

Southeast Armed Services YMCA

Registration begins Monday, August 7th at 8 a.m.

- **By Phone:** (719) 955-3400 or (719) 209-1717
- **On-line:** csseniorcenter.com
- **In person:**
Westside Community Center (1616 W Bijou St): Mon-Fri, 9-4
Downtown YMCA (207 N Nevada Ave): Mon-Fri, 8-5
(Please note: No in-person registration at YMCA at First & Main or Southeast YMCA)

All classes require registration and are subject to cancellation or change.

Class Name	Description	Instructor	Date	Day	Time	Cost
Line Dance 2	Continue to refine the dances learned in Line Dance I and expand into a few new dances. NO CLASS November 21st.	Weis	Sept 5 - Oct 17	T	9-10:30	\$35
			Oct 31 - Dec 19	T	9-10:30	\$35
Therapeutic Drumming	Drum away the stress while improving coordination, range of motion, rhythm, strength, and mental clarity. All levels choreographed drumming done on stability balls. Come have FUN moving to the music!	Mariska	Sept 5 - Oct 17	T	1:30-2:30	\$35
			Oct 31 - Dec 12	T	1:30-2:30	\$35
Mat Pilates	Strengthen deep muscles of abdomen, hips and spine. Improve flexibility, balance, and mobility while working to build bone density. This is a mat based pilates class. This class has a Drop-In option.	Mariska	Sept 5 - Oct 17	T	2:45-3:45	\$35
			Oct 31 - Dec 12	T	2:45-3:45	\$35
Line Dance 1	For the true beginner or for those with limited abilities, this class will teach the beginning steps and patterns of line dancing. NO CLASS November 24th	Weis	Sep 8 - Oct 20	F	9-10:30	\$35
			Nov 3 - Dec 22	F	9-10:30	\$35

SILVERSNEAKERS CLASSES

SilverSneakers Classes are free for SilverSneakers and Renew Active members, but registration and scanning in is still required. Non-SilverSneakers members must pay for the class at registration. Drop-in option available as space allows. \$10 for Non-SilverSneakers or Non-Renew Active members.

Class Name	Description	Instructor	Date	Day	Time	Cost
SS 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.	Mariska	Sep 6 - Oct 20	W/F	1-1:45	\$50
			Nov 1 - Dec 15	W/F	1-1:45	\$50
SS 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.	Mariska	Sep 6 - Oct 20	W/F	2-2:45	\$50
			Nov 1 - Dec 15	W/F	2-2:45	\$50

Southeast Armed Services YMCA Specials and Lifelong Learning Classes

Class Name	Description	Instructor	Date	Day	Time	Cost
Medicare for Spanish Speaking People	Navegar por Medicare no debería ser un viaje épico si conoces los conceptos básicos. Ven y únete a nuestra clase. Navigating Medicare should not be an epic journey if you know the basics. Join our class in Spanish.	Lopez	Sep 25	M	1-1:30	FREE
Mediterranean Diet Workshop	Colorado State University Extension has created a workshop focusing on the Mediterranean diet. This workshop will answer questions about key characteristics of the Mediterranean lifestyle and how foods in the diet contribute to health. Plus, you will learn how to make fresh home-made hummus and try a delicious sample. After attending this workshop, you will have strategies to incorporate these foods and habits into your life.	Lucero	Oct 18	W	10-11:30	\$5
Arts and Crafts Fair	It's that time of year again to do some serious shopping for every special occasion. The best and most unique Christmas gifts under the Christmas tree will be found here. Accessories, home accents, pottery, paintings, handcrafts, and fiber arts are available for reasonable prices. No entrance fee.	Staff	Nov 4	Sa	9-2	FREE
Veterans Salute	Please join us to honor all veterans! There will be special music, a flag folding ceremony, words of appreciation, and refreshments. Please register at the front desk.	Staff	Nov 9	Th	1:30 - 2:30	FREE
Christmas Dinner	Join us in celebrating and wrapping up another blessed year! Goodbye 2023, we laughed, we cried, we bickered, and made up. We are so thankful for each and every one of you that walks through our doors and for the relationships we have made this year. This night will give you all lots of warm fuzzies as we share a meal and reminisce. Please register in advance to ensure we tell our sponsor an accurate head count.	Staff	Dec 20	W	5:30-7	\$10