



BALANCE PROGRAM

SENIOR EXERCISE RESOURCES

WALKING PROGRAMS

<p>BELLEVUE SQUARE WALK FOR LIFE Enter on the second level, west side off Skybridge #4 425.688.5259</p>	<p>Sponsored by Overlake Medical Center and cooperation with Bellevue Family YMCA M, W, F 8-9:30 A.M. No registration required.</p>
<p>CROSSROADS SHOPPING CENTER 15600 NE 8th St Bellevue, WA 98008 425.644.1111</p>	<p>Facility available M-F, 7:30-9:30 A.M. No program coordinator or health care provider on site</p>

EXERCISE CLASSES

<p>TAI JI QUAN: MOVING FOR BETTER BALANCE® Redmond Senior Center 8703 160th Ave NE Redmond, WA 98052 425.556.2314</p>	<p>Thursdays, 9:30-10:30 A.M. Instructor: Julie Cauthorn, 206.769.6619 Cost: \$10/class Call to register</p>
<p>SEATED YOGA TO MAINTAIN BALANCE - SPONSORED BY OVERLAKE Bellevue WA 98004 425.688.5259 overlakehospital.org/classes</p>	<p>Tuesdays or Thursdays, 12:15-1:30 P.M. Cost: FREE Call or go online to register</p>



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AQUATIC PROGRAMS

<p>BELLEVUE AQUATIC CENTER 6011 43rd Ave NE Bellevue, WA 98007 425.452.4444 bellevuewa.gov/aquatic_center.htm</p>	<p>Aquarobics, water motion, deep water exercise</p>
<p>JULIUS BOEHM POOL 50 SE Clark St Issaquah, WA 98027 425.837.3350 issaquahwa.gov/poolhours</p>	<p>Fit to the core, deep water running, liquid intervals-deep, Arthritis Foundation-shallow</p>
<p>BELLEVUE FAMILY YMCA 14230 Bel-Red Rd Bellevue, WA 98007 425.746.9900 bellevueymca.org</p>	<p>Deep water fit, shallow water fit, water Pilates</p>
<p>NORTHSHORE YMCA 11811 NE 195th St Bothell, WA 98011 425.485.9797 ymcanorthshore.org</p>	<p>Water walking, senior splash, aqua Zumba, shallow water aerobics, arthritis aqua, aqua power</p>
<p>SAMMAMISH FAMILY YMCA 14221 228th Ave SE, Suite C Issaquah, WA 98029 425.391.4840 seattleymca.org/Locations/Sammamish</p>	<p>All levels aqua</p>
<p>COAL CREEK FAMILY YMCA 13750 Newcastle Golf Club Rd Newcastle, WA 98059 425.282.1500 coalcreekmca.org</p>	<p>Water walking, aqua Zumba, arthritis and injury aqua, H2O fit</p>
<p>HAZEN POOL 1101 Hoquiam Ave NE Renton, WA 95059 425.204.4230 hazenpool.com</p>	<p>Water walking</p>



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AQUATIC PROGRAMS (continued)

<p>REDMOND POOL 17535 NE 104th St Redmond, WA 98052 425.883.4422 redmond.gov/ParksRecreation/RedmondPool</p>	<p>Aquarobics, water motion</p>
<p>MERCERWOOD SHORE CLUB 4150 East Mercer Way Mercer Island, WA 98040 206.232.1622 mercerwood.com aquarobics.net</p>	<p>Aquarobics</p>
<p>KIRKLAND JUANITA POOL 10601 NE 132nd St Kirkland, WA 98034 425.823.7627 juanitaaquatics.com aquarobics.net</p>	<p>Water motion</p>
<p>NEWPORT HILLS SWIM AND TENNIS CLUB 5464 119th Ave SE Bellevue, WA 98006 nhstc.com aquarobics.net</p>	<p>Aquarobics</p>

EXERCISE VIDEOS

<p>SIT AND BE FIT sitandbenefit.org</p>	<p>Videos designed for seniors and those who are wheelchair dependent.</p>
<p>STRONGER SENIORS strongerseniors.com</p>	<p>Seated exercise videos including stretch, strength and yoga.</p>



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SILVERSNEAKERS FITNESS FOR BOOMERS AND BEYOND

SILVERSNEAKERS
866.584.7389
silversneakerswebcontact@healthways.com
silversneakers.com

SilverSneakers is a program that offers free health club memberships to seniors who are enrolled in some Medicare Advantage or Medicare Supplement plans.

