



Senior Health & Fitness

These classes are designed for ages 50+, but any adult can participate in most activities. For more classes for ages 18-118 see Adult Health & Fitness, pages 60-64.

Bicycling

Bike Riding for Fun & Fitness

Bike riders depart rain or shine from Campbell Center for in-town rides. Helmets required; weekly attendance is not. Rides vary in length and time depending on ability. Average ride is 15 miles.

Meet at Campbell Community Center
Ongoing W 10-11:30a Free Drop-in

Dance

Ballet Barre & Stretch Ages 16+

Beginning ballet for teen/adults with an emphasis on strength, flexibility and fundamental technique. All levels welcome.

Amazon Community Center
Instructor: Ashley Villanueva
Jun 23-Aug 25 F 10:45-11:45a \$50 #123954

Petersen Barn Community Center
Instructor: Cristen Woolston
Jul 10-Aug 21 M 5-6p \$35 #125743

Folk Dance with a Flair

Learn and enjoy dances from around the world. Stay young and fit. No experience required. New dancers always welcome.

Campbell Community Center
Instructors: Susan Baker & Adrian Wolfe
Ongoing M 2:30-4p #123858
Term fee \$3 or drop-in fee 25¢/day

Line Dance, Beginning

Learn the basic steps of line dancing for a great low-impact body and brain workout. No partner or prior dance experience necessary. Wear loose, cool clothing and shoes that will slide on the floor.

Campbell Community Center
Jun 8-Aug 24 Th 1-2p \$42 #125154

Line Dance, Intermediate

Great low-impact exercise and a great brain workout, too. You should know the basics of line dancing such as shuffle steps, grapevines and pivot turns or have completed Line Dance, Beginning. No partner is necessary.

Campbell Community Center
Jun 8-Aug 24 Th 2-3p \$42 #125159

Land Fitness

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.

Campbell Community Center
Instructor: Cindy O'Brien
Jun 5-Aug 28 M 11:45a-12:45p \$46 #124044

Chair Fitness

Stretch those muscles and strengthen those bones. Do a half-hour of gentle exercise before our weekly lunch program. Everyone will benefit from this drop-in activity.

Campbell Community Center
Instructor: Byron Hanks
Ongoing W 11-11:30a Free Drop-in

Fitness Centers

Work out on your own schedule at the Echo Hollow and Sheldon fitness centers. Get fit using cardiovascular equipment including treadmills and elliptical trainers as well as weight equipment designed to work specific muscle groups.

Use of the fitness centers requires an orientation for first-time users and a signed consent form on file.

For more information see page 67



Optimal Core Alignment

Reduce body stress, improve circulation, energize musculature and lessen or avoid chronic strains and sprains with this natural approach to pain management. Learn practical self-help practices to improve your posture and body alignment. Improve function and reduce pain while standing, walking, sitting and working.

Petersen Barn Community Center
Instructors: Don Cross & Melanie Carlone
May 5-26 F 1-2p \$49 #125451

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Strong Bones Strong Body

Defeat the loss of bone density. Research shows you can strengthen bones, improve balance and increase your strength and energy. Every exercise is adjusted to your ability. An excellent class for those with osteoporosis or osteopenia.

Campbell Community Center

Instructor: Cindy O'Brien

Jun 5-Aug 28 M 10:30-11:30a \$46 #124043

Jun 6-Aug 29 Tu 4:30-5:30p \$42 #124038

Jun 8-Aug 24 Th 3:15-4:15p \$42 #124041

No class Jul 4

Total Body Work Out

Get fit and have fun in the process. The Total Body Work Out is designed for any age adult who wishes to stretch, tone and strengthen muscles with some cardiovascular components. This is a low-impact, moderate intensity class.

Petersen Barn Community Center

Instructor: Tracy Haggerty

Ongoing TuTh 6:30-7:30a \$26/month

No class Jun 27, 29, Jul 4

Sheldon Community Center

Instructor: Karen Creighton

Ongoing MWF 8-9a \$32/month



Zumba Gold

Party yourself into shape with this Latin dance-inspired fitness program that is low impact and easy to follow. Zumba Gold is a gentler version of Zumba Cardio – 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-Sep 7 Th 12-1p \$48 #123927

Campbell Community Center

Instructor: Cindy O'Brien

Jun 6-Aug 29 Tu 3:15-4:15p \$42 #125151

No class Jul 4

Sprain? It's all good here

- Urgent care for non-life-threatening conditions
- No appointment necessary
- Extended hours
- All insurance accepted

Two convenient locations

- Gateway Marketplace Urgent Care
860 Beltline Road, Springfield, 541-222-6005
- West 11th Urgent Care
3321 W. 11th Ave, Eugene, 541-222-7200



PeaceHealth
Medical Group



peacehealth.org/urgentcare

Games

Table Tennis, Beginning

Table tennis is a quick game to learn and great fun as well as awesome exercise. Learn the basics in this fast-paced class.

