-August 7	W	1:45-2:30	\$35

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