Adult & Senior Health & Fitness

Class offerings will be curtailed if Lane County enters the Extreme Risk level for COVID-19. For up-to-date information see our website.

For virtual classes, registrants will be sent a web link in advance. Internet connection is required to access these classes.

Bicycling

Adapted Bike & Equipment Services  All ages
Adaptive Recreation Services maintains a unique fleet of adaptive equipment, including all-terrain wheelchairs and bikes such as recumbent trikes, tandems and hand cycles. Individual and group services can be provided to support adaptive recreational equipment needs for people of varying abilities and skill levels, including fittings and rentals. For more information call 541-682-5311 or visit our website.

All services are at Hilyard Community Center

Adapted Bike Assessment & Fitting
Staff assess needs and recommend equipment. Designed for people with limited mobility, disabilities, medical conditions or those who wish to preview equipment before rental or purchase.

By appointment, available M-F 9a-5p
Ongoing $5 #16410

Adapted Bike Rental
Available after initial fitting or assessment.

By appointment, available M-F 9a-5p
Ongoing
$5/half hour #16411 $20/half day #16413
$10/hour #16412 $40/day #16414
$50/weekend #16415

Bike Riding for Fun & Fitness
Bike riders depart rain or shine from Campbell Community Center for in-town rides. Helmets are required, weekly attendance isn’t. Rides vary in length and time depending on ability.

Meet at Campbell Community Center
Ongoing W 10a-12p Free Drop-in
Dance

Dance Improvisation
In this class we use directed movement tasks to facilitate movement exploration. Appropriate for all dancers including those with physical limitations or who are in a wheelchair.
Amazon Community Center
Instructor: Maria Reader
Jun 22-Aug 10  Tu  1:30-2:30p  $40  #15824

Folk Dance with a Flair  Ages 50+
This is an open invitation to area seniors to try international folk dancing. Learn and enjoy dances from all around the world. Stay young and keep fit. No experience required. New dancers are always welcome. No partner needed.
Campbell Community Center
Ongoing  M  2:30-4p  #16316
Term fee $3 or drop-in $0.25/day
No class Jul 5

Modern Dance  Ages 13+
This class is for all levels. We’ll cover the basic technique and fundamentals of modern dance. Come explore movement in a supportive environment, while gaining flexibility and grace.
Petersen Barn Community Center
Instructor: Jay Hall Schnurrpusch
Jul 12-Aug 23  M  5:15-6:30p  $42  #16222

Partner Dance Basics
Learn the basic techniques for couples dancing – swing, foxtrot, waltz, cha-cha and more set to popular music. Build your repertoire and gain confidence on the dance floor in a fun and welcoming environment. Register for this class with a dance partner that is in your pandemic pod. Class will be held in-person and/or virtually based on current Oregon Health Authority guidelines. Questions? Call 541-682-5312.
Sheldon Community Center or Virtual
Instructor: Sam Bucher
Jun 29-Aug 24  Tu  6-7:15p  $45  #16375

Patterns for Partner Dancing
This class will cover short sequences of dance moves that are fun and add variety to all types of partner dancing. These patterns are designed to fit to the phrasing of most dance music no matter what the genre. Register for this class with a dance partner who is in your pandemic pod. Class will be held in-person or virtually based on current Oregon Health Authority guidelines. Questions? Call 541-682-5312.
Sheldon Community Center or Virtual
Instructor: Sam Bucher
Jun 29-Aug 24  Tu  7:30-8:45p  $45  #16376

Pandemic Partner Dance Party
Join us in an outdoor, evening dance party complete with a live band. At 6 p.m. our master social dance teacher will give a lesson in the basics of partner dance. Following the practice session, you will be free to strut your stuff on our dance floor that will be marked to encourage social distancing. The lesson will cover short sequences of dance moves that are fun and add variety to all types of partner dancing. These patterns are designed to fit to the phrasing of most dance music no matter what the genre. Register for this event with a dance partner who is in your pandemic pod. This event will follow current Oregon Health Authority guidelines. Questions? Call 541-682-5312.

