

HEALTH AND FITNESS

Drop-In Zumba™ Gold - Day, 50+ yrs

A lower impact, easy-to-follow, Latin-inspired dance fitness party; that keeps you in the groove of life. Fee: \$1 per class. Senior Center Activity Card available for purchase in the office. *Scholarships available for low-income Modesto residents.*

Instructor: Deanna Olson

Location: Senior Citizens Center, 211 Bodem Street, Modesto

\$1/class	1:00-2:00pm	M Th
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Drop-In Zumba™ Gold - Nights, 18+ yrs

Designed for the active older adult that is looking for a modified Zumba class. Focus is on introducing choreography to enhance balance, cardiovascular conditioning, coordination and flexibility. *Scholarships available for low-income Modesto residents.*

Instructor: Deanna Olson

Location: Senior Citizens Center, 211 Bodem Street, Modesto

66352	4:30-5:30pm	Wed	8/22-12/05	16 sessions	\$50
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Mat Pilates, 18+ yrs

Build core strength, improve flexibility, control muscle and breath in this innovative class that can be modified for any age and fitness level. *Scholarships available for low-income Modesto residents. Bring your own yoga mat.*

Instructor: Elizabeth Moreno

Location: Senior Citizens Center, 211 Bodem Street, Modesto

66357	4:30-5:30pm	T Th	11/01-12/18	12 sessions	\$36
<i>Holiday 11/22; No class</i>					



Modified Aerobics, 50+ yrs

A low-impact aerobic class designed with special consideration for the senior population and includes cardiovascular, flexibility, and strengthening segments. *Sponsored by Healthy Aging Association.*

Instructor: Ellen

Location: Senior Citizens Center, 211 Bodem Street, Modesto

\$1 Donation	8:00-9:00am	M W F
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Pickle Ball, 50+ yrs

Pickleball is a combination of badminton, ping-pong and tennis. The game helps to improve muscular strength, endurance and increase cardiovascular activity. Doubles play in 15-minute increments.

Location: Senior Citizens Center, 211 Bodem Street, Modesto

FREE	1:00-3:00pm	Tuesdays
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Strength Training (Young at Heart), 50+ yrs

Includes stretching, flexibility, and strengthening segments that may be performed standing or in a seated position. *Sponsored by Healthy Aging Association.*

Instructor: Bob and Christine

Location: Senior Citizens Center, 211 Bodem Street, Modesto

\$1 Donation	9:30-10:30am	M W
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T'ai Chi for Arthritis, 50+ yrs

T'ai Chi is a Chinese exercise that uses slow, gentle body movements to achieve a state of relaxation or body and mind. *Sponsored by Caremore.*

Instructor: Stephen Ambosich

Location: Senior Citizens Center, 211 Bodem Street, Modesto

FREE	11:00am	Wednesdays
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Yoga for Arthritis, 50+ yrs

Simple, gentle movements that gradually build strength, balance and flexibility. *Bring a yoga mat. Sponsored by Caremore.*

Instructor: Mark Damir

Location: Senior Citizens Center, 211 Bodem Street, Modesto

FREE	2:30pm	Mondays
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REGISTRATION

CLASSES

ACTIVE OLDER
ADULTS

FREE
PROGRAMS

SPECIAL
EVENTS

FACILITIES