

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. Sept. 18- Fox Fun, Oct. 9- Bear Creek Park, Nov. 13- Yucca Flats, Dec. 11- Ute Valley Park		Sep. 18 Oct. 9 Nov. 13 Dec. 11	W W W W	12-2 12-2 12-2 12-2	\$15 \$15 \$15 \$15
Jazz Fitness ⇒	Join in this basic jazz dance exercise class. Class consists 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	Aug. 26-Oct. 14 Oct. 21-Dec. 2	M M	1:30-2:30 1:30-2:30	\$30 \$30
Feldenkrais: Awareness Through Movement ⇒	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. 26-Oct. 14 Oct. 28-Dec. 11	MW MW	1-2 1-2	\$60 \$60
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. This class is gentle enough for beginners with variations for those who are more advanced.	Jasperse	Sept. 5-Oct. 21 Oct. 28-Dec. 16	MTh MTh	8:15-9:30 8:15-9:30	\$60 \$60
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.	French	Aug. 26-Oct. 14 Oct. 21-Dec. 9	MTh MTh	3-4 3-4	\$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 class with seated postures on the floor and a short relaxation. Open to all students of varying abilities.	Jasperse	Sept. 5-Oct. 21 Oct. 28-Dec. 16	MTh MTh	3:30-4:45 3:30-4:45	\$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.	Burger	Aug. 27-Oct. 10 Oct. 22-Dec. 10	TTh TTh	10:30-11:30 10:30-11:30	\$60 \$60
Sit & Fit ⇒	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. This class has a drop-in option.	Wehmeier	Aug. 27-Oct. 10 Oct. 22-Dec. 10	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	Aug. 27-Oct. 10 Oct. 22-Dec. 10	TTh TTh	1-2 1-2	\$55 \$55
Moving For Better Balance	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. The program consists of a one-hour movement class twice a week for 12 consecutive weeks. Fees are paid by a grant from the Area Agency on Aging for participants 60+.	Nickerson	Sept. 5-Dec. 5	TTh	2-3	Free
Stretch It ⇒ NEW	Join in this one hour fun flexibility class that will help lengthen your tight muscles and loosen your stiff joints. The class will utilize multiple types of stretching to increase range of motion all over your body with a comprehensive stretching routine. A great class workout designed to relax, renew, and rejuvenate your achy body. This class has a drop-in option.	Wehmeier	Aug. 27-Oct. 8 Oct. 22-Dec. 3	T T	12:15-1:15 12:15-1:15	\$30 \$30
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! This class has a drop-in option.	Jasperse	Sept. 4-Oct. 16 Oct. 23-Dec. 4	W W	9:15-10:15 9:15-10:15	\$30 \$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 burn fat, improve physical and mental fitness, and above all...be fun! This class has a drop-in option.	Swantek	Aug. 28-Oct. 9 Oct. 23-Dec. 4	W W	9:15-10:15 9:15-10:15	\$30 \$30

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

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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. This class has a drop-in option.	Crawford	Aug. 29-Oct. 10 Oct. 24-Dec. 12	Th Th	9-10 9-10	\$30 \$30
Chair Yoga ⇒	The benefits of a yoga flow class while seated in a chair or standing beside a chair for support. Your range of motion, physical strength, stamina, and mental acuity will improve with a focus on adapted yoga postures and proper breathing. We will end class with a short relaxation. Open to all of varying abilities. This class has a drop-in option.	Jasperse	Sept. 3-Oct. 18 Oct. 22-Dec. 6	TF TF	8:15-9:15 8:15-9:15	\$55 \$55
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. 17 Oct. 15 Nov. 19 Dec. 18	T T T W	1:30-2:30 1:30-2:30 1:30-2:30 1:30-2:30	Free Free Free Free
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.	Foote	Sept. 3- Oct. 24 Oct. 29-Dec. 19	TTh TTh	10:15-11:15 10:15-11:15	\$60 \$60



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 PARTICPATE.



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	Aug. 26-Oct. 14 Oct. 21-Dec. 6	MWF MWF	9:15-10 9:15-10	\$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. This class has a drop-in option.	Bradshaw	Aug. 26-Oct. 14 Oct. 21-Dec. 6	MWF MWF	10:15-11 10:15-11	\$70 \$70
SilverSneakers 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 to the skill of individual participants. This class has a drop-in option.	Bradshaw	Aug. 26-Oct. 14 Oct. 21-Dec. 4	MW MW	11:15-12 11:15-12	\$50 \$50
Silver Sneakers Yoga ⇒ NEW	Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. This class has a drop-in option.	Jasperse	Sept. 9-Oct. 21 Oct. 28-Dec. 9	M M	10-10:45 10-10:45	\$30 \$30
SilverSneakers Stability ⇒	Stability is the newest class designed to help you become stronger and improve balance. The movements taught 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. It can be adapted to the skill of individual participants. A chair may be used for balance and support. This class has a drop-in option.	Wehmeier	Aug. 27-Oct. 8 Oct. 22-Dec. 3	T T	1:30-2:30 1:30-2:30	\$30 \$30

DANCE CLASSES

Line Dance - Beginner II ⇒	Continue to refine the dances learned in Line Dance 1 and expand into a few new dances. This class has a drop-in option.	Weis	Aug. 27-Oct. 8 Oct. 22-Dec. 3	T T	9-10:30 9-10:30	\$35 \$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	Aug. 30-Oct. 11 Oct. 25-Dec. 13	F F	9-10:30 9-10:30	\$35 \$35
Jitterbug	The jitterbug is a kind of dance associated with various types of swing dances such as the Lindy Hop, Jive, and East Coast Swing.	Hoffner	Sept. 4-Oct. 9 Oct. 23-Nov. 27	W W	1-1:45 1-1:45	\$30 \$30
Foxtrot	Foxtrot is a lovely, social, easy-to-learn dance. Performed to smooth, slow melodies, this is a popular dance to get started with ballroom dancing.	Hoffner	Sept. 4-Oct. 9 Oct. 23-Nov. 27	W W	1:45-2:30 1:45-2:30	\$30 \$30

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