Sheldon Community Center
Instructor: Sam Bucher
Jul 9  F  6-9p  $15  #16377

Tap Dance
Learn the basics of modern tap with drills and short dances in this fun and easy class. All are welcome regardless of ability. Open to movers of all ages where the focus is on fun exercise to music.
Petersen Barn Community Center
Instructor: Bruce Haines
Jun 4-Jul 16  F  10:30a-11:30p  $28  #16180
Jul 23-Sep 3  F  10:30a-11:30p  $28  #16181

Ballet Barre & Stretch
This is beginning ballet barre class for teen and adults with an emphasis on strength, flexibility and fundamental technique. All levels welcome.
Amazon Community Center
Instructor: Ashley Villanueva
Jun 25-Aug 27  F  10:45-11:45a  $50  #15820

Petersen Barn Community Center
Instructor: Jay Hall Schnurrpusch
Jul 13-Aug 24  Tu  5:15-6:15p  $42  #16226
Virtual
Instructor: Ashley Villanueva
Jun 25-Aug 27  F  10:45-11:45a  $50  #15821

Adult Ballet  Ages 40+
This is a traditional ballet class. Barre and center work are offered with adaptations that allow ballet to be safe and accessible for older dancers.
Amazon Community Center
Instructor: Maria Reader
Jun 22-Aug 10  Tu  3:45-4:45p  $40  #15806

GetRec.org  49
Land Fitness

**Back 2 Basics Fitness**
Have fun with exercises designed to increase strength and mobility for daily living. Develop better balance and a healthy spine as you learn proper form using hand weights and elastic tubing. This is a total fitness class. All levels are welcome!

Amazon Community Center  
Instructor: Deborah Powers  
Jun 21-Aug 30  M  4-5p  $44  #16197

**Better Bones & Balance**
Defeat the loss of bone density while you improve balance and increase your strength and energy. This class is a more advanced version of Strong Bones Strong Body. Registrants for both in-person and virtual classes will receive the link for each week’s virtual class.

Campbell Community Center  
Instructor: Cindy O’Brien  
Jun 1-Aug 24  Tu  10:30-11:30a  $52  #16085  
Jun 2-Aug 25  W  1:30-2:30p  $52  #16086  
Jun 3-Aug 26  Th  10:30-11:30a  $52  #16087

Virtual  
Instructor: Cindy O’Brien  
Jun 1-Aug 24  Tu  10:30-11:30a  $52  #16089  
Jun 2-Aug 25  W  1:30-2:30p  $52  #16090  
Jun 3-Aug 26  Th  10:30-11:30a  $52  #16091

**Fight Back with Neuromuscular Exercise**  Ages 22+
This class is ideal for individuals with neuromuscular challenges (Parkinson’s, mild stroke, multiple sclerosis) that may cause loss of balance and coordination. These classes engage the brain and body to encourage more fluid, balanced movement and improve strength, agility and gait.

Hilyard Community Center  
Instructor: Deanne Morris  
Jun 1-Jul 1  TuTh  1:30-2:30p  $70  #15337  
Jul 6-29  TuTh  1:30-2:30p  $56  #16031  
Aug 3-31  TuTh  1:30-2:30p  $63  #16032

**Pilates**
Beginning and intermediate level mat classes introduce the fundamentals and some of the basic floor exercises of Pilates. Learn proper body alignment and breathing in addition to improving core strength, flexibility and coordination.

Amazon Community Center  
Instructor: Judith Schlacter  
Beginning  
Jun 22-Aug 31  Tu  5:30-6:30p  $69  #15789

Intermediate  
Jun 22-Aug 31  Tu  6:45-7:45p  $69  #15790

Virtual  
Instructor: Judith Schlacter  
Beginning  
Jun 22-Aug 31  Tu  5:30-6:30p  $69  #15791

**Pilates for Vintage Bodies**  Ages 40+
This is a beginning-level mat class introducing the fundamentals and some of the basic floor exercises of Pilates, adapted for people over 40. It will focus on range of motion, breathing, balance, posture, strengthening and flexibility.

Campbell Community Center  
Instructor: Julie Christensen  
Jun 3-Aug 26  Th  5:45-6:45p  $52  #16092

Virtual  
Instructor: Julie Christensen  
Jun 3-Aug 26  Th  5:45-6:45p  $52  #16093

**Strong Bones Strong Body**
Research shows exercise can strengthen bones, improve balance and increase your strength and energy. Every exercise is adjusted to your ability. This is an excellent class for those with osteoporosis or osteopenia. Registrants for both in-person and virtual classes will receive the link for each week’s virtual class.

