

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.



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, for 15 classes

\$50 nonmember/\$25 member, for 10 classes

\$25 nonmember/\$12.50 member, for 5 classes

(*Group Health Members, check for coverage*)

M North Creek Presbyterian Church
Mondays, Wednesdays, Fridays, 10am - 11am
Instructor: Diana Stearns

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.

\$10 nonmember/\$5 member, per class

M Senior Center
Thursdays, noon - 12:50pm
Instructor: Sandy Taylor

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, 12:30pm - 4:20pm
Tuesdays, 9:30am - noon Advanced and Intermediate players.
Tuesdays, noon - 2:30pm Beginner and Novice players.
Wednesdays, 5:30pm - 8:30pm
Thursdays, 12:30pm - 2:30pm Advanced and Intermediate players.
Thursdays, 2:30pm - 4:20pm Beginner and Novice players.
Fridays, noon - 1:20pm and 2:30pm - 4:20pm

Saturdays, when available 9am - noon
(*no games on Jul 4, 18, Aug 5, 7, 8, 9, 10, 11, 12, Sep 4 and 15*)

Primary Leaders: Roger and Connie Hughes,
206-200-8756 or 425-823-4491 and
co-leader Jean Mitterdorfer, 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
(*no class Jul 4 and Aug 8*)
(*"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

Rock Steady Boxing

Training classes taught by Certified Instructors, include an exercise program that attacks Parkinson's at its 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 "tough 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

\$24 per class nonmember/\$12 per class member, Shape Up \$10 coupon can be used for first class.

H&W Fitness Center

Tuesdays and Thursdays, noon - 1:30pm

Certified Rock Steady Instructors

Pre-registration required. Call Judi Pirone at 425-488-4821



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
(no class on Jul 4, Aug 8 and 10)
(classes on fourth Thursdays of the month 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 on Aug 6)
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.

\$140 nonmember/\$70 member, 10 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.

Instructor: Nancy Lucero

N Multipurpose Room
Fridays, 1:30pm - 2:30pm
Session: Jul 7 - Sep 29, 10 weeks
(no class Jul 28, Aug 11 and Sep 15)

M Senior Center
Wednesdays, 1:30pm - 2:30pm
Session: Jul 5 - Sep 27 12 weeks
(no class Jul 26)

• 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: Jul 7 - Sep 29, 10 weeks
(no class Jul 28, Aug 11 and Sep 15)

M Senior Center
Wednesdays, 1:30pm - 2:30pm
Session: Jul 5 - Sep 27 12 weeks
(no class Jul 26)

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

N=Northshore, H&W=Health and Wellness,
K=Kenmore, M=Mill Creek, W=Woodinville, PK=Peter Kirk

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

In Kenmore you 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
(no class Aug 10)
Instructor: Shana Robbins

K Episcopal Church of the Redeemer
Mondays and Wednesdays, noon - 1:15pm
(no class Sep 4)
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.

\$60 nonmember/\$30 member, 3 weeks
\$80 nonmember/\$40 member, 4 weeks
\$24 nonmember/\$12 member, per class

H&W Large Activity Room
Tuesdays, 6pm - 7pm
Session I: Jul 11 - Jul 25, 3 weeks
(no class Jul 4)
Session II: Aug 1 - Aug 29, 3 weeks
(no class Aug 15 and 29)
Session III: Sep 5 - Sep 26, 4 weeks
Instructor: Teri Hensen



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.

\$5 per class paid to Instructor on a drop-in basis

N Room 203
Tuesdays, 2:30pm - 4pm
Instructor: Peter Lynch, RYT
Contact instructor for more information at
206-719-8007 or thagrndnr@yahoo.com or
visit 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.

\$40 nonmember/\$20 member, 2 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: Jul 6 - Jul 27, 4 weeks
Session II: Aug 3 - Aug 31, 4 weeks
(no class Aug 10)
Session III: Sep 21 - Sep 28, 2 weeks
Instructor: John Stern, RYT-500



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

Bring this coupon to Northshore Senior Center to receive a **\$10 discount** on any group fitness class, (expires Dec. 16, 2017). 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



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

\$130 nonmember/ \$65 member, 13 classes

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



- N** Multipurpose Room
Mondays, Wednesdays and Fridays
11am - noon
Session I: Jul 3 - Jul 31, 13 classes
Session II: Aug 2 - Aug 30, 11 classes
(no class Aug 7, 9 and 11)
Session III: Sep 1 - Sep 29, 11 classes
(no classes Sep 4, Sep 15)
Instructor: Dollie Brown

GAMES

Please note that most of our card games begin a half hour before the scheduled time listed in this catalog for fun and practice.

Bingo

Cash prizes, the bigger the turnout, the bigger the prizes.

\$4 nonmember/\$2 member, per packet

- N** Room 202/203
Saturdays, 1pm - 3pm
(no bingo Aug 5 and 12)
Leader: Maggie Parker

Buy in .25¢ per card

- M** Brookdale Retirement Community
Mondays, Wednesdays and Fridays, 3:30pm
To register, please call 425-948-7170

Bridge

“Bridge is by far the greatest card game of all, and it can provide immense challenge and enjoyment for the rest of your life” Kate McKellar. Come join us as we enjoy each other’s company and play the ‘greatest card game of all’.

\$4 nonmember/\$2 member

- M** Senior Center
First and third Tuesdays
12:30pm - 3:30pm
Fridays, 12:30pm - 3:30pm

- N** Room 203
Wednesdays, noon - 3:30pm
(no cards Aug 9)

Social Bridge Group, learners welcome.
Free to Members Only

- K** Annex
Mondays, noon - 3pm
(no class Sep 4)
Call 425-489-0707 for more information.

Bunco

Bunco is a dice rolling game which is easy to learn and requires no skills. It offers a great opportunity to socialize with new friends. Please join in the fun.

\$4 nonmember/\$2 member

- M** Senior Center
Fourth Mondays, 1pm - 3pm

Chess Club

Are you up for a little mental workout? Come play an informal chess game, we welcome the challenge.

Informal chess, everyone welcome.

Free to Members Only

- M** Senior Center
Leader: Terry West at 206-322-4516

Cribbage

Beginning and experienced players welcome!

\$4 nonmember/\$2 member

- N** Room 103
Fridays, 10:30am - 4:30pm
(no cards Aug 11 and Sep 15)
Leader: Ernest Meza, 425-785-9046
Co-leader: Steve Thorn, 425-283-3344