

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.



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.

\$112 nonmember/\$56 member, 10 classes

\$198 nonmember/\$99 member, 11 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: Oct 6 - Dec 15, 8 weeks
(no class Nov 3, 10 and 24)

M Senior Center
Wednesdays, 1:30pm - 2:30pm
Session: Oct 4 - Dec 13, 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: Oct 6 - Dec 15, 8 weeks
(no class Nov 3, 10 and 24)

M Senior Center
Wednesdays, 1:30pm - 2:30pm
Session: Oct 4 - Dec 13, 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

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

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

Look for upcoming workshops on wellness and fitness presented by Certified Personal Trainer and Senior Fitness Specialist, Sarah Roberson, who has extensive experience adapting movement to suit the needs of those she works with, while bringing vibrancy back in to their lives.

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 Nov 23)
Instructor: Shana Robbins

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

\$60 nonmember/\$30 member, 3 weeks
\$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 
\$100 nonmember/\$50 member, 5 weeks
\$24 nonmember/\$12 member, per class

H&W Large Activity Room
Tuesdays, 6pm - 7pm
Session I: Oct 3 - Oct 31, 5 weeks
Session II: Nov 7 - Nov 28, 4 weeks
Session III: Dec 5 - Dec 19, 3 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
(no class Dec 26)
Instructor: Peter Lynch, RYT
Contact instructor for more information at 206-719-8007 or thagrdnr@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. Class size depends on classroom composition and abilities.

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

N Room 205, (min. 5, max. 10 class size)
Thursdays, 11am - noon
Session I: Oct 5 - Oct 26, 4 weeks
Session II: Nov 2 - Nov 30, 4 weeks
(no class Nov 23)
Session III: Dec 7 - Dec 28, 4 weeks
Instructor: John Stern, RYT-500

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

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.

\$100 nonmember/\$50 member, 10 classes

\$120 nonmember/\$60 member, 12 classes

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

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

- N** Multipurpose Room
Mondays, Wednesdays and Fridays
11am - noon
Session I: Oct 2 - Oct 30, 13 classes
Session II: Nov 1 - Nov 29, 10 classes
(no class Nov 3, 10 and 24)
Session III: Dec 1 - Dec 29, 12 classes
(no classes Dec 25)
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
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

Social Bridge Group, learners welcome.

Free to Members Only

- K** Annex
Mondays, noon - 3pm
(no class Dec 25)
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