Campbell Community Center  
Instructor: Cindy O’Brien  
Jun 1-Aug 24  Tu  9-10a  $52  #16079  
Jun 2-Aug 25  W  3-4p  $52  #16080  
Jun 3-Aug 26  Th  9-10a  $52  #16081

Virtual  
Instructor: Cindy O’Brien  
Jun 1-Aug 24  Tu  9-10a  $52  #16082  
Jun 2-Aug 25  W  3-4p  $52  #16083  
Jun 3-Aug 26  Th  9-10a  $52  #16084
Zumba Cardio
Ditch the workout and join the party. Zumba is a Latin inspired cardio dance class that includes elements of salsa, merengue, samba, reggaeton, cumbia and much more. All you need in this hour-long dance party is enthusiasm. Stress can’t hang onto a body that’s grooving!
Amazon Community Center
Instructor: Tara Barnes
Jun 23-Aug 25  W  5:30-6:30p  $40  #15807
Sheldon Community Center
Instructor: Tara Barnes
Jun 28-Aug 23  M  6-7p  $32  #16066
No class Jul 5

Zumba Gold  Ages 50+
Party yourself into shape with this world dance inspired fitness program that’s low-impact and easy to follow. Zumba Gold is a gentler version of Zumba Cardio. It’s the same dance and fitness fun with room to slow down and make adjustments for any injuries or mobility limitations.
Amazon Community Center
Instructor: Tara Barnes
Jun 22-Aug 31  Tu  10-11a  $44  #15809
Virtual
Instructor: Tara Barnes
Jun 22-Aug 31  Tu  10-11a  $44  #15810

Martial Arts

Tai Chi Downtown
Join your neighbors in practicing this ancient Chinese art. It uses calm, flowing movements to promote balance and flexibility and to reduce stress. Wear loose clothing and dress for the weather.
For location call 541-682-5318
Instructor: James Moffat
Jun 1-Aug 31  TuTh  10-11a  Free  Drop-in

Qigong
Qigong is a self-healing art that combines movement and meditation. Regular practice of qigong can reduce stress, establish balance and integrate mind/body/spirit. This practice is best known for a focus on breathing and is used as a healing exercise.
Amazon Community Center
Instructor: Cialin Mills-Ostwald
Beginning
Jun 29-Aug 31  Tu  11:30a-12:15p  $40  #15794
Intermediate
Jun 29-Aug 31  Tu  12:30-1:15p  $40  #15793

Tai Chi
This ancient Chinese art uses round, flowing movements combined with calmness and inner balance. Learn a series of slow movements that promote better health, balance, flexibility and reduced stress. The class includes proper form, body alignment, breathing, energy cultivation and energy awareness.
Amazon Community Center
Instructor: Jeff Leung
Beginning
Jun 21-Aug 30  M  10:45-11:45a  $40  #15815
Jun 23-Aug 25  W  10:45-11:45a  $40  #15817
Intermediate
Jun 21-Aug 30  M  9:30-10:30a  $40  #15814
Jun 23-Aug 25  W  9:30-10:30a  $40  #15816
No class Jul 5
Campbell Community Center
Instructor: James Moffat
Beginning
Jun 7-Aug 30  M  9-10a  $48  #16094
Jun 2-Aug 25  W  9-10a  $52  #16095
No class Jul 5
Petersen Barn Community Center
Instructor: Jeff Leung
Beginning
Jun 1-Jul 13  Tu  11:30a-12:30p  $28  #16173
Jul 20-Aug 31  Tu  11:30a-12:30p  $28  #16174
Jun 1-Jul 13  Tu  12:45-1:45p  $28  #16175
Jul 20-Aug 31  Tu  12:45-1:45p  $28  #16176
Intermediate
Jun 1-Jul 13  Tu  2-3p  $28  #16177
Jul 20-Aug 31  Tu  2-3p  $28  #16178
Virtual
Instructor: Jeff Leung
Beginning
Jun 21-Aug 30  M  10:45-11:45a  $40  #15819
Intermediate
Jun 21-Aug 30  M  9:30-10:30a  $40  #15818
Walking

Boxed numbers indicate activity levels, see key on page 47.

