

# ACTIVITIES AND CLASSES

## FITNESS

**NEW**

### **BOLLYWOOD FITNESS » PARTNERSHIP WITH NORTHSHORE YMCA**

Join us in our partnership with Northshore YMCA. This class is inspired by the high-energy music of Indian films, this mixed level class combines traditional Indian folk dance movements with modern dance techniques and exercise components to create a complete body workout. You will have fun, feel energized and get fit all at the same time.

**\$14 NONMEMBER/\$7 MEMBER PER CLASS  
FREE TO YMCA MEMBERS**

**Location: Bothell, Multipurpose Room  
Instructor: Mariana Gomez  
Begins Jul 3 Tue 6:30-7:30 pm**

### **CHAIR FITNESS AT THE KENMORE SENIOR CENTER**

Chair fitness is total body exercise in a chair. The gentle exercises are an excellent way to become more flexible, stronger and help you become more active.

**\$7 PER SESSION**

**Location: Kenmore, Kenmore Senior Annex  
Certified Instructor: Frank Mateo; 206-778-2366  
Ongoing Fri 1-2 pm**

### **ENHANCE FITNESS**

An exercise program with proven effectiveness. Includes balance, flexibility, strength and aerobic training. NOTE: Group Health (Kaiser Permanente) enrollees who have Medicare Parts A and B and who are "locked in" to a Group Health (Kaiser Permanente) Medicare plan can participate in covered physical activity programs with free benefit. No class Jul 4, Aug 6, 8, 10, Sep 3 and 14.

**\$60 NONMEMBER/\$30 MEMBER PER MONTH**

**Location: Bothell, Multipurpose Room  
Certified Instructor: Dollie Brown  
Ongoing M/W/F 8:15-9:15 am**

**Location: Kenmore, Episcopal Church of the Redeemer  
Certified Instructor: Frank Mateo; 206-778-2366  
Ongoing M/W/F 9-10 am**

### **ENHANCE FITNESS, ADVANCED**

An advanced exercise program for seniors with good balance. Includes aerobic dance, strength training and stretching. NOTE: Free benefit under the same stipulations as in the NOTE shown in EnhanceFitness listing. No class Jul 4, Aug 6, 8, 10, Sep 3 and 14.

**\$60 NONMEMBER/\$30 MEMBER PER MONTH**

**Location: Bothell, Multipurpose Room  
Certified Instructor: Dollie Brown  
Ongoing M/W/F 9:30-10:30 am**

### **MEDITATION PRACTICE**

Why meditate? Mentally you will be able to live with more clarity and concentration. You will become more even-minded and cheerful. Physiologically, meditation has been found to reduce stress, strengthen the immune system and help regulate many of the body's systems. Come join the community of friends who have been meeting weekly for over 3 1/2 years. Learn to improve your ability for "mindfulness" and to create the life you want. Use your attention more effectively, learn to quiet your mind and body, detach from stress of your life and create more happiness.

**FREE TO MEMBERS ONLY**

**Location: Mill Creek Senior Center  
Facilitator: Sandy Taylor  
Ongoing Thu 1-2 pm**

### **MILL CREEK FITNESS**

We all know the benefits of regular exercise. Controls weight, combats health condition and disease, improves mood, boosts energy, promotes better health and most important is fun. The fitness class includes balance, flexibility, strength and aerobic training. Bring a mat or towel. And best of all, register at the class, even if the 15 class session has started.