Amazon Community Center
 Jul 14-Aug 4 F 12:15-1:15p \$20 #125726

Table Tennis

Table tennis is the perfect game as it provides exercise, recreation and a social outlet. Play in a friendly atmosphere open to all skill levels.

Amazon Community Center
 Jul 7-Sep 12 TuF 1:30-3:30p 50¢ Drop-in

Martial Arts

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 and 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
 Jul 18-Aug 29 Tu 12:15-1:15p \$25 #123916

Campbell Community Center
 Instructor: Mariah Carter
 Jun 29-Aug 31 Th 4:30-5:30p \$32 #124027
 No class Jul 6



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-Sep 6 W 10:40-11:40a \$42 #123922
 Intermediate
 Jun 21-Sep 6 W 9:30-10:30a \$42 #123921

Campbell Community Center
 Instructor: Zachary Krebs
 Jun 5-Aug 28 M 9-10a \$46 #124032
 Jun 7-Aug 30 W 9-10a \$42 #124031
 No class Jul 5; class meets at Lamb Cottage Jun 14, Jul 12, Aug 9

Petersen Barn Community Center
 Instructor: Jeff Leung
 May 2-Jun 27 Tu 11:30a-12:30p \$30 #125210
 Jul 11-Aug 29 Tu 11:30a-12:30p \$30 #125211
 No class Jun 13

Tai Chi for Balance

This specially designed class focuses on the health benefits for people with mobility and balance problems. Gentle exercise in the form of tai chi strengthens muscles and improves stamina, blood circulation, balance and relaxation. No prior knowledge of tai chi is necessary. Open to people young and old with or without mobility problems.

Sheldon Community Center
 Instructor: James Moffat
 May 1-31 MWF 11a-12p \$42 #125458
 Jun 2-30 MWF 11a-12p \$42 #125459
 Jul 3-31 MWF 11a-12p \$42 #125460
 Aug 2-30 MWF 11a-12p \$42 #125461
 2 days per week option, \$28
 No class May 29



Tai Chi in the Park Blocks

Join your neighbors in the heart of Eugene 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.

Park Blocks, corner of 8th & Oak
 Instructor: Zachary Krebs
 Jun 1-Aug 31 TuTh 8:30-9:30a Free Drop-in
 No class Jul 4

Walks

See page 101

Water Fitness

See page 62

Wellness

Blood Pressure Clinic

Have your blood pressure check by qualified volunteers. Clinic conducted by Ageia Health Services.

Campbell Community Center
 Ongoing 2nd & 4th W 10a-12p Free Drop-in

Yoga

Chair Yoga

Feel better through movement. Experience release from stress and fatigue through this gentle yoga approach designed to accommodate people with physical limitations.

Amazon Community Center
 Instructor: Paul Simon
 Jul 13-Sep 14 Th 10:30-11:30a \$40 #123924

Campbell Community Center
 Instructor: Mariah Carter
 Jun 14-Aug 30 W 10-11a \$39 #124021
 Jun 30-Sep 1 F 11a-12p \$28 #124023
 No class Jul 5, 7

Petersen Barn Community Center
 Instructor: Paul Simon
 May 2-Jun 20 Tu 10:15-11:15a \$26 #125205
 Jul 11-Aug 29 Tu 10:15-11:15a \$26 #125206
 May 5-Jun 23 F 10:15-11:15a \$26 #125208
 Jul 14-Sep 1 F 10:15-11:15a \$23 #125209
 No class Jun 2, 13, Jul 28, Aug 1, 4

Yoga

Yoga rejuvenates the mind, body and spirit. Gentle stretching exercises tone and stretch muscles and work to balance every system in the body. Improves overall health and well-being.

Amazon Community Center
 Instructor: Paul Simon
 Jul 13-Sep 14 Th 9:15-10:15a \$40 #123923

Lamb Cottage
 Instructor: Paul Simon
 Jun 20-Aug 29 Tu 5:30-6:45p \$55 #123963
 Jun 22-Aug 31 Th 5:30-6:45p \$55 #123965
 No class Jul 4, 6

Petersen Barn Community Center
 Instructor: Mariah Carter
 May 1-Jun 26 M 6:30-7:30p \$30 #125195
 Jul 3-Aug 28 M 6:30-7:30p \$30 #125196
 No class May 29, Jul 10

Instructor: Paul Simon
 May 2-Jun 20 Tu 9-10a \$26 #125197
 Jul 11-Aug 29 Tu 9-10a \$26 #125198
 May 5-Jun 23 F 9-10a \$26 #125199
 Jul 14-Sep 1 F 9-10a \$23 #125204
 No class Jun 2, 13, Jul 28, Aug 1, 4



Water fitness classes offer a low impact alternative for a complete workout, whatever your ability. Classes in shallow or deep water use buoyancy to support and water resistance to help increase strength and flexibility.

For more information contact Amazon, Sheldon, or Echo Hollow Pool (pgs 4-5).