

FITNESS CENTER

Fitness Center

Research has proven that regular exercise is beneficial for your physical and mental well-being. With just a few hours of strength training each week, you can reduce back and joint pain, and minimize symptoms of arthritis and osteoporosis. The Fitness Center at Northshore Health & Wellness Center is a comfortable space focused on keeping exercise enjoyable.



The Fitness Center provides cardiovascular and strength-training equipment specifically geared toward seniors but also great for people of all ages!

The machines are simple to operate and we offer a safe, inviting atmosphere where individuals can achieve their fitness goals. A physical fitness trainer can work with participants to design an exercise program to address specific injuries or weaknesses, or to set and achieve progressive goals. Individuals drop in during open hours to run or walk on the treadmill, lift weights, or join in classes.

Our rates are low, and our trainers are eager to work with you to create a program tailored to your needs. In no time at all, we'll get you moving and increase your strength and flexibility. Exercise at your speed to meet your interests.

Hours: Mon- Friday 8:00am - 4:00pm
Cost: \$24 senior center members
\$48 nonmembers -
Punch cards for 12 visits

State-of-the-Art Equipment

Our fitness equipment was selected to provide a low-impact, total body cardio and strength routine for any exercise level. Most machines are simple to operate and designed to safely guide you in building strength and function.

Fitness machines include: treadmills, elliptical, recumbent bicycles, an arm-cycle, and complete workout machines. We also have a range of free weights and weight-lifting benches, and mats for stretches and floor exercises. A trainer is available to assist you with a machine or demonstrate new techniques.

Unlike most fitness centers where you have to pay for a session with a trainer, one is on staff at Northshore. Get signed up now!!

During your first visit, our trainer will work with you to evaluate your level of fitness and areas of focus. The trainer will define an appropriate exercise program, and monitor your progress at every session.

Health Questionnaires can be picked up at any of the reception desks at the senior center or here at the H&W center or in the fitness room. The questionnaire will be reviewed by our fitness trainer and after receipt of our Approval form from your physician or care provider an appointment with you will be set to review and begin your orientation.



Pickleball

Pickleball is a hodgepodge of tennis, badminton and Ping-Pong, played on a court with a three-foot net. Have fun and exercise at the same time.

\$4 nonmember/\$2 member

N Multipurpose Room
Mondays and Thursdays, 12:30pm - 4:20pm
(no class Jan 2, 16 and Feb 20)
Tuesdays, 9:30am - 2:20pm
Fridays, noon - 1:20pm and 2:30 - 4:20pm
Leader: Jean Mitterndorfer, 425-225-5133

Qigong "Chee-Kung" To Wake Up Your Energy

Qigong is an ancient Chinese exercise using Posture/Movement, Deep Breathing and Conscious Intent to move life energy through your body. Dr. Oz, "If you want to be healthy and live to 100, do Qigong." Sit or stand for this self-healing gentle exercise. Practice regularly for strength, relaxation, health and vitality. Easy yet powerful! You can do it!

Free to Members Only

N Room 205
Tuesdays, 1pm - 2:30pm
Need to come 1pm - 2pm
(*"Five Treasures" Basic Beginning Qigong*)
Advanced Exercise, 2pm - 2:30pm
(*"Five Animals", "Eight Brocade" or other*)
Certified Instructor: Patricia Wangen,
425-487-3458 - leave message

Senior Strength

Emphasis on developing muscular strength and endurance, flexibility, mobility, increasing lean body mass and injury prevention. Uses weights and resistance bands.

\$20 nonmember/\$10 member, per month

N Multipurpose Room,
Tuesdays and Thursdays, 8:30am - 9:15am
(class on Jan 26, Feb 23 and Mar 23 will be in dining room)
Facilitators: Anne Ovenell, 425-483-6784
and Margaret Carroll, 425-486-9290

Table Tennis (Ping Pong)

Three tables. Primarily doubles play. Fun games and sociability for all levels. "We live to play, and play to live."

