

Senior Health & Fitness



These classes are designed for ages 50+, but any adult can participate in most activities. More classes for ages 18-118 are in Adult Health & Fitness, pages 64-68.

Bicycling

Bike Riding for Fun & Fitness

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

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

Adapted Bike Demo Day All ages

Come see and demo a variety of adaptive bikes, including recumbents, trikes, hand cycles and tandems during Bike Week, May 13-17.

Campbell Community Center
May 17 F 9:30a-1p Free Drop-in

Dance

Ballet Barre & Stretch Ages 16+

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

Amazon Community Center
Instructor: Ashley Villanueva
Jun 28-Aug 30 F 10:45-11:45a \$50 #2874

Folk Dance with a Flair

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.

Campbell Community Center
Instructor: Susan Baker
Ongoing M 2:30-4p #2871
Term fee \$3 or drop-in fee \$0.25/day
No class May 27, Sep 2

Tap Dance

A fun, easy class. Learn the basics of modern tap with drills and short dances. 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
 May 10-Jun 21 F 11:30a-12:30p \$28 #3022

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 3-Aug 26 M 11:45a-12:45p \$52 #3678

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 activity. This class is taught while you are sitting in a chair.

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

Get Strong Stay Fit

A class for mature adults to maintain or enhance mobility, balance and strength. Class incorporates low-impact cardio, core training, muscular endurance and bone strengthening. Methods include safe, fun and effective exercises such as simple dance steps, yoga, balancing, stretching and hand-held weightlifting. Individual modifications may include the use of a chair or wall to help with balance or personal limitations. The hour-long class includes short breaks for water and socializing.

Sheldon Community Center
 Instructor: Karen Creighton
 Jun 3-28 MWF 8-9a \$35 #3003
 Jul 1-31 MWF 8-9a \$53 #3004
 Aug 2-23 MWF 8-9a \$38 #3005
 No class Jun 17, 19, 21

Neuromuscular Exercise Ages 22+

This class is designed to engage the brain and body to encourage more fluid, balanced movement. Ideal for individuals with a variety of neuromuscular challenges (such as Parkinson's, mild stroke and multiple sclerosis) that may cause loss of balance and coordination.



Instructors guide participants through exercises that are usually done standing or moving around the room; however, chairs are providing for balance assistance and rest as needed.

Hilyard Community Center
 Instructor: Deanne Morris of Creative Fitness
 Jul 2-Aug 1 TuTh 1:30-2:30p \$54 #2906
 Aug 6-29 TuTh 1:30-2:30p \$48 #2907
 Sep 3-26 TuTh 1:30-2:30p \$48 #2908
 No class Jul 4

Pilates for Vintage Bodies Ages 40+

Beginning-level mat classes introducing the fundamentals and some of the basic floor exercises of Pilates, adapted for people over 40. This class will focus on range of motion, breathing, balance, posture, strengthening, and flexibility.

Lamb Cottage
 Instructor: Julie Christensen
 Jun 12-Aug 28 W 5:45-6:45p \$48 #4608

Try Pilates for Vintage Bodies for Free

Registration required.
 Lamb Cottage
 Jun 5 W 5:45-6:45p Free #4612

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 3-Aug 26 M 10:30-11:30a \$52 #3638
 Jun 4-Aug 27 Tu 4:30-5:30p \$52 #3644
 Jun 6-Aug 29 Th 3:15-4:15p \$48 #3646
 No class Jul 4



Zumba Gold

Party yourself into shape with this Latin 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 27-Aug 29 Th 11:30a-12:30p \$36 #2880
 No class Jul 4

Campbell Community Center
 Instructor: Cindy O'Brien
 Jun 4-Aug 27 Tu 3:15-4:15p \$52 #3679

Martial Arts

Qigong

Qigong is a self-healing art that combines movement and meditation. Regular practice can reduce stress, establish balance and integrate mind/body/spirit. It is best known for a focus on breathing and is used as a healing exercise.

Amazon Community Center
 Instructor: Cialin Mills-Ostwald
 Jul 2-Aug 27 Tu 12:15-1:15p \$44 #3016

Campbell Community Center
 Instructor: Mariah Carter
 Beginning
 Jun 6-Aug 29 Th 4:30-5:30p \$55 #3521
 No class Jul 4, 11

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 26-Sep 11 W 10:40-11:40a \$48 #3011
 Intermediate
 Jun 26-Sep 11 W 9:30-10:30a \$48 #3010

Campbell Community Center
 Instructor: Karen Meats
 Beginning
 May 3-Aug 26 M 9-10a \$52 #3538
 Jun 5-Aug 28 W 9-10a \$52 #3539
 Meets at Lamb Cottage Jun 12, Jul 10, Aug 14

Petersen Barn Community Center
 Instructor: Jeff Leung
 Beginning
 May 14-Jul 2 Tu 11:30a-12:30p \$28 #4044
 Jul 9-Aug 27 Tu 11:30a-12:30p \$28 #4045
 Intermediate
 May 14-Jul 2 Tu 12:45-1:45p \$28 #4046
 Jul 9-Aug 27 Tu 12:45-1:45p \$28 #4047
 No class Jun 25, Jul 16

Washington Park Center
 Instructor: Jeff Leung
 Beginning
 Jun 28-Sep 13 F 10:40-11:40a \$48 #3055
 Jul 1-Sep 9 M 10:40-11:40a \$44 #3053
 Intermediate
 Jun 28-Sep 13 F 9:30-10:30a \$48 #3054
 Jul 1-Sep 9 M 9:30-10:30a \$44 #3049

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.

