

EXERCISE CLASSES

August 28–December 2017

Class registration closes 24 hours before the class begins.

NOW OFFERING



at the Colorado Springs Senior Center



Drop-In Class Option

Are you wanting to take an exercise class but can't commit to the full semester? We now offer a Drop-In option for some of our classes. Pay \$10 at the front desk for any class that is marked with the drop-in option. No preregistration is necessary. Payment is made on the same day you attend class. Please remember - Drop-In option is limited due to space. Registered class participants have first priority. If a class is full with registered partici-

Class Name	Description	Instructor	Date	Day	Time	Cost
Pilates ☞	Strengthen deep muscles in the abdomen, hips and spine. Improve flexibility, balance, and mobility while working to build bone density. Please note this is a intermediate level class.	French	Aug. 28-Oct. 16 Oct. 23-Dec. 11	M/Th M/TH	3-4	\$60
Tai Chi Fundamentals	Tai Chi is low-impact exercise; flowing movements that build strength and enhance balance, flexibility and coordination. The class starts with a gentle warm-up, then transitions into a series of fun, easy to learn Tai Chi foundation movements with practice of linking yang-style Tai Chi forms. Class will be learning the Yang Style 24 short form.	Shotwell	Aug. 28-Oct. 16 Oct. 23-Dec. 6	M/W M/W	1-2	\$55
Vinyasa Yoga ☞	Flow with your breath from posture to posture beginning with centering and warm-up, a standing flowing sequence to tone and strengthen, followed by seated postures, and ending with deep relaxation. Build more awareness, strength, and flexibility. No experience necessary, gentle enough for beginners with variations for those who are more advanced. This class has a Drop-In option.	Jasperse	Aug. 28-Oct. 16 Oct. 23-Dec. 11	M/Th M/Th	8:15-9:30	\$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	Aug. 28-Oct. 16 Oct. 23-Dec. 11	M/Th M/Th	3:30-4:45	\$60
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. Verbal guided lessons involve movement while lying on the floor, sitting or standing. This class has a Drop-In option.	Sager	Aug. 28-Oct. 16 Oct. 23-Dec. 6	M/W M/W	1-2	\$60
All In One ☞	Have fun while getting fit. Maracas will be used in chair dancing to improve cardiovascular endurance. Resistance bands will be used for muscle strengthening and large balls for coordination. Balance exercises will be done standing with the assistance of a chair. The cool down will include stretching and breathing exercises. This class has a Drop-In option.	Blunt	Aug. 29-Oct. 12 Oct. 24-Dec. 12	T/Th T/Th	10:15-11	\$50
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 arts, 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	Aug. 29-Oct. 12 Oct. 24-Dec. 12	T/Th T/Th	10:30-11:30	\$60
Sit & Fit	The majority of the class is conducted sitting in a chair and/or holding onto a chair. The class combats osteoporosis, improves balance, flexibility, and endurance. Resistance bands are used to strengthen and tone muscles. All of this in a fun and friendly environment.	Ortiz	Aug. 29-Oct. 12 Oct. 24-Dec. 12	T/Th T/Th	11:15-12	\$50
Zumba ® ☞	Zumba® class 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. You will gain a serious dose of awesome each time you leave class. This class has a Drop In Option	Lord	Aug. 29-Oct. 12 Oct. 24-Dec. 12	T/Th T/Th	1-2	\$55
Chair Yoga ☞	This class offers the benefits of a Vinyasa flow class while staying seated in a chair or 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. Open to all students of varying physical abilities. This class has a Drop-In option.	Jasperse	Aug. 29-Oct. 13 Oct. 24-Dec. 8	T/F T/F	8:15-9:15	\$55
Joy of Yoga ☞	In this basic beginner class we will learn all about the basic yoga poses and how to practice correctly and safely. We will explore proper breathing, relaxation, and the basic structure yoga. Come experience the joy! This class has a Drop-In option.	Jasperse	Aug. 30-Oct. 11 Oct. 25-Dec. 6	W W	9:15-10:15	\$30

☞ Workouts require ability to get up and down from the floor.

☞ Drop-In option. Check space availability.