**\$70 NONMEMBER/\$35 MEMBER 15 CLASSES  
\$50 NONMEMBER/\$25 MEMBER 10 CLASSES  
\$25 NONMEMBER/\$12.50 MEMBER 5 CLASSES**

**Location: Mill Creek, North Creek Presbyterian Church  
Instructor: Diana Stearns  
Ongoing M/W/F 10-11 am**

# ACTIVITIES AND CLASSES

## PAIN FREE POSTURE ALIGNMENT THERAPY

How does this therapy work? Physical pain is the body's way of alerting you to the fact that your body isn't aligned, and therefore isn't moving properly. These gentle exercises and stretches will remind your muscles how they are designed to function, and strengthen them in their natural position. In this way, the cause of the irritation is eliminated and is now able to heal. No more pain. The Therapy is based on the book "Pain Free" by Pete Egoscue. "Chronic musculoskeletal pain is symptomatic, not of advancing and accumulating years, but of advancing and accumulating dysfunctions. The single most effective anti-aging tool available to us is a completely engaged, fully functional musculoskeletal system" Pete Egoscue

**\$14 NONMEMBER/\$7 MEMBER PER CLASS**

Location: Mill Creek Senior Center

Instructor: Sandy Taylor; Posture Alignment Specialist

Ongoing Thu Noon-12:50 pm

## 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. No games on Jul 4, Aug 6, 7, 8, 9, 10, 11, Sep 3 and 14

**\$4 NONMEMBER/\$2 MEMBER PER DAY**

Location: Bothell, Multipurpose Room

Primary Leaders: Roger and Connie Hughes;

206-200-8756 or 425-823-4491 and

Co-leader Jean Mitterndorfer; 425-225-5133

» **ALL SKILL LEVELS**

Mon 12:30-4:20 pm

Wed 5:30-8:30 pm

Fri 12:15-1:20 pm

Fri 2:45-4:20 pm

Sat 9 am-Noon (when available)

» **BEGINNER AND NOVICE PLAYERS**

Tue 1-4:30 pm

Thu 2:30-4:20 pm

» **ADVANCED AND INTERMEDIATE PLAYERS**

Tue 9:30 am-1 pm

Thu 12:30-2:30 pm

## 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! No class Aug 7.

**FREE TO MEMBERS ONLY**

Location: Bothell, Room 205

Certified Instructor: Patricia Wangen;

425-487-3458 - leave message

» **"FIVE TREASURES" BASIC BEGINNING QIGONG**

Ongoing Tue 1-2 pm

» **"FIVE ANIMALS" OR OTHER**

**ADVANCED EXERCISE**

Ongoing Tue Following Basic Qigong

**NEW**

## ROCK STEADY BOXING

Training classes taught by Certified Instructor's, include an exercise program that attacks Parkinson's at it's vulnerable neurological points. While focusing on overall fitness, strength training, reaction time and balance, workouts include focus mitts, heavy bags, speed bags, jump rope, core work, calisthenics and circuit weight training. No boxing experience is necessary and people of all ages are invited to participate. Boxers, both male and female, range in age from mid 30's to nearly 90's. Low impact options available every step of the way. Rock Steady Boxing enables people with Parkinson's disease to fight their disease by providing non-contact boxing style fitness programs that improve their quality of life and sense of efficacy and self worth. Recent studies also suggest that intense exercise may be "neuro protective," actually working to delay the progression of symptoms. RSB provides encouragement through a "though love" approach, inspiring maximum effort, speed, strength, balance and flexibility. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. RSB classes have proven that anyone at any level of Parkinson's can actually lessen their symptoms and lead a healthier/happier life.

**\$30 ASSESSMENT FEE AND GLOVES**

**\$20 PER CLASS NONMEMBER/\$10 PER CLASS**

**MEMBER**

Location: Health & Wellness, Fitness Center

Certified Rock Steady Instructors: Shig Tsutsumi

M/W/F

10:30 am-Noon

# ACTIVITIES AND CLASSES

## SENIOR STRENGTH

Emphasis on developing muscular strength and endurance, flexibility, mobility, increasing lean body mass and injury prevention. Uses weights and resistance bands. No class Aug 7 and 9.