Sheldon Community Center
 Instructor: James Moffat
 Beginning
 Jun 3-Aug 19 M 12-1p \$44 #2992
 No class Jun 17
 Intermediate
 Jun 3-28 MWF 11a-12p \$36 #2994
 Jul 1-31 MWF 11a-12p \$56 #2996
 Aug 2-23 MWF 11a-12p \$40 #2998
 No class Jun 17, Jun 19, Jun 21
 2 days per week option, \$24-\$40

Tai Chi in the Park Blocks

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. Meets by the salmon fountain in the West Park Blocks. Make a morning of it by enjoying the Lane County Farmers Market immediately afterward.

Downtown Park Blocks
 Jun 4-Sep 19 TuTh 8:30-9:30a Free Drop-in
 No class Jul 4

Walking

Boxed numbers **1** indicate activity levels, see key on page 98.

Walk 'n' Talkers **3/4**

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 promptly at 9 a.m. You may want to bring coffee money for a stop along the way.

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

Walk With Ease

If you have been hesitant to walk this is a program for you. This program is designed to help people get started walking and stay motivated to keep active. If you can be on your feet for 10 minutes without increased pain you can have success with Walk With Ease. Provided through a partnership with OSU Extension Services and Disability Services. Registration required.

Petersen Barn Community Center
 May 7-Jul 2 TuTh 9-10a Free #4346
 Jul 9-Sep 5 TuTh 9-10a Free #4395

More walking activities are on page 101.

Water Fitness

See pages 66-67.

Wellness

Blood Pressure Clinic

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

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



Adapted Equipment Rentals

The following adapted recreation equipment is available for rent*:

- Beach wheelchair and all-terrain wheelchair
- Handcycles
- Tandem bicycles
- Adapted bicycles and tricycles

For more information and to rent any equipment, call 541-682-5311.

*An ability assessment may be required to rent equipment.



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).



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. This class is taught while you are sitting in a chair.

Amazon Community Center
 Instructor: Paul Simon
 Jun 27-Sep 12 Th 10:30-11:30a \$44 #3013
 No class Jul 4

Campbell Community Center
 Instructor: Mariah Carter
 Jun 7-Aug 30 F 10:45-11:45a \$55 #3514
 No class Jul 5, 12

Petersen Barn Community Center
 Instructor: Paul Simon
 May 7-Jun 18 Tu 10:15-11:15a \$28 #4039
 Jul 2-Aug 27 Tu 10:15-11:15a \$32 #4041
 May 10-Jun 21 F 10:15-11:15a \$28 #4042
 Jul 5-Aug 30 F 10:15-11:15a \$28 #4043
 No class Jul 12, 16, 19

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
 Jul 1-Aug 12 M 11a-12:30p \$49 #2910
 Aug 19-Sep 30 M 11a-12:30p \$49 #2911
 Jul 1-Sep 30 M 11a-12:30p \$70 #2909
 Or purchase punch card to attend class on occasional basis
 No class Sep 2

Warriors at Ease Yoga

Team Red, White and Blue sponsors a free yoga class for military service members, Veterans and their families. This class is designed to support well-being, resiliency and connection. No experience necessary. For more information contact Joe Snyder at joe.snyder@teamrwb.org.

Hilyard Community Center
 Jul 1-Sep 30 M 6-7p Free #2946
 No class Sep 2

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
 Jun 27-Sep 12 Th 9:15-10:15a \$44 #3012
 No class Jul 4

Petersen Barn Community Center
 Instructor: Hannah Veith
 May 6-Jul 1 M 6:30-7:30p \$28 #4029
 Jul 8-Aug 26 M 6:30-7:30p \$28 #4032
 No class May 27, Jun 10, Jul 15
 Instructor: Paul Simon
 May 7-Jun 18 Tu 9-10a \$28 #4034
 Jul 2-Aug 27 Tu 9-10a \$32 #4035
 May 10-Jun 21 F 9-10a \$28 #4036
 Jul 5-Aug 30 F 9-10a \$28 #4037
 No class Jun 25, Jul 12, 16, 19

Washington Park Center
 Instructor: Paul Simon
 Jul 18-Sep 5 Th 5:30-6:30p \$28 #4428
 No class Aug 8

