

Registration begins Monday, August 4th 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.
Starting September 2nd
Senior Center(1514 N. Hancock Ave.): Mon-Fri, 8:00–5:00 p.m.

ALL Classes That Fall On Nov 27th, Please Call For Make-Up Dates!

There will NOT be make-up classes for snow days that occur Nov-Dec!
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
Rise & Stride	Morning walks for seniors. Mornings are made for moving! Join us for morning walks along the path around the Senior Center! It’s the perfect time to get your steps in with your friends or make new ones!	Patrons	Sep 8 -Oct 24 Nov 3 - Dec19	M/W/F	8:30 - 9:00 8:30 - 9:00	FREE FREE
Silver Sneakers® 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. No class on Thursday, Nov 27th in observation of Thanksgiving..	Suzanne	Sep 8 - Oct 23 Nov 3 - Dec 18	M/Th M/Th	2:45-3:30 2:45-3:30	\$60 \$60
Silver Sneakers® Classic	Moveto the music through exercises designed to increase muscle strength, range of movement, and activities for 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.	Wendy	Sep 8 - Oct 20 Nov 3 - Dec 15	M M	9:00-9:50 9:00-9:50	\$35 \$35
Silver Sneakers® 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.	Wendy	Sep 8 - Oct 20 Nov 3 - Dec 15	M M	10:00-10:50 10:00-10:50	\$35 \$35
Silver Sneakers Yoga®	Move your whole body through a complete series of seated and standing yoga poses. Chair support if offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. No class on Thursday, Nov 27th in observation of Thanksgiving.	Suzanne	Sep 8 - Oct 23 Nov 3 - Dec 18	M/Th M/Th	10:00-10:45 10:00-10:45	\$60 \$60
Zumba Gold®	Zumba Gold® is perfect for active older adults who are looking for a modified class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba Gold® choreography that focuses on balance, range of motion and coordination. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!	Wilma	Sep 8 - Oct 20 Nov 3 - Dec 15	M M	10:30- 11:15 10:30- 11:15	\$40 \$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. No class on Thursday, Nov 27th in observation of Thanksgiving	Suzanne	Sep 8 - Oct 23 Nov 3 - Dec 18	M/Th M/Th	11:00 -11:45 11:00 -11:45	\$65 \$65
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 No class on Thursday, Nov 27th in observation of Thanksgiving.	Suzanne	Sep 8 - Oct 23 Nov 3 - Dec 18	M/Th M/Th	2:45-3:30 2:45-3:30	\$60 \$60
Taiji Fit	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	Sep 9 - Oct 21 Nov 4 - Dec 16	T T	8:30 - 9:30 8:30 - 9:30	\$50 \$50
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/Layla Brian	Sep 9 - Oct 24 Nov 4 - Dec 19	T/F T/F	9:00-10:15 9:00-10:15	\$60 \$60

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			Nov 4 - Dec 16	T	9:30 - 10:30	\$50
Strength & Mobility	This gentle, low-impact class is designed specifically for seniors to improve overall strength, enhance joint mobility, and increase flexibility. Guided by a qualified instructor, participants will use simple movements and light resistance exercises to support balance, posture, and daily functional movement. Ideal for all fitness levels, this class promotes independence, reduces stiffness, and helps prevent falls—all in a friendly, supportive environment.	Layla	Sep 9 - Oct 21	T	10:00-11:00	\$55
			Nov 4 - Dec 16	T	10:00-11:00	\$55
Cardio Drumming	Get your heart pumping and your energy flowing with Cardio Drumming – a fun, low-impact workout combining rhythm, movement, and music! Using exercise balls, drumsticks, and upbeat tunes, participants enjoy a full-body cardio session that improves coordination, boosts mood, and supports heart health. No experience needed – just bring your enthusiasm and a smile! Perfect for all fitness levels, this class makes fitness feel like fun.	Suzanne	Sep 9 - Oct 24	T/F	2:00-3:00	\$45
			Nov 4 - Dec 19	T/F	2:00-3:00	\$45
Strength & Mobility	This gentle, low-impact class is designed specifically for seniors to improve overall strength, enhance joint mobility, and increase flexibility. Guided by a qualified instructor, participants will use simple movements and light resistance exercises to support balance, posture, and daily functional movement. Ideal for all fitness levels, this class promotes independence, reduces stiffness, and helps prevent falls—all in a friendly, supportive environment.	Layla	Sep 9 - Oct 23	Th	10:30-11:30	\$55
			Nov 4 - Dec 18	Th	10:30-11:30	\$55
Juggling With Scott	Juggling has been scientifically proven to improve cognition and increase hand-eye coordination! Come learn juggling techniques and have some fun!	Scott	Sep 9 - Oct 21	T	2:00 - 3:00	\$2
			Nov 4 - Dec 16	T	2:00 - 3:00	\$2
SHiNE	This class brings you a 45 min full body cardio fitness workout. This session specializes in a low impact, easier choreography format to accommodate for a wide range of needs. This mood lifting, confident building class will bring a SHiNE to your day and a glow to your workout! Come enjoy a “dance” workout with sprinkles of ballet, hip hop, Rock, and pop music and moves!	DeLene	Sep 10 - Oct 22	W	9:30-10:30	\$50
			Nov 5 - Dec 17	W	9:30-10:30	\$50
Zumba Gold®	Zumba Gold® is perfect for active older adults who are looking for a modified class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba Gold® choreography that focuses on balance, range of motion and coordination. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!	Wilma	Sep 10 - Oct 22	W	11:15- 12:00	\$40
			Nov 5 - Dec 17	W	11:15- 12:00	\$40
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	Sep 10 - Oct 22	W	1:30-2:30	\$40
			Nov 5 - Dec 17	W	1:30-2:30	\$40
Yin Yoga	Yin Yoga is a gentle, slow-paced style of yoga that focuses on deep stretching and relaxation. Poses are held for several minutes to target joints, ligaments, and connective tissues, helping improve flexibility and circulation. Ideal for seniors, Yin Yoga promotes calmness, reduces stiffness, and supports joint health—all while encouraging mindfulness and stress relief. No class on Thursday, Nov 27th in observation of Thanksgiving	Brian	Nov 3 - Dec 18	M/Th	3:45-4:45	\$60
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	Nov 4 - Dec 16	T	10:30 - 11:30	\$45
Silver Sneakers 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.	Layla	Nov 5 - Dec 17	W	9:00 - 10:00	\$35
Deep Stretching & Mobility Yoga	Deep Stretching and Mobility Yoga for Seniors gently enhances flexibility, joint health, and range of motion through slow, supported movements to enhance mobility.	Layla	Nov 5 - Dec 17	W	10:00-11:00	\$55



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.