**\$20 NONMEMBER/\$10 MEMBER PER MONTH**

Location: Bothell, Multipurpose Room

Facilitators: Anne Ovenell; 425-483-6784  
and Margaret Carroll; 425-486-9290

Ongoing Tue/Thu 8:30 am - 9:15 am  
(classes on fourth Thursdays of the month will be in dining room)

## TABLE TENNIS

Three tables. Primarily doubles play. Fun games and sociability for all levels. "We live to play, and play to live." No class Aug 5.

**\$4 NONMEMBER/\$2 MEMBER**

Location: Bothell, Multipurpose Room

Coordinator: Roger and Connie Hughes;  
425-823-4491

Supporters: Hal Bomgardner; 425-890-7854  
Ongoing Sun 1-4 pm



## 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. Bothell only: no class Aug 10 and Sep 14.

**\$154 NONMEMBER/\$77 MEMBER 11 CLASSES**  
**\$168 NONMEMBER/84 MEMBER 12 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. No class Aug 10 and Sep 14.

Instructor: Nancy Lucero

Location: Bothell, Multipurpose Room

Jul 6-Sep 28 Fri 1:30-2:30 pm 11 weeks

Location: Mill Creek Senior Center

Jul 11-Sep 26 Wed 1:30-2:30 pm 12 weeks

### » TAI CHI HAND FORM (INTERMEDIATE)

Students will learn Yang Family Tai Chi Hand Form.

Instructor: Mike Lucero

Location: Bothell, Multipurpose Room

Jul 6-Sep 28 Fri 1:30-2:30 pm 12 weeks

Location: Mill Creek Senior Center

Jul 11-Sep 26 Wed 1:30-2:30 pm 12 weeks

## WII BOWLING AND 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**

Location: Health & Wellness, Fitness Center

Ongoing Tue/Thu 10 am-Noon

Ongoing Tue/Thu 12:30 pm-2 pm

Location: Kenmore Senior Center

*In Kenmore you do not need to be fitness center enrolled.*

Please call to check availability at 425-489-0707

# ACTIVITIES AND CLASSES

## 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

Location: Kenmore, Tracy Owen Station (Log Boom Park)

Ongoing Tue/Thu 10-11 am

Location: Bothell, Sammamish Trail

Leader: Carol Aki

Ongoing Tue/Thu 9-10 am

Location: Mill Creek

There are 2 groups and 2 locations-Rain or shine, dress appropriately.

» For the nature trails, 'The Preserve' meet at the parking lot ¼ mile east up the hill from the waterwheel on the corner of Mill Creek Boulevard and Bothell/Everett Hwy.

» The second group meets at the upper parking lot of the Swim Club across from the Country Club.

This easy walk will stroll down Village Green Drive.

Ongoing Tue/Thu 9:45 am-11 am  
(leave right at 10 am)

Call center at 425-948-7170 to register

## WATER AEROBICS

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**

Location: Mill Creek, West Coast Family Aquatic Center

Ongoing M/W/F 7:30-8:30 am

## 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. No class Aug 9.

**\$64 NONMEMBER/\$32 MEMBER 4 WEEKS**

**\$20 NONMEMBER/\$10 MEMBER DROP IN**

Instructor: Trudy Rolla

Location: Bothell, Room 203

Ongoing Thu 8:30-9:45 am

## YOGA – BODY'N BRAIN YOGA

A truly unique brain centered approach to health and wellness. Rest your busy mind through stretching, relaxation, energy awareness and core building exercises that will leave you feeling strong, calm and refreshed. Bring a mat or towel.