\$4 nonmember/\$2 member

N Multipurpose Room
Sundays, 1pm - 4pm
(no class Jan 1)
Coordinator: Roger and Connie Hughes,
425-823-4491
Supporters: Hal Bomgardner, 425-890-7854

Tai Chi

Tai Chi is a slow and graceful Chinese art. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It has been considered to be a form of 'meditation in motion' which promotes serenity and inner peace. Students will learn 18 breathing exercises, 25 warm-ups and the Yang Family Tai Chi Form.

\$154 nonmember/\$77 member, 11 classes

\$182 nonmember/\$91 member, 13 classes

\$18 nonmember/\$9 member, per class

▪ *Tai Chi Introduction (Beginners)*



Students will prepare to learn the Yang Family Tai Chi Hand Form. They will learn deep breathing, balance and strengthening exercises.

Instructor: Nancy Lucero

N Multipurpose Room
Fridays, 1:30pm - 2:30pm
Session: Jan 6 - Mar 31, 13 weeks

M Senior Center
Wednesdays, 1:30pm - 2:30pm
Session: Jan 4 - Mar 15, 11 weeks

• *Tai Chi Hand Form (Intermediate)*

Students will learn Yang Family Tai Chi Hand Form.

Instructor: Mike Lucero

N Multipurpose Room
Fridays, 1:30pm - 2:30pm
Session: Jan 6 - Mar 31, 13 weeks

M Senior Center
Wednesdays, 1:30pm - 2:30pm
Session: Jan 4 - Mar 15, 11 weeks

Walking Group

Exercising with a walking group is a fun, social and easy way to be active. Walk at your own pace and enjoy a friendly activity. Rain or shine, please wear all-terrain shoes.

Free to Members Only

K Tracy Owen Station (Log Boom Park)
Tuesdays and Thursdays, 10am - 11am

N Sammamish Trail
Tuesdays and Thursdays, 9am - 10am
Leader: Carol Aki

M There are 2 groups and 2 locations
Tuesdays and Thursdays, 9:45am - 11am
(leave right at 10am)
Call center at 425-948-7170 to register

Water Aerobics

It's time to make a big splash - for your health. Water aerobics can reduce the incidence of chronic illness with just two and a half hours a week, says the US Department of Health and Human Services. Water aerobics is easy on the joints and can even increase muscle strength and endurance due to the water's built-in resistance. Therefore, we can exercise longer in water than on land without the extra effort or the joint and muscle pain that often accompanies a regular exercise routine because of its low impact. You can come any time for 5 classes during the quarter using a punch card.

**\$40 nonmember/\$20 member,
for 5 class punch card**

M West Coast Family Aquatic Center
Mondays, Wednesdays and Fridays
7:30am - 8:30am

Wii Bowling And Wii Golf

Must be fitness center enrolled. All invited. Spring and Fall tournament play 2 people teams/8 teams for those already active in practice. All other times Wii subject to Fitness Membership costs.

Free to Members Only

H&W Fitness Center
Tuesday and Thursday, 10am-noon and
12:30pm - 2pm

Do not need to be fitness center enrolled.

K Senior Center
Please call to check availability at
425-489-0707

Yoga

Beginner friendly classes focus on breath awareness, fluid movements and gentle, yet challenging postures. With regular practice, you'll experience a greater sense of well being as you gain strength, flexibility, and balance, as well as a deeper mind-body awareness. Bring a yoga mat and firm blanket to class. All levels are welcome.

\$64 nonmember/\$32 member, 4 weeks

\$80 nonmember/\$40 member, 5 weeks

\$20 nonmember/\$10 member, drop in

N Room 203
Thursdays 8:30am - 9:30am
Instructor: Shana Robbins



K Episcopal Church of the Redeemer
Mondays, noon - 1:15pm
(no class Jan 2, 16 and Feb 20)
Instructor: Shana Robbins

K Episcopal Church of the Redeemer
Wednesdays, noon - 1:15pm
Instructor: Shana Robbins

\$80 nonmember/\$40 member, 4 weeks
\$100 nonmember/\$50 member, 5 weeks
\$24 nonmember/\$12 member, drop in

M Senior Center
Fridays, 1pm - 2pm
Instructor: Gloria Supplee



Yoga - Hatha

Hatha Yoga includes postures, breathing, and relaxation. When practiced regularly, yoga improves flexibility, muscle tone, posture, balance, breath awareness, as well as an ability to relax. Includes focus on joint alignment, building core strength, and matching movement to breath. Bring a mat to class.