To see if you are eligible, or to see where the closest participating SilverSneakers gym is to you, call the toll-free number.

M-F, 8 a.m.-8 p.m. EST. TTY: 711



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LOCAL FITNESS CENTERS WITH SENIOR PROGRAMS

<p>THE BELLETTINI 1115 108th Ave NE Bellevue, WA 98004 425.450.0800 thebellettini.com</p>	<p>Offers: Weights and cardio, programs to improve balance, agility and focus (e.g. yoga and tai chi).</p>
<p>BELLEVUE COLLEGE WELLNESS CENTER Building G 3000 Landerholm Cir SE Bellevue, WA 98007 425.564.2391 bellevuecollege.edu/pe/fitnesscenter/</p>	<p>11 week course/ 7 week in summer under the guidance of a certified personal trainer. Must be enrolled in Adult Fitness course.</p>
<p>BELLEVUE FAMILY YMCA 14230 Bel-Red Rd Bellevue, WA 98007 425.746.9900 bellevueymca.org</p>	<p>Have classes specifically designed for older adults. There are also floor exercise and chair exercise classes available. Call or visit for specific cost and class schedules.</p>
<p>NORTHSHORE YMCA 11811 NE 195th St Bothell, WA 98011 425.485.9797 ymcanorthshore.org</p>	
<p>SAMMAMISH FAMILY YMCA 4221 228th Ave SE, Suite C Issaquah, WA 98029 425.391.4840 seattleyymca.org/Locations/Sammamish</p>	



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LOCAL FITNESS CENTERS WITH SENIOR PROGRAMS (continued)

<p>COAL CREEK FAMILY YMCA 13750 Newcastle Golf Club Rd Newcastle, WA 98059 425.282.1500 coalcreekyymca.org</p>	<p>Have classes specifically designed for older adults. There are also floor exercise and chair exercise classes available.</p> <p>Call or visit for specific cost and class schedules.</p>
<p>SNOQUALMIE VALLEY YMCA 35018 SE Ridge St Snoqualmie, WA 98065 425.256.3115 snovalleyymca.org</p>	

COMMUNITY AND SENIOR CENTERS

NORTH BELLEVUE COMMUNITY CENTER
 4063 148th Ave NE
 Bellevue, WA 98009
425.452.7681
ci.bellevue.wa.us/community_centers.htm

PETER KIRK SENIOR CENTER
 352 Kirkland Ave
 Kirkland, WA 98033
425.587.3360
ci.kirkland.wa.us

SOUTH BELLEVUE COMMUNITY CENTER
 14509 SE Newport Way
 Bellevue, WA 98006
425.452.4240
bellevuewa.gov/sbcc.htm

REDMOND SENIOR CENTER
 8703 160th Ave NE
 Redmond, WA 98052
425.556.2314
redmond.gov/ParksRecreation/50Plus

HIGHLAND COMMUNITY CENTER
 14224 Bel-Red Rd
 Bellevue, WA 98009
425.452.7686
ci.bellevue.wa.us/highland_center.htm

ISSAQUAH VALLEY SENIOR CENTER
 75 NE Creek Way
 Issaquah, WA 98027
425.392.2381
issaquahseniorcenter.org

MERCER ISLAND PARKS AND RECREATION
 8236 SE 24th St
 Mercer Island, WA 98040
206.236.3545
mercergov.org/parks

MOUNT SI SENIOR CENTER
 411 Main Ave S
 North Bend, WA 98045
425.888.3434
mtsiseniorcenter.org

STROUM JEWISH COMMUNITY CENTER, MERCER ISLAND
 3801 E Mercer Way
 Mercer Island, WA 98040
206.232.7115
sjcc.org

RENTON SENIOR ACTIVITY CENTER
 211 Burnett Ave N
 Renton, WA 98057
425.430.6633
rentonwa.gov/senioractivitycenter