

DOWNTOWN YMCA

207 N. Nevada Ave

Registration begins Monday, August 5th 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, 8-4
Downtown YMCA (207 N Nevada Ave): Mon-Fri, 8-4

Please note: No in-person registration at the Southeast YMCA

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

\$10 Drop-In option available as space allows.

FITNESS

Class Name	Description	Instructor	Date	Day	Time	Cost
Posture, Balance, and Core	Train your body to stand taller and walk with more confidence and stability! Chair-based and standing work is incorporated and can be adapted to various fitness levels.	Suzanne	Sep 9-Oct 24	M/Th	2:45-3:30	\$55
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.	Jan/Russ	Sep 10-Oct 25	T	8:30-9:30 9:30-10:30	\$45
Juggling	Juggling has been scientifically proven to improve cognition and increase hand-eye coordination! Come learn juggling techniques and have some fun!	Anthony	Sep 10-Oct 25	T	2:15-3:15	FREE
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 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.	Brian	Oct 7 - Oct 31	M/Th	3:45-4:45	\$45
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! We play the FOURTH Tuesday of every month!	STAFF	Sep 24 Oct 29	T T	1:30-2:30 1:30-2:30	FREE FREE
Pound	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!	Wilma	Sep 11-Oct 23	W	1:30-2:30	\$35

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DANCE

Class Name	Description	Instructor	Date	Day	Time	Cost
Salsa	Salsa, like the spicy condiment, is a spicy style of dance. It is characterized with the basics of slow, quick, quick and includes break steps, spins, showy performance moves and drops, and solo moves called "Shines." The salsa music inspires the moves to be sassy and full of spice!	Delene	Sep 11-Oct 23	W	1:30-2:15	\$40
Jitterbug/ Eastcoast Swing	Jitterbug is an upbeat swing style dance. It is a general term that includes elements of lindy hop, jive, east coast, and other swing dances. Partner not needed. Come swing with us!	Delene	Sep 11-Oct 23	W	2:15-3:00	\$40

SPECIALS

Class Name	Description	Date	Day	Time	Cost
Tunes on Tuesday:Blue Moon Lawrence	Put on your dancing shoes as Lawrence Yoshito Shiroma plays the golden oldies on guitar and trombone	Sep 17	T	2:00-3:00	FREE
Mountain Harmony	Formed in 2023, Mountain Harmony Music consists of a unique instrumentation variety including dulcimers, stringed instruments, a flute, and more!	Sep 23	M	2:00-3:00	FREE
Senior Style Trick or Treating	Trick or Treating is not just for kids! Bring your Halloween bag to get treats and learn about organizations that serve seniors in our community. We encourage you to come dressed up!	Oct 31	Th	1:30-3:30	FREE