

ACTIVITIES AND CLASSES

FITNESS CENTER

Monday-Friday 8 am-4 pm
» **PUNCH CARDS FOR 12 VISITS:**
\$24 senior center members
\$48 nonmembers



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.

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.



ACTIVITIES AND CLASSES

FITNESS

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 May 4 and 28.

\$56 NONMEMBER/\$28 MEMBER PER MONTH

Location: Bothell, Multipurpose Room
Certified Instructor: Dollie Brown
Ongoing M/W/F 8:15 am-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 May 4 and 28.

\$56 NONMEMBER/\$28 MEMBER PER MONTH

Location: Bothell, Multipurpose Room
Certified Instructor: Dollie Brown
Ongoing M/W/F 9:30 am-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
New Location (4111 133rd St. SE, Mill Creek)
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
(GROUP HEALTH MEMBERS, CHECK FOR COVERAGE)

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
New Location starts May (4111 133rd St. SE, Mill Creek)

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 Apr 19; May 4, 28; and Jun 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 Noon-1:20 pm

Fri 2:30-4:20 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!

FREE TO MEMBERS ONLY

Location: Bothell, Room 205

Certified Instructor: Patricia Wangen;

425-487-3458 - leave message

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

Ongoing Tue 1-2:30 pm

"Five Animals", "Eight Brocade", or other advanced Exercise

Ongoing Tue 2-2:30 pm

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 Apr 19 and Jun 14.

\$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."

\$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

ACTIVITIES AND CLASSES

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
\$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 May 4 and 11.

Instructor: Nancy Lucero

Location: Bothell, Multipurpose Room
Apr 6-Jun 29 Fri 1:30-2:30 pm 11 weeks

Location: Mill Creek Senior Center
New Location starts May (4111 133rd St. SE, Mill Creek)
Apr 4-Jun 27 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
Apr 6-Jun 29 Fri 1:30-2:30 pm 11 weeks

Location: Mill Creek Senior Center
Apr 4-Jun 27 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

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

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

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

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 May 28.

\$64 NONMEMBER/\$32 MEMBER 4 WEEKS
\$80 NONMEMBER/\$40 MEMBER 5 WEEKS
\$20 NONMEMBER/\$10 MEMBER DROP IN

Instructor: Shana Robbins

Location: Bothell, Room 203

Ongoing Thu 8:30-9:30 am

Location: Kenmore, Episcopal Church of the Redeemer
 Ongoing Mon/Wed Noon-1:15 pm

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

New Location starts May (4111 133rd St. SE, Mill Creek)

Instructor: Gloria Supplee

Ongoing Fri 1-2 pm

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

Apr 3-24 Tue 6-7 pm 4 weeks
 May 1-29 Tue 6-7 pm 5 weeks
 Jun 5-26 Tue 6-7 pm 4 weeks

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

Location: Bothell, Room 203

Instructor: Peter Lynch, RYT

Ongoing Tue 2:30-4 pm

Contact instructor for more information at 206-719-8007

or thagrdrn@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. Min. 5, max. 10 class size. No class May 10, 17 and 24.

\$40 NONMEMBER/\$20 MEMBER 2 WEEKS
\$80 NONMEMBER/\$40 MEMBER 4 WEEKS
\$24 NONMEMBER/\$12 MEMBER PER CLASS

Location: Bothell, Room 205

Instructor: John Stern, RYT-500

Apr 5-26 Thu 11 am-Noon 4 weeks
 May 3-31 Thu 11 am-Noon 2 weeks
 Jun 7-28 Thu 11 am-Noon 4 weeks

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 class May 4 and 28.

\$110 NONMEMBER/\$55 MEMBER 11 CLASSES
\$130 NONMEMBER/\$65 MEMBER 13 CLASSES
\$14 NONMEMBER/\$7 MEMBER PER CLASS

Location: Bothell, Multipurpose Room

Instructor: Dollie Brown

Apr 2-30 M/W/F 11 am-Noon 13 classes
 May 2-30 M/W/F 11 am-Noon 11 classes
 Jun 1-29 M/W/F 11 am-Noon 13 classes