Walk ‘n’ Talkers

This self-led group walks 3-5 miles at a quick pace. The route varies and may have hills or rough pavement. The group walks rain or shine, year-round and departs at 9 a.m. sharp. You may want to bring coffee money for a stop along the way. Dress for the weather.

Meet at Campbell Community Center
Ongoing F 9a-12p Free Drop-in

More walking activities are on page 58.

Yoga

Yoga rejuvenates the mind, body and spirit. Gentle stretching exercises tone and stretch muscles and work to balance every system in the body. It improves overall health and wellbeing. Bring your own yoga mat.

Amazon Community Center
Instructor: Paul Simon
Jun 24-Aug 26 Th 9:15-10:15a $40 #15812

Campbell Community Center
Jun 8-Aug 31 Tu 12:30-1:30p $52 #16329
Jun 10-Sep 2 Th 5:30-6:30p $52 #16330

Petersen Barn Community Center
Instructor: Paul Simon
Jun 1-Jul 13 Tu 9-10a $28 #16167
Jul 20-Aug 31 Tu 9-10a $28 #16168
Jun 4-Jul 16 F 9-10a $28 #16169
Jul 23-Sep 3 F 9-10a $28 #16170

Sheldon Community Center and Virtual
Instructor: Alexandra Levine
Jul 3-Aug 28 Sa 1-2p $36 #16065

Virtual
Instructor: Paul Simon
Jun 24-Aug 26 Th 9:15-10:15a $40 #15813

Yoga Fitness Ages 16+

Yoga fitness improves mobility, strength, balance and energy. You will be guided through traditional asanas focusing on posture, balance, range of motion, joint health and connecting breath with movement. All levels are welcome.

Amazon Community Center
Instructor: Deborah Powers
Jun 21-Sep 2 MTh 5:30-7p $126 #16135

Modified Yoga

This gentle yoga class is designed specifically for people living with chronic neuromuscular conditions such as fibromyalgia, multiple sclerosis, Parkinson’s and Lou Gehrig’s disease. Poses can be modified for those needing adaptations. Individuals must be able to be independent or bring someone to assist. Yoga mats and blocks provided.

Hilyard Community Center
Instructors: Kimby Maxson & Alexandra Levine
Jul 12-Sep 27 M 11a-12:30p #16027
10 use membership card for $70, Modified Yoga class only

Chair Yoga

Feel better through movement. Experience release from stress and fatigue through this gentle yoga approach designed to accommodate people with physical limitations. This class is taught while you are sitting in a chair.

Amazon Community Center
Instructor: Paul Simon
Jun 24-Aug 26 Th 10:30-11:30a $42 #15787

Campbell Community Center
Jun 8-Aug 31 Tu 12:30-1:30p $52 #16327

Petersen Barn Community Center
Instructor: Paul Simon
Jun 1-Jul 13 Tu 10:15-11:15a $28 #16171
Jul 20-Aug 31 Tu 10:15-11:15a $28 #16172

Virtual
Instructor: Paul Simon
Jun 24-Aug 26 Th 10:30-11:30a $42 #15788

Yoga for Trauma Recovery

For those who identify as female. A gentle full-body yoga class designed to ease the symptoms of traumatic stress. These yoga techniques directly affect the nervous system so as to allow the body and mind to reconnect, relax and restore. A suitable class for any body size or ability. The last half hour is a guided meditation to relieve suffering by making space for healing.

Sheldon Community Center and Virtual
Instructor: Alexandra Levine
Jul 3-Aug 28 Sa 11a-12:30p $54 #16064

Virtual
Instructor: Paul Simon
Jun 24-Aug 26 TuTh 12-1p $72 #16063

Yoga Nidra Guided Meditation

Tune in online to treat yourself to deep relaxation and restoration. This guided meditation series is specifically designed to relieve the symptoms of anxiety, depression, burnout, trauma, and insomnia. It can be done anywhere in any position.

Virtual
Instructor: Alexandra Levine
Jun 29-Aug 26 TuTh 12-1p $72 #16063