Class Name	Description	Instructor	Date	Day	Time	Cost
Drums Alive ®	This unique drumming class is different from every other workout you have tried. 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!	Swantek	Aug. 30-Oct. 11	W	9:15-10:15	\$30
			Oct. 25-Dec. 6	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. 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 has a Drop-In option.	Crawford	Aug. 31-Oct. 12	Th	9-10	\$30
			Oct. 26-Dec. 14	Th	9-10	\$30
Moving For Better Balance	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 in doing everyday activities without the fear of falling. Consists of a one hour movement class twice a week for 12 consecutive weeks. Fees are paid for by a grant from Area Agency on Aging for participants 60+. Class can only have 25 people.	Page	Sept. 6-Dec. 6	M/W	10:30-11:30	FREE
Fly Swatter Volleyball	Are you ready for some FUN?! Sit in a chair and only use a fly swatter to volley a balloon over a net! Rules will be parallel to volleyball. Compete with one another in a fun and friendly atmosphere! First team to reach 15 points WINS!	Farrell	Sept. 12	T	1:30-2:30	FREE
			Oct. 17	T	1:30-2:30	FREE
			Nov. 21	T	1:30-2:30	FREE
			Dec. 19	T	1:30-2:30	FREE
Breathe & Be ⇒	We will learn about various meditation, pranayama (breath centering) and Sanskrit chanting techniques. We will explore sitting practice and meditation to calm and center the mind and emotions. We will also engage the breath for focusing, relieving stress and fatigue, and toning the respiratory system. No experience necessary- come enliven yourself! This has a Drop-In option.	Jasperse	Oct. 26-Dec. 14	Th	2:15-3:15	\$30



SILVERSNEAKERS CLASSES



SilverSneakers members do not need to register or pay for these classes. Non-SilverSneakers members are able to participate by either paying 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.**

Open Gym For SilverSneakers & Patrons ⇒	All components of fitness are addressed. Aerobic exercise for the cardiovascular system, strength training using light weights, resistance tubes, and optional mat work, followed by stretching for flexibility.	Bradshaw	Aug. 28-Oct. 16	M/W/F	9:15-10	\$70
			Oct. 23-Dec. 8	M/W/F	9:15-10	\$70
SilverSneakers Circuit ® ⇒	The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-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 depending on the skill of individual participants.	Bradshaw	Aug. 28-Oct. 16	M/W/F	10:15-11	\$70
			Oct. 23-Dec. 8	M/W/F	10:15-11	\$70
SilverSneakers Cardio Fit ® ⇒	Try a heart healthy aerobics class to energize your active lifestyle. We use low impact movements that focus specifically on building upper body and core strength plus cardio endurance. This is a higher intensity class than SilverSneakers Circuit.	Farrell	Sept. 1-Oct. 13	F	1-2	\$30
			Oct. 27-Dec. 15	F	1-2	\$30

DANCE CLASSES

Line Dance 2 Exp. Beginner ⇒	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. 29-Oct. 10	T	9-10:30	\$35
			Oct. 24-Dec. 5	T	9-10:30	\$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 on Nov. 24	Weis	Sept. 1-Oct. 13	F	9-10:30	\$35
			Oct. 27-Dec. 15	F	9-10:30	\$35
Cha Cha I ⇒	Learn the Cha Cha basics and new easier patterns. Perfect for the new dancer as well as the experienced dancer. This class has a Drop-In Option.	Bryan	Sept. 13-Oct. 4	W	1:45-2:30	\$25
Night Club 2 Step I ⇒	Learn the Night Club 2step basics and new beginner patterns. Perfect for the new dancer as well as those who want to improve their styles. This class has a Drop-In Option.	Bryan	Sept. 13- Oct. 4	W	1-1:45	\$25
Night Club 2 Step II	This class is a continuation of the previous 4 weeks beginning Night Club 2 step class with new patterns and new combinations of patterns.	Bryan	Oct. 11-Nov. 1	W	1-1:45	\$25
Cha Cha II	This class builds on the beginners skills with new patterns and combinations of patterns. Both new and experienced dancers will enjoy expanding their dance repertoire with this fun class.	Bryan	Oct. 11-Nov. 1	W	1:45-2:30	\$25

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