\$80 nonmember/\$40 member, 4 weeks

\$100 nonmember/\$50 member, 5 weeks

\$24 nonmember/\$12 member, per class

H&W Large Activity Room

Tuesdays, 6pm - 7pm

Session I: Jan 3 - Jan 31, 5 weeks

Session II: Feb 7 - Feb 28, 4 weeks

Session III: Mar 7 - Mar 28, 4 weeks

Instructor: Teri Hensen



Yoga For Parkinson's

This class is provided and sponsored by American Parkinson Disease Association (APDA). Yoga for Parkinson's is an 8 week series of classes held once a week. The benefits of Yoga for Parkinson's include increased flexibility, better balance, greater strength, fewer muscle cramps, deeper, easier breathing and peace of mind.

\$5 per class paid to Instructor

N Multipurpose Room

Instructor: Peter Lynch, RYT

Contact instructor for more information at 206-719-8007 or thagrdrn@yahoo.com

Yoga - Seated

This is a gentle beginning class with traditional asana adapted for the seated position. We will incorporate breathing practice and beginning meditation as well. Some elementary standing postures may be included depending on individual abilities and class size. Students learn to modify movement to suit individual limitations, and develop skills for soothing restless minds using breath and voice.

\$60 nonmember/\$30 member, 3 weeks

\$80 nonmember/\$40 member, 4 weeks

\$24 nonmember/\$12 member, per class

N Room 205, (*min. 5, max. 8 class size*)

Thursdays, 11am - noon

Session I: Jan 5 - Jan 26, 4 weeks

Session II: Feb 2 - Feb 23, 4 weeks

Session III: Mar 2 - Mar 30, 5 weeks

Instructor: John Stern, RYT-500



N Room 205, (*min. 5, max. 8 class size*)

Thursdays, 2:30pm - 3:30pm

Session I: Jan 5 - Jan 26, 4 weeks

Session II: Feb 2 - Feb 23, 4 weeks

Session III: Mar 2 - Mar 30, 5 weeks

Instructor: John Stern, RYT-500



Yoga - Seated And Standing

This gentle beginning yoga class will spend half the time in chairs and half the time standing while holding onto chairs (for those who can do this).

This class is designed for people who have difficulty getting down on the floor. Our modified yoga poses will help to increase flexibility, strength and balance. Breathing and relaxation will also be incorporated. Wear comfortable, stretchy clothing and sturdy low-heel shoes.

\$48 nonmember/\$24 member, 3 weeks

\$64 nonmember/\$32 member, 4 weeks

\$80 nonmember/\$40 member, 5 weeks

\$20 nonmember/\$10 member, drop in

K Senior Center

Wednesdays, 10:30am - 11:30am

Instructor: Shana Robbins



Zumba Gold/Toning

Ditch the workout, join the party! Find out what everyone is talking about. This new Latin dance fitness class will blend the fun upbeat Latin music with your favorite classics, creating an energetic atmosphere of low impact dance fitness moves, easy to follow and fun to do. Toning adds resistance training to the fitness moves, providing increased muscle endurance and stamina. The classes are tailored for the mature adult and will evolve with the class input to become the perfect blend of dance party fun for everyone. Minimum of 6.

\$110 nonmember/\$55 member, 11 classes

\$140 nonmember/ \$70 member, 14 classes

\$14 nonmember/\$7 member, per class

N Multipurpose Room

Mondays, Wednesdays and Fridays

11am - noon

Session I: Jan 4 - Jan 30, 11 classes

(*no class Jan 2 and 16*)

Session II: Feb 1 - Feb 27, 11 classes

(*no class Feb 20*)

Session III: Mar 1 - Mar 31, 14 classes

Instructor: Dollie Brown

