

HEALTH & FITNESS



REGISTRATION

CLASSES

ACTIVE OLDER ADULTS

FREE PROGRAMS

SPECIAL EVENTS

FACILITIES

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. Choose a class to fit your schedule. *Bring your own yoga mat.*

Instructor: Elizabeth Moreno

Location: Senior Citizens Center, 211 Bodem Street, Modesto

64702	4:30-5:20pm	T Th	1/09-4/03	20 sessions	\$50
64703	4:30-5:20pm	T Th	1/09-4/03	10 sessions	\$30
64704	4:30-5:20pm	T Th	1/09-4/03	5 sessions	\$20

Drop-In Zumba™ Gold - Days, 50+ yrs

This 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.*

Instructor: Deanna Olson

Location: Senior Citizens Center, 211 Bodem Street, Modesto

\$1/Class	1:00-2:00pm	Mondays and Thursdays
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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.

Instructor: Deanna Olson

Location: Senior Citizens Center, 211 Bodem Street, Modesto

64752	5:30-6:30pm	W	1/10-3/28	12 sessions	\$40
64753	5:30-6:30pm	W	4/04-6/20	12 sessions	\$40

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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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 system that uses slow, gentle, smooth body movements to achieve a state of relaxation of both body and mind. *Sponsored by Caremore.*

Instructor: Stephen Ambrosich

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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SCARLET SPARKLERS



The Red Hat Society has become the international society dedicated to reshaping the way women are viewed in today's culture. We are a global society of women that connects, supports and encourages women in their pursuit of fun, friendship, freedom, fulfillment, and fitness while supporting members in the quest to get the most out of life.

For information on meeting dates and special events visit modestgov.com or call Shannon Parker at (209) 341-2974

65004	\$10 annual membership dues
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