



**Bend Senior Center  
Winter Spring 2010  
Evening Wellness Classes**

**Yoga - Ages 18+**

**Jan 5– May 27 T/Th 4:15-5:30pm**

Increase energy, flexibility, strength and stamina. Yoga tones and conditions the body while reducing stress and relaxing tense muscles. Each class concludes with a final relaxation period. Class is designed for beginner and intermediate levels. Yoga mats and a blanket are recommended and not provided. Fee: Fitness Pass or drop in. Instructors: Kari/Briana

**Pilates & Core Conditioning - Ages 18+**

**Jan 4– May 26 M 4:15-5:10pm**

**No class Jan 18, Feb 15**

Make the most of your "indoor" workouts. Pilates focuses on functional movements and on using the "power-house" of abdominal muscles, obliques, and the body's joint stabilizers effectively for healthy movement. Gain strength, flexibility and balance. Class is designed for beginner and intermediate levels, all ages of adulthood. Fee: Fitness Pass or drop in. Instructor: David Zimmerman

**Zumba - Ages 18+**

**Jan 6– May 26 W 4:15-5:15pm**

A Latin-inspired, dance-fitness class that incorporates Latin and International music and dance moves. Fun and easy to follow, this class is for dancers as well as non-dancers! Fee: Fitness Pass or drop in. Instructors: Challey/Abra



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**24-Movement T'ai Chi**

**Adult 18+**

**#102059.1M Jan 25-Mar 8** (no class Feb 1 & 15)

**#102559.2M Jan 15-Apr 12**

**M 5:15-6:15pm**

**#10259.1R Jan 21-Mar** (no class Jan 28, Feb 25)

**#10259.2R Mar 11-Apr 15** (no class Apr 1)

For those wishing to further their practice of T'ai Chi, we will learn a portion of the 24 Movement Yang Style T'ai Chi. These flowing movements build on the movements we do in the "Older Populations" class. Anyone over 18 is welcome; you may find it easier with some introduction to T'ai Chi. Improve your balance, quality of movement, health, vitality and well-being. Registration deadline 3 days prior to class. Instructor: Dave Zimmerman  
Fee: \$35 ID \$47 OD

**Stress Busters**

**Adult 18+**

**#102038 Feb 3-24 W 5:30-6:30pm**

**#102039 Apr 6-27 T 5:30-6:30pm**

*Stress-busters* is an opportunity to unwind physically and mentally, from busy daily life. The class will use foam rollers, physio balls, and gentle yoga poses to stretch and relax. Expect to release tension in the neck, shoulders, back, legs, and feet. Class participants should purchase and bring their own rollers, yoga mat and physio ball. Foam rollers may be purchased at the Senior Center for \$20.

Instructor: Cinda Strauch

Fee: \$31 ID \$42 OD C\*