

WESTSIDE COTTAGES

1616 W. Bijou St.

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.



SILVERSNEAKERS CLASSES



SilverSneakers Classes are free for SilverSneakers, Renew Active and One Pass members, but registration and scanning in are still required. Non-SilverSneakers members must pay for the class at registration. If you are NOT registered for the class, a Drop-in option is available as space allows for \$10. WE WILL DO MAKE-UP CLASSES FOR THE HOLIDAY DURING BREAK WEEK.

FITNESS

Class Name	Description	Instructor	Date	Day	Time	Cost
SilverSneakers Stability	To help you become stronger and improve balance, this class teaches specific exercise 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.	Suzanne	May 5 - Jun 19	M/Th	9:00 - 9:45	\$60
			Jul 7 - Aug 21	M/Th	9:00 - 9:45	\$60
SilverSneakers 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.	Suzanne	May 5 - Jun 19	M/Th	10:00 - 10:45	\$60
			Jul 7 - Aug 21	M/Th	10:00 - 10:45	\$60
SilverSneakers Circuit	This workout offers standing, low-impact choreography combined with standing full 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.	Layla	May 6 - Jun 19	T/Th	10:00 - 10:45	\$60
			Jul 8 - Aug 21	T/Th	10:00 - 10:45	\$60
SilverSneakers Classic	Move to the music through exercises designed to increase muscle strength and range of movement for activities of daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance training. A chair is used for support. This class is suitable for beginning to intermediate skill levels.	Layla	May 6 - Jun 19	T/Th	10:55 - 11:40	\$60
			Jul 8 - Aug 21	T/Th	10:55 - 11:40	\$60
Zumba Gold®	Zumba Gold® is for active older adults who are looking for a modified class that recreates the original moves at a lower-intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination.	Wilma	May 5 - Jun 16	M	10:30 - 11:15	\$40
			Jul 7 - Aug 18	M	10:30 - 11:15	\$40
Breathwork, Meditation, and Chair Yoga	Explore a well-rounded yoga practice with Brian! We will start with some gentle breathing exercises, followed by some yoga poses to create space and comfort within the body. The last part will be devoted to short meditation experiences designed to encourage the beginner and sustain the seasoned practitioner.	Brian	May 6 - Jun 17	T	10:30 - 11:30	\$45
			Jul 8 - Aug 19	T	10:30 - 11:30	\$45
Yoga Flow	Flow with your breath from posture to posture beginning with centering and warm-up, a standing sequence to tone and strengthen, followed by seated postures and ending with deep relaxation. Build more awareness, strength, and flexibility. No experience is necessary, gentle enough for beginners with variations for those who are more advanced. Please note this is a mat-based class and requires the ability to get up and down off your mat without assistance.	Brian	May 6 - Jun 20	T/F	9:00 - 10:15	\$60
			Jul 8 - Aug 22	T/F	9:00 - 10:15	\$60
Zumba Gold®	Zumba Gold® is for active older adults who are looking for a modified class that recreates the original moves at a lower-intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination.	Wilma	May 7 - Jun 18	W	11:15 - 12:00	\$40
			Jul 9 - Aug 20	W	11:15 - 12:00	\$40
Mat Pilates	Strengthen deep muscles of the abdomen, hips and spine. Improve flexibility, balance, and mobility while working to build bone density. This is a mat-based pilates class.	Suzanne	May 8 - Jun 19	Th	11:00 - 11:45	\$45
			Jul 10 - Aug 21	Th	11:00 - 11:45	\$45

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LIFELONG LEARNING

Class Name	Description	Instructor	Date	Day	Time	Cost
Beginner Ukulele	Looking for a new and enjoyable hobby that could boost your brainpower? The ukulele is a simple and fun instrument to learn! This introductory course will guide you through tuning the ukulele, playing basic chords, and singing familiar songs with fellow seniors. You don't need to bring your own ukulele; one will be provided at the Senior Center during class	Lynn	May 9 – Jun 20	F	12:00 – 1:00	\$40
			Jul 11 – Aug 22	F	12:00 – 1:00	\$40
Intermediate Ukulele	Do you know the main chords and can strum a few songs? Are you ready to dive deeper into tablature and melody playing? Join us for a great time singing and playing alongside your friends!	Lynn	May 9 – Jun 20	F	1:10 – 2:10	\$40
			Jul 11 – Aug 22	F	1:10 – 2:10	\$40
Advanced Ukulele	Join us for the Advanced Ukulele class, where passionate players come together to enhance their skills! This class delves into more complex techniques, including advanced strumming patterns, fingerpicking, and improvisation. You'll have the chance to explore a variety of musical styles and collaborate with fellow ukulele enthusiasts on exciting group projects. Whether you're looking to refine your playing or learn new songs, this class promises to be both challenging and enjoyable!	Lynn	May 9 – Jun 20	F	2:20 – 3:20	\$40
			Jul 11 – Aug 22	F	2:20 – 3:20	\$40

SPECIALS

Class Name	Description	Instructor	Date	Day	Time	Cost
Summer Speed Dating!	Join us for a fun and friendly Seniors Speed Dating Event at the Senior Center! Whether you're looking for companionship, friendship, or you just have fun meeting new people, this event is the perfect opportunity to connect with others in a relaxed and welcoming environment.	Staff	May 19	M	4:30 – 6:00	\$10
55+ Yoga Retreat	The Senior Center Yoga Retreat at the park promises a day of relaxation and rejuvenation. Attendees will enjoy several yoga sessions amidst nature, followed by a delicious lunch prepared by our very own Lisa with: "Chefs for Seniors" to refuel. Throughout the day, there will be five different events designed to inspire mindfulness and wellness, from gentle stretching to guided meditation. It's an opportunity to connect with others, unwind, and embrace a calm, centered mindset in the beautiful surroundings of Fox Run Park! Retreat is in partnership with AARP.	Staff	Jun 17	T	8:30 – 2:30	\$50



The Westside Cottages Schedule has Decreased for the Summer Due to the YMCA Summer Camp Being Held Here Like it has in Previous Years. You will Find More LifeLong Learning, Health and Technology Classes at our Downtown Location During this Time. Thank you for your Patience and Understanding.

AND...

THANK YOU FOR SUPPORTING
THE COLORADO SPRINGS SENIOR
CENTER!