

DOWNTOWN YMCA
207 N. Nevada

Registration begins Monday, December 11th 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, 8-4
(Please note: No in-person registration at the Southeast YMCA)

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

FITNESS

Class Name	Description	Instructor	Date	Day	Time	Cost
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.	Crawford	Jan 9 - Feb 20	T	8:30-9:30	\$35
			Jan 9 - Feb 20	T	8:30-9:30	\$35
				T	9:30-10:30	\$35
				T	9:30-10:30	\$35
Juggling	Juggling has been scientifically proven to improve cognition and increase hand-eye coordination! Come learn juggling techniques and have some fun!	Anthony	Jan 9 - Feb 20	T	2:15-3	FREE
			Mar 12 - Apr 23	T	2:15-3	FREE
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. This class has a drop-in option as space allows; please see Senior Center staff.	Mariska	Jan 8 - Feb 22	M/Th	2:45-3:30	\$50
			Mar 11 - Apr 25	M/Th	2:45-3:30	\$50
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.	Mariska	Jan 8 - Feb 22	M/Th	3:45-4:45	\$55
			Mar 11 - Apr 25	M/Th	3:45-4:45	\$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! We play the FOURTH Tuesday of every month!	STAFF	Jan 23	T	1:30-2:30	FREE
			Feb 27	T	1:30-2:30	FREE
			Mar 26	T	1:30-2:30	FREE
			Apr 23	T	1:30-2:30	FREE

DOWNTOWN YMCA DANCE

Class Name	Description	Instructor	Date	Day	Time	Cost
Night Club Two Step	Nightclub Two-Step is a smooth, lovely country and ballroom dance, used socially and competitively. No need to have a partner, just bring yourself and dance with us!	Hoffner	Jan 10 – Feb 21	W	1:30-2:15	\$35
West Coast Swing Continued	This class is designed for those already familiar with the basics of West Coast Swing. 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!	Hoffner	Jan 10 – Feb 21	W	2:15-3	\$35
Senior Dance Team	A continued offering for those who may have been on or would like to be part of our performing team. Get moving and grooving while having fun, making dance friends, learning choreography and keeping in shape! Dance moves for all levels of dance abilities. Come dance with us!	Hoffner	Jan 10 – Feb 21 Mar 13 – Apr 24	W W	3-3:45 3-3:45	FREE
Rhumba	All levels are welcome! The rhumba is danced with a basic pattern of two quick side steps and a slow forward step. No need to have a partner, just bring yourself!	Hoffner	Mar 13 – Apr 24	W	1:30-2:15	\$35
Jitterbug/ East Coast Swing	Jitterbug is a generalized term used to describe swing dancing. It is often synonymous with the Lindy Hop dance but might include elements of the Jive, East Coast Swing, Collegiate Shag, Charleston, Balboa, and other swing dances. You do not need a partner, just yourself!	Hoffner	Mar 13 – Apr 24	W	2:15-3	\$35

HEALTH

All classes require registration and are subject to cancellation or change. Partial funding for these classes is provided by the Pikes Peak Area Council of Governments Area Agency on Aging. **Most Health & Lifelong Learning classes are free**, but we appreciate your \$1 donation for attending these classes offered under the guidelines of the Older Americans Act/Older Coloradans Act. Ages 55+

Class Name	Description	Instructor	Date	Day	Time	Cost
Thrive at 65	Learn how to make your Medicare Plan work for you and thrive at 65!	Hennessy	Jan 18	Th	2-3	FREE
Medicare 101	Brush up on your Medicare Skills and learn everything you need to be ready in this Educational Class!	Hennessy	Feb 15	Th	2-3	FREE
Medicare and Veterans	Learn how Medicare works with VA Healthcare, Tricare, and CHAMPVA, in this educational class!	Hennessy	Mar 21	Th	2-3	FREE
Dining With Diabetes	Dining with Diabetes is a Colorado State University Research and Extension health and wellness program that consist of a series of four in-person classes that includes general diabetes information, eating plans for diabetes, and how to prepare healthy foods. The program's focus is to help individuals learn strategies to lessen the health risks of diabetes.The program is a series of four 2-hour classes that are held once a week. Classes consist of presentations on healthful food choices, tasty and healthy familiar foods, diabetic eating plans and cooking techniques using artificial sweeteners, reduced-fat foods, herbs, and spices.	Lucero	Apr 2 – 23	T	9-11	FREE
Low Income and Medicare	Low income and struggling with Medicare? Learn how to navigate the Medicare waters and resources available to you.	Hennessy	Apr 18	Th	2-3	FREE