

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

- **By Phone:** (719) 955-3400 or (719) 209-1717
- **On-line:** csseniorcenter.com
- **In person:**
Westside Cottages (1616 W Bijou St): Mon–Fri, 8:00–4:00 p.m.
Downtown YMCA (207 N Nevada Ave): Mon–Fri, 8:00–4:00 p.m.

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	May 5 – Jun 19	M/Th	2:45–3:30	\$60
			Jul 7 – Aug 21	M/Th	2:45–3:30	\$60
Gentle Yoga	We will explore the benefits of yoga practice within a positive, supportive environment. 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. This class will be done with mats on the floor, if you are unable to get up and down off the floor, this class is not a good fit for you.	Brian	May 5 – Jun 19	M/Th	3:45–4:45	\$60
			Jul 7 – Aug 21	M/Th	3:45–4:45	\$60
Taiji Fit @ Nancy Lewis Park	We’re back at the Park for the Summer! 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.	Jan/Russ	May 6 – Jun 17	T	8:30–9:30	\$45
			May 6 – Jun 17	T	9:30–10:30	\$45
			Jul 8 – Aug 19	T	8:30–9:30	\$45
			Jul 8 – Aug 19	T	9:30–10:30	\$45
Pound Gold®	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	May 7 – Jun 18	W	1:30–2:30	\$40
			Jul 9 – Aug 20	W	1:30–2:30	\$40
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	May 27	T	1:30–2:30	FREE
			Jun 24	T	1:30–2:30	FREE
			Jul 29	T	1:30–2:30	FREE
			Aug 26	T	1:30–2:30	FREE

HEALTH

Class Name	Description	Instructor	Date	Day	Time	Cost
Joint Pain Seminar	Is joint pain keeping you from activities you love? Then take the first step towards recovery. Attend this free educational event with Dr. Forrester, MD. Dr. Forrester will discuss causes and treatments of joint pain as well as new advances in technology.	Caleigh	May 15	Th	1:30- 2:30	\$2
Rockstar Lung and Respiratory Health	Our Respiratory system is hard at work every day, supplying the body with the oxygen it needs to function and carry out living processes. Learn how diet, lifestyle, and supplements can help support healthy lungs!	Kat	May 16	F	1:30- 2:30	\$2
General Strength Training Principles	One of our clinical exercise physiologists will guide you through an optional demonstration of how to use resistance bands for easy and affordable resistance training.	Kelsey	Jun 5	Th	1:30- 2:30	FREE
Where to Start to Love your Heart	Taking care of your heart doesn’t have to be complicated. We will uncover some common heart care myths and begin your journey towards heart health with 3 simple dietary strategies and 3 supplements that will pump up your heart health	Kat	Jul18	F	1:30- 2:30	\$2
Label Reading and General Nutrition Tips	Reading nutritional labels can be intimidating! Sit in on a quick overview of what to focus on and what to avoid to help optimize your health. Choosing healthy products in the grocery store does not have to be scary.	Kelsey	Aug 12	T	1:30- 2:30	\$2
Joint Pain Health	Discuss joint pain health along with surgical and non-surgical treatment options	Caleigh	Aug 14	Th	1:30- 2:30	\$2

DOWNTOWN YMCA

207 N. Nevada Ave.

DANCE

Class Name	Description	Instructor	Date	Day	Time	Cost
Dance Lessons: Rumba	Come join in the razzle of Rumba, (partner not needed.) This romantic, sensual ballroom dance comes from Cuba and brings wonderful rhythms in a slow Latin beat. Learn basic moves (Slow, Quick, Quick), technique, and combinations to use in your social dancing.	DeLene	May 7 - Jun 18	W	1:00-1:45	\$45
Night Club Two Step	Night Club is a dance with a waltz feel but in 4/4 timing and staying in a small area on the dance floor. The basic of slow, quick, quick is characterized by a relaxed feel, smooth side-to-side gliding steps, and full motions to various styling. (Partner not needed.)	DeLene	May 7 - Jun 18	W	1:45-2:30	\$45
Dance Team	A continued offering for those who may have been on the team or want to join. We learn new dances all the time and even have chances to perform (optional). From Charleston to waltz, we have fun getting to move and groove while learning fun choreography and building our fitness.	DeLene/ Adele	May 7 - Jun 18 Jul 9 - Aug 20	W W	2:30-3:30 2:30-3:30	FREE FREE
Country Swing (Like the Kids Do!)	Country swing will get you moving and grooving with basic footwork and fancy turns and wraps. This high energy social dance is all the rage at the country bar scenes. You will see moves from country two step combined with jitterbug to create a whole new style. Come give it a try! Let’s get swinging!	DeLene	Jul 9 - Aug 20	W	1:00-1:45	\$45
West Coast Swing Continued	We just got started learning West Coast Swing. Let’s continue advancing our dance skills with the next level of moves from West Coast Swing.	DeLene	Jul 9 - Aug 20	W	1:45-2:30	\$45

SPECIALS

Class Name	Description	Date	Day	Time	Cost
Tunes on Tuesday-Lost Joe	Lost Joe, an acoustic Folk and Country singer, will be performing at the Senior Center, bringing a blend of heartfelt melodies and timeless tunes to the audience. His soulful voice and genuine storytelling are sure to create a warm, nostalgic atmosphere, offering a delightful experience for all who attend.	Staff	May 13	T	2:00-3:00 \$2
Tunes on Tuesday-Tony Zain	Tony Zain, a retired senior is an international award-winning vocalist hailing from Amsterdam and more recently from Nashville. He has performed at over two hundred fifty senior/assisted living facilities. His entertainment service is appropriately known as “the Golden Age of Music, consisting of old familiar tunes ranging from Sinatra, Nat King Cole, Tony Bennett as well as those 50’s & early 60’s classics; songs we grew up with.	Staff	Jun 17	T	2:00-3:00 \$2
Mountain Harmony: Patriotic Tribute	Mountain Harmony, the dulcimer band that brings a lively twist to traditional Irish tunes! With their enchanting melodies and joyful spirit, this talented group will have you tapping your feet and singing along in no time..	Staff	Jun 30	M	2:00 - 3:00 \$2
The Oasis Band: Independence Day Tribute	Celebrate the 4th of July with the crowd favorite Oasis Band when it brings everyone’s sing-a-long favorite patriotic tunes to the Downtown Y! You’ll know the words to lots of familiar songs. A fun time for all!	Staff	Jul 3	Th	2:00-3:00 \$2
Tunes on Tuesday: Rick Blessing	Over the years, Rick Blessing has performed with a number of Jazz groups across the United States, Europe, and the South Pacific. His love of Frank Sinatra really shows in all of his performances. Come and enjoy the music of Rick Blessing!	Staff	Jul 15	T	2:00-3:30 \$2