**\$80 NONMEMBER/\$40 MEMBER 4 WEEKS**

**\$100 NONMEMBER/\$50 MEMBER 5 WEEKS**

**\$24 NONMEMBER/\$12 MEMBER DROP IN**

Location: Mill Creek Senior Center

Instructor: Gloria Supplee

July 6-27 Fri 1-2 pm 4 weeks

Aug 3-31 Fri 1-2 pm 5 weeks

Sep 7-28 Fri 1-2 pm 4 weeks

## 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**

Location: Health & Wellness, Large Activity Room

Instructor: Teri Hensen

Jul 3-31 Tue 6-7 pm 5 weeks

Aug 7-Aug 28 Tue 6-7 pm 4 weeks

Sep 4-25 Tue 6-7 pm 4 weeks



# ACTIVITIES AND CLASSES



## SHAPE UP! 50+

**“For a Healthy Independent Lifestyle”**

- Fitness, Fun and Friends
- Your local community center is offering group exercise classes for seniors – Zumba Gold, Yoga, Line Dancing, Enhance Fitness, Tai Chi, Pilates and more.
- Classes are safe, affordable, and led by knowledgeable instructors who are experienced working with seniors.
- No matter your fitness level, there’s a class that’s right for you!
- Bring a friend and receive \$10 off your next fitness class.

For more information visit: [kingcounty.gov/health/shapeup](http://kingcounty.gov/health/shapeup)

Bring this coupon to Northshore Senior Center to receive a **\$10 discount** on any group fitness class, (expires Dec. 16, 2018). To receive the discount participants must:

- Be new to the exercise class
- Returning participants registering for a new class
- OR have not taken a class in the last three months

Coupon has no dollar value and cannot be redeemed for cash.

For more information, call  
Northshore Senior Center  
at 425-487-2441

**Public Health**   
Seattle & King County  
Emergency Medical Services Division



NORTHSHORE SENIOR CENTER



# ACTIVITIES AND CLASSES

## YOGA FOR PARKINSON'S

This class is sponsored by the American Parkinson Disease Association (APDA). Yoga for Parkinson's is an ongoing weekly class for people with PD and their caregivers. All levels are welcome! The benefits of Yoga for Parkinson's include increased flexibility and strength, better balance, fewer muscle cramps, better sleep and greater steadiness and ease in daily life. No class Aug 7.

**\$5 PER CLASS PAID TO INSTRUCTOR ON A DROP-IN BASIS**

Location: Bothell, Room 203

Instructor: Peter Lynch, RYT

Ongoing Tue 2:30-4 pm

Contact instructor for more information at 206-719-8007 or [thagrdnr@yahoo.com](mailto:thagrdnr@yahoo.com) or visit [www.yogaforpd.com](http://www.yogaforpd.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. Class size depends on classroom composition and abilities. Min. 5, max. 10 class size. No class Aug 9.

**\$80 NONMEMBER/\$40 MEMBER 4 WEEKS**  
**\$24 NONMEMBER/\$12 MEMBER PER CLASS**

Location: Bothell, Room 205

Instructor: John Stern, RYT-500

Jul 5-26 Thu 11 am-Noon 4 weeks

Aug 2-30 Thu 11 am-Noon 4 weeks

Sep 6-27 Thu 11 am-Noon 4 weeks

**NEW**

## ZUMBA » PARTNERSHIP WITH NORTHSORE YMCA

Join us in our partnership with Northshore YMCA. This class will be fusing Latin rhythms with easy to follow moves to create a dynamic workout. You'll tone and sculpt your body while burning fat.

**\$14 NONMEMBER/\$7 MEMBER PER CLASS**  
**FREE TO YMCA MEMBERS**

Location: Bothell, Multipurpose Room

Instructor: Kay Dees

Begins Jul 5 Thu 6:30-7:30 pm



## 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. No classes Jul 4, Aug 6-10, Sep 3 and 14.

**\$100 NONMEMBER/\$50 MEMBER 10 CLASSES**  
**\$110 NONMEMBER/\$55 MEMBER 11 CLASSES**  
**\$120 NONMEMBER/\$60 MEMBER 12 CLASSES**  
**\$14 NONMEMBER/\$7 MEMBER PER CLASS**

Location: Bothell, Multipurpose Room

Instructor: Dollie Brown

Jul 2-30 M/W/F 11 am-Noon 12 classes

Aug 1-31 M/W/F 11 am-Noon 11 classes

Sep 5-28 M/W/F 11 am-Noon 10 classes